



Lesson 9 – Activity

Finding Your Song

Learning to Listen to Yourself

Find a comfortable place to rest. Sit quietly with no distractions. Make sure that it is quiet and that your television or radio is turned off. Turn the ringer off on your phone, and silence your cell phone. This is time just for you. Set a timer for ten minutes. Get comfortable in your seat. Once you are comfortable do not move your body, not even a pinky finger. Once you are still, close your eyes. Do not move your body or open your eyes until the timer goes off. Detach yourself from the sensations of controlling your body and focus your attention on finding quiet space. Do your best to quiet your mind. Do not force any thoughts away. Instead, just try to embrace the silence between your thoughts. If a thought comes, let it run its course and complete the thought. Then turn your attention away from the thought, back to the silence between your thoughts. See what you may find there. Stay with yourself. Listen or at least start re-learning to listen to yourself. Feel your body breathing, feel what it is to be you.

When the timer goes off, don't open your eyes. Sit and focus your attention on your immobile body. Slowly move one finger, focusing on the sensation of that movement all the way up your arm. Now gradually begin moving more fingers, hands and arms until you stand up and stretch to the sky. Feel how amazing it is to use all of the parts of your body that you have taken for granted for so long. Feel what it means to be alive in a human body with awareness.

Do this practice each day. As you continue to do this, increasing your time if you wish, you will strength your will. The more you practice this exercise, the easier it will become to stay between your thoughts and not allow your attention to be distracted. Record what your experience is like in your journal each time you try this exercise.