

Sitting in Silence Practice Tips

Before you Sit in Silence

1. Notice any thoughts such as '*I can't be bothered today.*' Do not listen and continue your practice.
2. Great benefit is achieved when you 'mediate' in the same place, at the same time every day.
3. Prepare yourself, ensure you have an empty stomach.
4. Showering is conducive to cleaning the mind, clean body, clean mind.
5. Create a meditation space or room, creating this space will bring additional benefits to your practice. You may wish to consider:
 - a. Light a candle.
 - b. Have cushions to support your back if sitting on the floor, place underneath your bottom.
 - c. Place flowers in the room / space.
 - d. Add anything that you feel brings a sense of calm.
6. Prepare your meditation space, ensure it is clean. If you are away from your normal meditation room, make the space around you conducive to meditation as best you can.
7. Let everyone around you know that you do not wish to be disturbed.
8. Turn your phone off.
9. Complete any tasks so you do not take thoughts about them into your practice.
10. Make a conscious decision to leave all your thoughts, worries or concerns at the door of your meditation room/space.
11. Do not play music, there must be silence.
12. You can sit on a chair if necessary although sitting on the floor is best.
13. Sit upright in a comfortable position.

During your Sitting in Silence practice

1. Follow the full *Sitting in Silence Practice Instructions* or use the *Sitting in Silence Instruction Video* to support you.
2. Accept your mind may wonder but know you do not have to follow your thoughts. If you do complete the **Sitting in Silence Practice Worksheet**.
3. Do not add any new thoughts.

4. Breathe naturally, you can use the breath as a focus point. If the mind is distracted by focusing on the breath silence is achieved more easily.
5. If you become physically uncomfortable, you can stretch out, but keep your eyes closed ensuring your safety.
6. Come out of your practice gradually and in your own time.

After your Sitting in Silence practice

1. Complete the Sitting in Silence Practice Worksheet to gain a better understanding of your identification with the mind.
2. If you have judgemental thoughts about your meditation practice such as *'I can't do this'*, *'I'm not benefitting from meditation'* even *'I don't feel to carry on'*. Then put these thoughts through the SEJ Process.
3. Get support through the SEJ Practice Workshops where you can ask questions about your practice. See workshop information at your setting or to access personally go to www.thesej-education.co.uk