



Easing Into Silence

7-day practice plan

Day 01 2 min.

Day 02 2 min. + break + 1 min.

Day 03 3 min. + break + 2 min.

Day 04 4 min. + break + 3 min.

Day 05 5 min. + break + 4 min.

Day 06 5 min. + break + 5 min.

Day 07 10 min.

Reminders

- You don't have to + say or "pray" anything.
- God doesn't have to say or show anything.
- Nothing has to happen.
- You can simply notice anything there is to notice.
- It's enough to simply *be* with God.

Practicing silence and stillness can be challenging. We're used to *doing* and used to *distraction*. When we cease to do or to be distracted by other things, even our minds can begin to distract us with many thoughts and worries. When they do, we can practice gentleness and patience with ourselves, knowing that sometimes it comes easily and sometimes not—however long we've been practicing.

This is also why we want to ease into a practice of silence instead of setting high expectations for ourselves. Imagine training for a long-distance run. You might be able to go quite far on your first time out—but pushing yourself as far as possible could risk injury or discouragement. We want to follow a gentle path into a rhythm of silence so it can be something we relax into rather than grit our teeth to get through.

We encourage you to follow this seven-day plan to start, unless you already have a practice in place. Set a timer for yourself. If you feel you can go longer on **Day 01**, that's probably true, but for that day, simply conclude after two minutes. On days with a "break," just take whatever short pause you might need to come up for air: take a look around the room, note what you found difficult or what sensations or images you may have experienced. Then, reset your timer.