

Finding n.1



Silent sitting

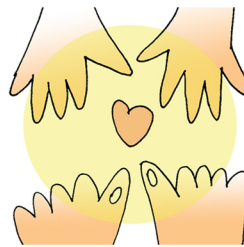
EVERYTHING'S ALWAYS MOVING... LET'S FIND SOME QUIET TIME!

There's always a lot to do on planet earth where things are moving, growing and changing all the time. Even Marty's antennas and thoughts are always on the move! Learning how to sit in silence is one of Marty's major findings. It helps you see better and to watch your steps, and recharges your batteries!

Try it!



CLOSE YOUR EYES AND GENTLY FOCUS WITHIN. IF YOU ARE EXTRA QUIET AND LOOK CLOSELY, YOU WILL SEE A LITTLE LIGHT SHINING IN YOUR HEART. FIX YOUR ATTENTION ON THE LIGHT AND TAKE IT... FOR AN INNER RIDE.



FILL YOUR EYES, NOSE, EARS WITH LIGHT. TAKE THE LIGHT TO YOUR HANDS AND FEET, AND LET IT SIT ON THE TIP OF YOUR TONGUE. LIGHT UP YOUR THOUGHTS AND FEELINGS. NOW YOUR THOUGHTS, WORDS AND DEEDS WILL BE LUMINOUS!



THE LIGHT SURROUNDS YOUR RELATIVES, FRIENDS AND EVEN THOSE PEOPLE IT'S NOT EASY TO GET ALONG WITH. IT LIGHTS UP THE WHOLE WORLD, THE SUN, THE MOON AND THE STARS! THE SAME LIGHT THAT IS IN YOU IS IN ALL PEOPLE AND LIVING THINGS. IT'S EVERYWHERE! WHEN YOU FEEL TUNED IN, OPEN YOUR EYES AND BE GRATEFUL FOR THIS PRECIOUS TIME WITH YOUR SELF!



Silent sitting builds concentration, energy, memory and peace. It helps me learn more about myself too!

YOU CAN CONCENTRATE ON THE LIGHT OF A CANDLE BEFORE CLOSING YOUR EYES.

