

## *To Hear the Silence*

- Sit comfortably in cross-legged position.
- Bring your right hand to hold at the center of your chest at heart level.
- Bring your left hand to hold very gently on the top of your head.
- Hold for one breath.
- Brush your left hand down the back of your head, down the back of your neck, and forward to the heart (on top of your right hand).
- With both hands, continue brushing down the chest to the hara (abdomen), around to the kidneys, and along the lateral thighs to the knees.
- Sit comfortably with your hands resting on the knees.