Lesson 3. Exercise 2. ‘Being extraordinary’

Exercise Instructions: Sit in silence and contemplate the following question:

To contemplate is akin to looking at a piece of art, not thinking but taking it in as you gaze at the art. In this instance you gaze at the thought ‘what extraordinary things do I feel I could achieve in life?’ whilst following the Sitting in Silence Practice.

Bring your awareness back into the room and write your insights below under the title ‘My Extraordinary Life’.