Silent Sitting

Silent sitting is a simple yet powerful mindfulness practice that helps calm the mind, reduce stress, and enhance mental clarity.

**Steps**

1. Find a Quiet Space

* Choose a peaceful environment where you won’t be disturbed.
* Sit in a comfortable position—either on a chair with your feet flat on the ground or cross-legged on a cushion.

1. Settle Into Stillness

* Keep your back straight but relaxed.
* Rest your hands on your knees or in your lap.
* Close your eyes gently or maintain a soft gaze on a fixed point.

1. Focus on Your Breathing

* Take a few deep breaths to settle in, then let your breath return to its natural rhythm.
* Observe the sensation of your breath as it moves in and out through your nostrils or notice your belly rising and falling.

1. Be Present with Silence

* Let thoughts pass without judgment. Simply observe them and let them go.
* If your mind wanders, gently bring your focus back to your breath or the stillness around you.

1. Release Tension

* Scan your body for any tension and consciously relax those areas.
* Avoid shifting too often—allow your body to settle into stillness.

1. End Gently

* When you feel ready, take a deep breath in and out.
* Slowly open your eyes and take a moment to reorient before resuming your day.

**Tips for Silent Sitting**

* Start Small: Begin with 2–3 minutes and gradually increase as your practice deepens.
* Be Patient: It’s normal for the mind to wander—acknowledge it and gently return to your breath.