



Silence and contemplative practices have been a part of every culture and every religion since the beginning of time. There is no “right” or “wrong” way to meditate. We welcome you to practice whatever form of meditation or mindfulness is best for you.

TIPS:

- No matter what you think about during City Silence or anytime you begin to practice, you did it perfectly! Notice the nature of your mind. And repeat.

- Cultivate a body-sensing practice. You can notice your breath, the tempo and the symmetry of exhale to inhale. You can notice where you feel your breath in your body. You can notice sensation or lack of sensation.

- Cultivate a listening practice. What do you hear around you? Become as interested in the noises around you as you would the notes in a symphony.

- Cultivate a looking practice. In your mind, think about “first I noticed ..., then I noticed ... and then I noticed ...”.

- Smile.



City Silence is a program of TheWell.World