

## **CoD Silent Sitting**

Close your eyes and take 3 slow, deep breaths. Each time you breathe out let go of your stress and feel yourself relax. This helps the silent sitting to work better for you.

Just sit quietly for a moment and think about something that you have really wanted/really desired. Think about how it felt to want this thing so much. Think about where in your body you felt this, and remember what it felt like in this part of your body.

Now think about the time when you actually got this thing that you desired. Remember how you felt. Think about the happy feeling that you had because you got your desire.

Now try to remember how you felt some time after received your desire. Maybe a few days or a few weeks after you got this thing. Did you still feel as happy then as you thought you were going to feel if only you got this thing that you wanted so much? Did you live happily ever after because you got the thing that you desired so much? Do you feel – honestly and truthfully in your heart – that in the end this thing was something that you really, really needed.

Now move your thoughts to something that is in your life at the moment that you really want. It might be something electronic, or some kind of clothing. It might be some kind of food, such as chocolate. It might be something you want to do, such as playing computer games or doing Facebook or hanging out in the shopping mall for many hours. Just think about your desire for a minute. Now imagine that you are doing something to put a ceiling on your desire. You don't have to give it up completely, but think of a way that you can make it less important in your life. Now think about the money or the time or the energy that you have saved from putting a ceiling on your desire. Imagine something that you can do to make good use of the money, the time or the energy that you have saved, that will make you happy and bring happiness to others. Imagine now that you have really made this saving, and think about how it makes you feel.

When you are ready, open your eyes and quietly tell the person sitting beside you:

- What the idea was that you thought of for putting a ceiling on one of your desires
- How you think you can use your savings from putting on this ceiling to help others.