

Sitting in the Silence Meditation

- Go to a place with silence where you won't be interrupted and be alone for 10-15 minutes
- Sit in a comfortable chair, feet on the floor, hands resting comfortably resting in your lap
- Close your eyes, and focus on your breathing as you allow your breathing to find its own natural rhythm.
- After about 5 minutes, begin to focus on what you feel in your body-subtle tingling, light awareness, gentle energy
- Feel this internal energy become more steady and stronger as you focus on it more
- After 15 minutes, begin to return your awareness to your chair, your room and where you sit; open your eyes