

Decisions Have Consequences



Take a few moments to get comfortable in your seat, with your back straight and your feet flat on the floor ... Rest your hands lightly on your lap or on your table ...

And, if it feels OK, close your eyes or rest your eyes on a spot on the floor in front of you ... As you sit in that way, just begin to notice any sounds coming from outside the room ... any sounds in this room ... and as you sit there, become aware of the contact between your body and the chair ... and notice how the chair supports you ... now, take a few moment to notice your breathing, don't try to change it, just notice the rise and fall of your chest as you breathe in ... and out Now imagine you are out walking in your favourite place in nature, it is a completely safe place ... you are walking along a path ... as you walk along the path notice the sights around you ... be aware of the sounds ... become conscious of the smells ... feel the air around you ... and the ground beneath your feet ...

As you walk along, bring to mind the decision you want to make ... think about two options you have then ahead of you, you notice that the path divides in two, one path going to the right and the other going to the left ... begin to walk along one of the paths - this represents your first option ... as you go down that path, imagine that you have already chosen this option ... notice what it's like to have done that ... notice what you are thinking ... really experience the decision you've made.... notice how you feel inside...

Walk back to the fork in the path and try the other pathway that represents your second option... as you go down that path, imagine that you have already chosen this option ... notice what it's like to have done that ... really experience the decision you've made, notice what you are thinking, notice how you feel insidereally experience the decision you have made.

Walk back again to the fork in the path, you now see that there is a third path that you hadn't noticed before, take this path and just notice if there is a third option that you hadn't thought of before ... if there is, just step into it ... imagine that you have already chosen this option ... notice what it's like to have done that ... really experience the decision you've made, notice what you are thinking, notice how you feel insidereally experience the decision you have made.

Continue, now, along the path and after a short while you see that the three paths join up again ... as you walk along you notice that you are much more clear about your decision...

Now as we come towards the end of this activity just notice your breathing again ... the rise and fall of your chest ... and begin to notice any sounds coming into the room ... and in your own time, when you're ready, open your eyes. And just keep that quiet space until everyone has opened their eyes.

**Walk Tall,
Fifth Class p. 197**