

Part VIV: Silence and Stillness as a Lifestyle

📅 Fecha

PRACTICE FOR THIS WEEK

Remember that you can find this practice at casaevidencias.com/silencio

Here is the practice for this week:

This week we are going to do the FIVE STEPS to make Silence and Stillness a lifestyle.

Answer these five questions in the group and then tell the Evidence Group that this week is going to be the week to take action on each of the steps.

1. **Decide:** Answer honestly, have I decided that I am going to have my quiet and still time?
2. **Program:** If you make the decision, fill in the blanks in this sentence. I will practice silence and solitude in _____, at _____
3. **Share it:** Choose someone from the Evidence Group, of the same sex, so that at the end of the week they report on how it went. Not to judge, but to cheer up.
4. **Slow down:** What is one single step I can take to slow down in my life?

Some ideas are:

- go to bed earlier
 - Practice a rest day
 - Do not go out much during the week
 - Delete a commitment (that you can delete)
5. **Recognize your stage:** Answer these two questions honestly.
 - a. What stage of my learning am I at: Beginning, Intermediate, expert.

b. What stage of my life am I in: A stage where I need flexibility, or a stage where I need discipline.