

# Practice Application for Sitting Quietly

## Practice One

**Objective:** To practice some personalized way (sitting, standing, kneeling, lying down) for achieving stillness and observing the moment without distractions and without attachment.

**Outcome:** Quiet body, quiet brain: Teaching the body to quiet the brain to practice “observing” and being mindful.

**Application:** “Sitting Quietly” is the foundational practice for the other 11 Practices and is a critical component for tapping wisdom for **The Greater Good**.

*“We can make our minds  
so like still water that beings gather about us,  
that they may see, it may be, their own images,  
and so live for a moment with a clearer,  
perhaps even with a fiercer life,  
because of our quiet.”*

— William Butler Yeats

## Concepts to Ponder

- “All the problems of the world could be solved if man learned to sit quietly alone.”  
*Emerson*
- To Sit Quietly can teach the body to control the brain just as, conversely, the brain controls the body (psychosomatic). The idea behind **Soma/Psyche** is that if your body is quiet, your brain can follow the lead.
- Journal about the difficulties in quieting your brain and what prevents you from only observing without thinking.
- “Sitting Quietly comes from the balance of **Awakened Desire** and **Persistent Intention**. The Awakened Desire brings us to the “chair” but it is Persistent Intention that brings us back when the desire lags.”
- Describe an awakening in your life.
- If you started to practice a new behavior due to this awakening, describe the difficulties that prevented a consistency in your follow-through.
- If this session has provided an “Awakening” about the need for the actual practice of Sitting Quietly – and Observing, explain the importance of such a new awareness.
- Discuss the ways in which the pervasiveness of technology may be an obstacle to Sitting Quietly?
- “Sitting Quietly” suggests the ability to tap a deep and quiet center in the midst of daily events.
- Describe a “busy” or “stressed” reoccurring time when this concept is desired.
- Sitting quietly creates a new awareness – mindfulness – being more aware of that which you have previously not noticed or given much attention.
- Describe one “thing” you have noticed that may have been “hidden in the obvious, obscured by the evident.”
- Mindfulness has a feeling to it? Describe.

## The 12 Questions

**Who** is the most important contributor to your effort to Sit Quietly? **Who** is an Obstacle? Why?

**What** do you observe when you “observe you?”

**When** is the best time of day for you to practice with Persistent Intention what Awakened Desire has stimulated in you?

**Where** are the places (at home, work, in nature) where you can Sit Quietly without distractions?

**How** will we know that “you are different?”

**Why** is your life preventing you from Sitting Quietly?

**Do** you think that busyness is a status symbol or a way to feed your inner self?

**Which** pathway evokes the best feeling – the one of constant demands and activity or the path of flow and a balance of energy?

**Will** you take the time and energy to seek the path you prefer rather than the pathway you have been allocated?

**Whose** example is most powerful for you for changing your behavior?

**Is** there any reason that you cannot start right now?

**If** you are successful in this practice, how will your life be different?

## Assignment for Work and Home:

### For Work

#### *For Heroes*

- For the next two weeks of your practice period, you are asked to “Sit Quietly” and practice “just observing, not thinking” for a minimum of 10 minutes a day. Let your body teach your brain how to be quiet so that it may eventually “hear” the voice of wisdom. Even if you are able to achieve a clear mind for 10 seconds and practice sitting for just 10 minutes, this will be a start.
- Each time a thought comes through your brain, let it flow out and return to your focus. Using a light, candle or some object of focus can be helpful.

#### *For the Culture*

- When meetings come to a point of indecision, stalling or contentiousness, ask for a three minute period to Sit Quietly – think no thoughts, let go of any barriers and expect guidance – or at the least, enjoy the break. When you feel uncomfortable with the silent time, then you know you are just beginning to appreciate what could be beyond.
- JUMPING from phone call to phone call – and meeting to meeting **WITHOUT a break** contributes to increased ineffectiveness and a degradation of the quality of your work. Block your calendar to INSURE a 15 minute break between meetings of any kind to refresh and renew (short walk, stretch, write a hand written note, call your grandmother etc). The brain needs this every 11 minutes – so does the rest of your body.

### For Home

#### *For Life Partners*

- Practice sitting with your partner for 10 minutes without speaking. If you are on a car ride, let 10 minutes pass without speaking and without music or phones to distract you. Discuss what it was like to sit with your partner in silence.

- Face to face: Sit across from your partner and gaze at each other's face for three minutes - (without laughing which will eventually subside). Discuss what you saw.
- Discuss any of the insights from the practice that you found interesting.

### *For Families*

- To celebrate the theme of **The Journey Inward**, families can listen to the audio book: ***The Adventures of Herman Bean*** – a story of a young boy, bullied and excluded from his age group of boys yet goes on to discover the many dimensions of his inner self – and along the journey, finds his best friend. [www.thewhiterhinopress.com](http://www.thewhiterhinopress.com) – Bookstore, Audio books
- Together determine a “special space” where the family will always sit for quieting the mind. Tour your surroundings and vote on “which spot” seems best.
- Use that certain space in your home to have candles for each participant. One by one each light their candle in silence and when all candles are lighted, sit and watch your candle for 3-4 minutes. Discuss how your candle was different – what did the flame do? What did you notice during the silent period?