

Mindfulness instructions for mindfulness practice in virtual environments (VEs)

- **VE1: Immersion in a forest**

First of all, go and discover this environment.

Your senses are a precious help. Observe the scenery of this forest, the luminosity, the smells, the possible sounds, in a global way

To immerse yourself in this place, stop for a few moments. Close your eyes. Pay attention only to the sounds that are present. From the most distant (perhaps the wind blowing in the distance) to the closest (your breathing). Observe, without judging...

Observe if this causes things to happen to you: for example, do you have any thoughts? Observe them passing and let them go as they came. Sensations (e.g. tension in the body? tingling? a feeling of lightness...)? Welcome them, without judging. Let them come and go as they came. An emotion (fear, anger, sadness, surprise, disgust, joy...)? Welcome it, without judgement. Take them into account as they are, in the present moment, without judgment. Then let them go as they came, that is, without trying to hold them back, and without trying to make them go: their departure is gradual, passive.

To finish, I suggest that you focus your attention on a specific object, for example a leaf, a mushroom, a flower... whatever feels good to you... Choose what makes you happy.

Approach this object and give it your full attention.

Without judgement, observe its colours, its shape. Does it have a scent? Does it make sounds when you bring it close to your ear? Take a few moments to observe...

When you take this time, observe if you have thoughts, sensations, emotions... Without judgement. Taste the present moment... The "here and now".

Observe if these sensations are pleasant to you, if they leave an imprint on you, a pleasant taste.

We are coming to the end of this experience, thank you for participating and see you soon for the next discovery together.

- **VE2: Walking along a beach**

First of all, discover the environment.

Your five senses are of great help. Observe the beach, the colours, the possible smells, the sounds

To immerse yourself in this place, stop for a few moments. Close your eyes. Pay attention only to the sounds that are present. From the most distant (perhaps the wind blowing in the distance, the sound of the waves) to the closest (your breathing). Observe, without judging...

Observe if this causes things to happen to you: for example, do you have thoughts? Observe them passing and let them go as they came. Sensations (e.g. tension in the body? tingling? a feeling of lightness...)? Welcome them, without judging. Let them come and go as they came. An emotion (fear, anger, sadness, surprise, disgust, joy...)? Welcome it, without judgement. Take them into account as they are, in the present moment, without judgment. Then let them go as they came, that is to say, without trying to hold them back, and without trying to make them go away: their departure is done gradually, passively.

Finally, I suggest that you focus your attention on a particular object, for example a shell, something that seems good to you... Choose what you like. Approach it and give it your full attention.

Without judgment, observe its colours, its shape. Does it have a scent? Does it make sounds when you bring it close to your ear? Take a few moments to observe...

When you take this time, observe if you have thoughts, sensations, emotions... Without judgement. Taste the present moment... The "here and now".

Observe if these sensations are pleasant to you, if they leave an imprint on you, a pleasant taste.

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- **VE3: Walking down the street, buying something in a shop, then ordering a coffee in a bar**

First of all, make this new environment your own.

Your five senses are a great help. Observe your surroundings. Observe the street you are on, the landscape, the smells of the city, the sounds.

You can go into the shop near you to buy a bottle of water. Focus on the elements around you. The sounds, from the most distant (perhaps the music in the shop, conversations) to the closest (your breathing). Observe, without judging...

You are going to walk towards the exit. Once outside, you see a café in front of you. Walk slowly towards it and enter it.

Continue to focus on your sensations, the wind caressing your face, the sounds of the street. As you enter the café, observe whether this causes anything to happen to you: for example, do you have any sensations (e.g. tension in your body? tingling)?

Welcome them, without judging. Let them come and go as they came. An emotion (fear, anger, sadness, surprise, disgust, joy...)? Welcome it, without judgement. Take them into account as they are, in the present moment, without judgment. Then let them go as they came. Let them go..., without trying to hold them back, and without trying to make them go away: their departure happens gradually, passively. Let it happen...

You are going to sit at the counter and order a coffee. Focus on the smells and sounds of conversation around you. Observe if these sensations are pleasant to you, if they leave an imprint on you, a pleasant taste or not. Once again, without judging, welcoming things as they are. To finish, I suggest that you focus your attention on a particular object, for example a cup of coffee, which seems good to you... Choose what pleases you. Approach it and give it your full attention.

Without judgment, observe its colours, its shape. Does it smell? Does it make sounds when you bring it close to your ear? Take a few moments to observe...

When you take this time, observe if you have thoughts, sensations, emotions... Without judgement. Taste the present moment... The "here and now".

Observe if these sensations are pleasant to you, if they leave an imprint on you, a pleasant taste or not. Once again, without judging, welcoming things as they are.

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- **VE4: Party in a house with other people who smoke and drink alcohol**

First of all, get used to this new environment.

Your five senses are of great help. Observe your surroundings. Observe the house you are in, the rooms, the smells in the house, the sounds.

Walk around the house and focus on the elements around you. The sounds, from the most distant (perhaps the music in the house, conversations) to the closest (your breathing). Observe, without judging...

Let any sensations, thoughts or emotions within you quietly and passively subside. You let it happen... Without trying to change your breathing, without trying to hold anything back... You let the sensations that may be present happen, until they disappear by themselves. You let it happen.

Go to the table and sit down with the other people. Observe if this causes things to happen in you: for example, do you have any sensations (e.g. tension in the body? tingling?)? Welcome them, without judging. Let them come and go as they came. An emotion (fear, anger, sadness, surprise, disgust, joy...)? Welcome it, without judgement. Take them into account as they are, in the present moment, without judgment. Then let them go as they came. Let them go..., without trying to hold them

back, and without trying to make them go away: their departure happens gradually, passively. Let it happen...

