Sitting in Silence SEJ Practice

The art of sitting, and doing nothing, enhancing your practice of the SEJ at Steps 2 and 3. **W/C Date:**

When you sit do not attempt to think about the questions below, you must just sit and do nothing. When you have sat for a maximum of 20 minutes, only then use the questions to reflect on your Sitting practice.

1. Did the sitting time go quickly, or did it appear to go slowly? Or was there no concept of time?

2. Estimating, how long before you became lost in thought?

3. Estimating, how many times did you get lost in thought?

4. Estimating, how long were you engaged with each thought?

5. Were your thoughts varied or did you latch onto one or two thoughts? (If you latched onto a particular thought put it through the SEJ).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.
5.	5.	5.	5.	5.	5.	5.
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes: