

## 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?

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

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

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

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5. Were your thoughts varied or did you latch onto one or two thoughts?

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6. How did you feel doing this practice?

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