

# Practicing Silence

## Prepare your body:

Take a deep breath and inflate like a balloon. Your arms can go up as you breathe in.

As you blow out imagine that balloon deflating all the way.

Do this a few times. And feel your body relax and be still.

Rest. Be silent. Listen.



## Practicing silence with family:

At your table, before or after a meal, light a candle.

Take a few moments to simply look at the candle.

Hold each other's hands. Gently squeeze to the right and then to the left. Imagining that you are silently passing love to each other.



It can wait.