

SITTING IN THE SILENCE EXERCISE

First, find a comfortable sitting position. Feel relaxed and calm . Make sure you do not feel restricted by tight uncomfortable clothing.

Close your eyes.

Be aware of your posture. Try, to the best of your ability, to sit with a straight back. Allow your head to be as straight and steady as possible. If you feel it falling forward or to the side try to imagine, if you will a fine thread connecting to your crown and tugging you upwards.

Now breathe in through your nose, taking in as much air as you can into your lungs. This relaxes the body and allows you to feel the first sense of peace.

As you breathe deeply into your body, become aware of your lungs filling with air, casing your stomach to swell, as you breathe out, again from your nose, just relax and release the air from your body.

Start to become aware of your body's natural rhythm as you continue to breathe in and out. Feel the natural rhythm of breathing moving the body in and out.

Focus all your attention on the air which is being pulled into your body and then released.

Feel how focused and steady you have become with this simple exercise.

Be aware of the weight of your body.

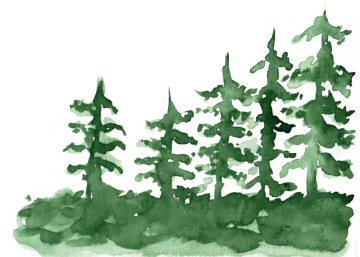
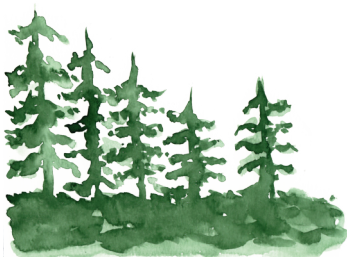
And now visualize an abundance of pure white light sitting just above your crown.

Allow it to pour down through your head, deep down through your body, filling you with beautiful, white light.

Become aware of how light your body feels, how bright.

Let the white light pour through your body in time to the rhythm of your breathing.

And feel the peace that it brings with it.



Become aware of how light and subtle you feel, as if you could upwards, up and away from your body, into a higher part of your mind, the higher part where you find clarity as you realize that all is well.

And be at peace with yourself, recognizing that in this state of being you are still, you are at peace and you are perfectly contented.

Allow yourself to send signals to your body from this higher state of mind, using that quiet inner voice that connects the lower and higher mind. Send positive signals of peace and contentment to your body..

Know that in this state of clarity you know no fear and that all the fears that your body has gathered and held can be dispelled. Send down signals to your body that all is well and that you are exactly where you should be.

Be still, even though things around you are in motion.

Be calm in the face of adversity.

Realize that as you tap into this higher state of self it is your right to do so at any time.

Take a little time to enjoy this elevated state of mind. Just sit in your own power in the silence of your mind. Be at one with yourself and recognize how good it feels.

And recognize that all around your body this beautiful brilliant white light is emanating in all directions.

Start to pull the light back into your body. Feel it regenerating and healing any old scars, any old memories. Shine the light into any dark corners where fear might be lurking in the body.

Feel the light flooding through your body and begin to feel reconnected to the higher part of yourself that connects you to all things.

Feel how your body has accepted the relaxation.

And become more aware of your body, and the weight of it in this relaxed state. Start to breathe more deeply again, pulling air deep into your lungs, and reconnecting your body and mind.

With each in-breath be more aware of your body and where you are sitting. Take nice deep breaths. Draw oxygen into your body and bring it back to your mind. Bring yourself back to your waking state of consciousness.

And open your eyes. Now you are ready to face the day.