

Simplest silence technique

2 minute preparation (help center oneself before practising silence).

1. Keep timer for 5 minutes ready to go
2. Close your eyes.
3. Tense all body parts for a couple of seconds and release (x3).
4. Take very slow, long breaths in and out (x3 or little more if you are feeling unsettled that particular time)

Posture for centering

1. Keep your eyes closed
2. Keep your hands open on your lap
3. Spine straight (to keep energies moving in correct direction)
4. Sit cross legged on a mat **or** lean against the back of a chair
5. Typically, centering brings the gaze of the closed eyes to the middle of the forehead but try to maintain its focus in whichever spot you choose.
6. Keep your forehead uncreased.
7. Start the five minute timer

Stillness and silence

1. Stay still, avoid moving a muscle
2. Any thoughts that come up, gently but with determination move them aside
3. Keep at it until timer goes off

End

1. Stop timer if possible with eyes still closed
2. End with thoughts with sincere gratitude and unload any difficult thoughts/feelings to that light/intelligence.
3. Ask sincerely, don't beg (we are all part of the divine light).

Progress

- To help with consistent practice, it helps to first understand some importance of silence and why one is experimenting to experience results
- Practice consistently
- Move to ten minutes
- When one moves to 15 minutes, it brings about noticeable changes within oneself

Apart from feeling peace, decreased ego, lowered reactivity, grace seems to occur more frequently so stay alert to them :).

Connecting to that inner spark within you is connecting to the divine light everywhere and so much starts to feel wonderful!

Initially your child might find it a drag however from personal experience once children start to notice having a better day (and more!) there is more spontaneity. Connecting to their light within becomes a go to 🙏.