

Lesson 3. Exercise 1. 'Sitting in Silence Practice'

Exercise Instructions: Do the Sitting in Silence Practice, afterwards answer questions 1-6. The 'Sitting in Silence Verbal Instruction Video' is available to support you if required.

1. Sitting in Silence Practice Instructions

- Sit with a straight spine in a comfortable position on a chair or floor.
- Close your eyes.
- Palms of your hands facing upwards on your lap, this makes you more open and receptive.
- Tilt your head slightly back until your focus naturally finds the centre between your eyebrows above the nose.
- Put your focus on the breath, focussing on the in and out of your breath, just noticing your breathing, you are not altering your breathing.
- You may notice thoughts come,
 - don't engage with your thoughts
 - don't add any new thoughts either
 - simply let them come and go
- If you find you've lost yourself in thoughts, as soon as you notice, put your focus on your breath again.
- The moment you notice you are lost in thought you are conscious.
- Sit in silence for 11 minutes. The time can be adapted depending upon students and time restraints.
- Become aware of your physical body.
- Gently open your eyes when you are ready.

Questions 1-6

1. Did the sitting time go quickly, 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?

6. How did you feel doing this practice?
