



# Return to Silence

40 Contemplations

## SITTING CONTEMPLATIONS

- PAUSE** follow breath to bottom and wait
- SURF** ride breath like waves at shore
- PURR** breathe like a cat purring
- COUNT** count exhales 1-10 and repeat
- EYES** gaze at a natural object
- EARS** hear symphony of sounds
- NOSE** inhale a beautiful smell
- TOUNGE** drink tea and enter taste
- SKIN** feel air on your skin
- ZERO** let mind body disappear

## STANDING CONTEMPLATIONS

- BREATHE** open diaphragm natural breathing
- CENTER** place awareness in belly
- SILENCE** penetrate deep silence
- PRESENCE** become totality of here and now
- COMFORT** let nature comfort you
- WHOLENESS** sway and enter wholeness
- EARTH** sense feet and earth support
- FIRE** place sun on face and fill with light
- WATER** gaze at water and become fluid
- AIR** gaze at sky and welcome the infinite

## RECLINING CONTEMPLATIONS

- BREATHING** awaken lungs
- EMBODIMENT** stretch into your body
- GRATITUDE** realize miracle of existing
- INTIMACY** welcome the web of love
- NATURE** realize unity with nature  
a.m. above / p.m. below
- COMFORT** pull quilt of night over you
- COMPLETION** feel content with day
- KINDNESS** pray for happiness of all
- RELAXATION** let limbs and cells relax
- LOVED** dwell in being loved

## WALKING CONTEMPLATIONS

- CADENCE** walk to breathing rhythm
- HEEL TOE** sense heel and toe
- CENTER** walk and move from belly
- RELEASE** release leg tension with steps
- KICK LEAVES** walk as if kicking fall leaves
- CLASP HANDS** clasp hands in front or behind
- PALMS DOWN** exhale into face down palms
- WHOLE BODY** sense whole body flowing
- SAUNTERING** awaken joy of everything seen
- JUST WALKING** empty mind and be presence

