



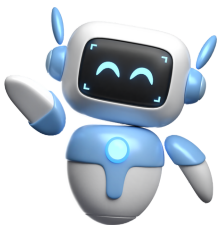
Gold Leaf Training

Thought Labelling Script to Ease the Mind by Dante Harker

This script is a collaboration between Dante Harker and Google Gemini (AI), on behalf of Gold Leaf Training.

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Now, with your eyes closed, allow yourself this time to start to relax and let go.

As you take a deep breath, perhaps start to notice any sounds around you... the gentle hum of the room, perhaps the distant traffic, the ticking of a clock... each sound vying for your attention.

Then, if you will, notice the sensations on your skin... the touch of your clothing, the temperature of the air, the subtle pressure of the chair beneath you... each point of contact making itself known.

And then there are the thoughts... those endless streams of ideas, memories, worries, plans... all swirling within your mind, each one demanding to be heard.


It might feel like a lot, perhaps even overwhelming for a moment. This constant barrage of information, this relentless activity of the mind.

But here's the secret... You don't have to engage with it all. You don't have to analyse every sound, every sensation, every thought.

Instead, I invite you to simply let it all be. Allow the sounds to wash over you, like waves against the shore. Allow the sensations to simply exist, without needing to change them. And allow the thoughts to drift through your mind, like clouds in the sky.

Just for this moment, release the need to control, to understand, to react. Simply observe.

And as you observe, you might notice that something interesting begins to happen. As you stop trying to hold onto it all, as you stop trying to fight it all, a sense of space starts to emerge.



A space between the sounds, a space between the sensations, a space between the thoughts.

And in that space, there is a sense of calm. A sense of peace. A sense of you, the observer, separate from the chaos.

So, for now, simply rest in that space. Allow the overwhelm to transform into a profound sense of relaxation."

And to help you settle even more deeply into this calm, relaxed state, I'm going to use a technique called fractionation. I'm going to guide you up and down, in and out of relaxation, and each time you go deeper, the relaxation will become more profound.


So, for a moment, allow your awareness to gently return to the sounds around you... notice the touch of your clothing... become aware of your thoughts...

And now, let that all fade away again... drift back into that space of calm... going deeper now... that's right...

Now, once again, gently bring your awareness back to your body... notice the feeling in your toes, in your fingers... perhaps wiggle them slightly...

And let that go again... drift back down, deeper than before... allowing that wave of relaxation to wash over you completely... sinking down... further and further...

And now, just one more time, bring your attention back to your thoughts... notice any thoughts that are present... any worries, any plans... simply observe them...



And now, release them all... let them drift away like leaves on a stream... and allow yourself to drop down into the deepest, most peaceful state of relaxation you've ever experienced... completely letting go... completely at ease... and in this deep state, you are ready for new possibilities.

Now, as you allow yourself to relax, perhaps feel like you are floating in a calm, tranquil space. And, as you do, I want you to imagine a vast, open sky.

A clear, expansive sky, stretching endlessly above you. This sky represents the vast expanse of your mind, the space where your thoughts reside.

As you gaze at this sky, you might notice clouds drifting across it. Each cloud represents a thought, a fleeting idea, a passing sensation.


Some clouds are large, some are small, some are brightly illuminated, and some are shadowy. They simply drift by, carried by the gentle breeze.

Now, as you observe these clouds, these thoughts, I want you to practice a simple act of labelling. As a cloud appears, a thought arises, simply acknowledge it. Name it. Perhaps it's 'worry,' 'memory,' 'idea,' 'planning,' or even 'healthy anxiety.' Just a simple label, a quiet acknowledgement.

'Worry'... 'Memory'... 'Idea'... 'Healthy anxiety'...

And as you label it, allow it to continue its journey across the sky. There is no need to grasp it, to hold onto it, or to analyse it. Simply observe, label, and release.

You are not the clouds. You are not your thoughts. You are the observer, the witness, the calm centre of your being.



Imagine now, a small, soft, label maker. It is in your hand. You can gently place a label on each cloud as it floats by.

Each time a thought arises, you automatically, effortlessly, label it. This labelling process becomes a natural, automatic response. A gentle, internal acknowledgement.

And as you label each thought, you feel a sense of detachment, a sense of freedom. You realise that you do not have to engage with every thought, every feeling. You can simply allow them to pass, like clouds drifting across the sky.

This ability to label and release becomes a powerful tool, a resource you can access at any time. In your daily life, whenever a thought arises, you will automatically label it, and allow it to drift away.


You will notice a sense of increased mental clarity, a sense of inner peace. The noise of your mind begins to quiet, and you find yourself more present, more grounded, more centred.

You will find that 'healthy anxiety' becomes a gentle, passing signal. A recognition of a potential concern, acknowledged, and then allowed to drift on. You recognise the signal, and take appropriate action if needed, without becoming overwhelmed.

From this moment forward, you are equipped with this powerful ability. You are able to label and release, to observe without attachment.

And every time you hear the word 'sky', or think of drifting clouds, this process will automatically activate within you. You will automatically label and release, finding a sense of inner calm and peace.

Every time you hear the words, 'label and release', this process will become stronger and more effective.



You will notice a growing sense of detachment from unnecessary thoughts, and a greater ability to focus on what truly matters.

You will find that you can approach situations with a calm, clear mind, free from the distractions of unnecessary thoughts.

You will find that you are more able to manage your emotional responses, and maintain a sense of inner peace.

You will find that you are more able to make clear, rational decisions, without being swayed by emotional impulses.

You will find that you are more able to enjoy the present moment, without being burdened by thoughts of the past or future.

And as you continue to practice this skill, you will find that it becomes easier and more natural.

You will find that you are more able to maintain a positive and optimistic outlook.

You will find that you are more able to cope with stress and anxiety.

You will find that you are more able to achieve your goals and aspirations.

And now, as you continue to relax in this peaceful state, I am going to count from one to five.

With each number, you will feel yourself becoming more alert, more aware, more refreshed.

One... feeling a gentle sense of returning awareness.

Two... feeling a sense of renewed energy and vitality.

Three... feeling a sense of clarity and focus.

Four... feeling a sense of inner peace and calm.

Five... eyes open, wide awake, feeling refreshed and revitalised, and carrying with you the powerful ability to label and release."



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