You get up and go to the kitchen. Look in the fridge for a bottle of water. Focus on the smells and sounds of conversation around you. Observe if these sensations are pleasant to you, if they leave an imprint on you, a pleasant taste.

Go back to your seat and continue to focus on the sounds and smells. Observe whether this causes you to do something: for example, do you have any sensations (e.g. tension in the body? tingling?)? Welcome them, without judging. Let them come and go as they came. An emotion (fear, anger, sadness, surprise, disgust, joy...)? Accept it, without judgement. Take them into account as they are, in the present moment, without judgment. Then let them go as they came. Let them go..., without trying to hold them back, and without trying to make them go away: their departure happens gradually, passively. Let it happen...

To finish, I suggest that you focus your attention on a particular object, for example a plate, a flower, something that seems good to you... Choose what you like. Approach it and focus your attention on this object.

Without judgment, observe its colours, its shape. Does it have a scent? Does it make sounds when you bring it close to your ear? Take a few moments to observe... When you take this time, observe if you have thoughts, sensations, emotions... Without judgement. Taste the present moment... The "here and now".

Observe if these sensations are pleasant to you, if they leave an imprint on you, a pleasant taste or not. Once again, without judging, welcoming things as they are.

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- **VE5: A parachute jump**

First of all, get used to this new environment.

Your five senses are a great help. Observe your environment, around you. Observe the cabin you are in, the landscape, the sounds.

Before approaching the edge, you can focus on yourself. Close your eyes. Pay attention only to the sounds that are present. From the most distant (perhaps the wind blowing in the distance) to the closest (your breathing). Observe, without judging...

The jumping will now begin. Try to keep the calmness you have achieved. Let the sensations come to you without trying to anticipate them.

Continue to focus on your sensations, the wind caressing your face... Observe if this causes things to happen to you: for example, do you have any sensations (e.g. tension in your body? tingling?)? Welcome them, without judging. Let them come and go as

they came. An emotion (fear, anger, sadness, surprise, disgust, joy...)? Welcome it, without judgement. Take them into account as they are, in the present moment, without judgment. Then let them go as they came. Let them go..., without trying to hold them back, and without trying to make them go away: their departure happens gradually, passively. Let it happen...

Perhaps you notice an increase in your heart rate, your heart beating faster..., or tensions in your body, muscles that stiffen...

You let it happen, without judgment. Let it happen, without trying to control anything. Let these sensations pass, the emotions that come, as they have come. Let it happen, passively, so that they leave quietly as they came. You let it happen..., without trying to modify your breathing. You let it happen, in confidence, quietly.

Continue to observe and feel your environment. Try to perceive again the elements around you, the noises, perhaps the wind

Let all sensations, thoughts and emotions in you quietly and passively subside. You let it happen... Without trying to change your breathing, without trying to hold anything inside you... You let the sensations that may be present happen, until they disappear by themselves. You let it happen. The parachute will now open. In the same way, observe if these sensations are pleasant for you, if they leave an imprint in you, a pleasant taste or not. Once again, without judging, welcoming things as they are.

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- **VE6: Flying with turbulence**

First of all, get used to this new environment.

Your five senses are of great help. Observe your surroundings. Observe the cabin you are in, the landscape through the window, the smells, the sounds. Take time to explore the cabin. As the captain announces, turbulence will start in the plane. You can return to your seat. Close your eyes and let the sensations come to you without trying to anticipate them.

Continue to focus on your sensations, the ventilation of the cabin on your face, the sounds of your surroundings.

The belt signals come on and you hear thunder in the distance. Observe if this causes things to happen to you: for example, do you have any sensations (e.g. tension in your body? tingling?)? Welcome them, without judging. Let them come and go as they came. An emotion (fear, anger, sadness, surprise, disgust, joy...)? Welcome it, without judgement. Take them into account as they are, in the present moment, without judgment. Then let them go as they came. Let them go..., without trying to hold them back, and without trying to make them go away: their departure happens gradually, passively. Let it happen...

Perhaps you notice an increase in your heart rate, your heart beating faster..., or tensions in your body, muscles that tighten...

You let it happen, without judgment. Let it happen, without trying to control anything. Let these sensations pass, the emotions that come, as they have come. Let it happen, passively, so that they go away quietly as they came. You let it happen..., without trying to modify your breathing. You let it happen, in confidence, quietly.

Around you, you observe the luggages falling and the elements falling over. Focus on the way it makes you feel. Accept it and let it go without chasing it or holding it back. Perhaps you notice an increase in your heart rate, your heart beating faster..., or tension in your body, muscles tightening...

You let it happen, without judgment. Let it happen, without trying to control anything. Let these sensations pass, the emotions that come, as they have come. Let it happen, passively, so that they go away quietly as they came. You let it happen..., without trying to modify your breathing. You let it happen, in confidence, quietly.

The plane calms down again and the turbulence goes away. Continue to observe and feel your surroundings during the turbulence. Observe if these sensations are pleasant for you, if they leave an imprint on you, a pleasant sensation or not. Again, without judging, welcoming things as they are.

Let all sensations, thoughts or emotions in you quietly and passively subside. You let it happen... Without trying to change your breathing, without trying to hold anything inside you... You let the sensations that may be present happen, until they disappear by themselves. You let it happen. To finish, I suggest that you focus your attention on a particular object, for example a book, something that seems good to you... Choose what you like.

Approach it and give it your full attention. Without judgment, observe its colours, its shape. Does it smell? Does it make sounds when you bring it close to your ear? Take a few moments to observe... When you take this time, observe if you have thoughts, sensations, emotions... Without judgement. Taste the present moment... The "here and now".

Observe if these sensations are pleasant to you, if they leave an imprint on you, a pleasant taste or not. Once again, without judging, welcoming things as they are.

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