

# The Exercise



The Exercise is a simple practice which is very old, and helps in gaining the ability to become truly still. This ability to become truly still helps to bring about a greater depth of experience, and so the stillness that is sought is not just stillness at a physical level, but also stillness of the heart and mind.

*It's recommended that you practice the Exercise at least 2 or 3 times each day or as often as you remember.*

Find a place where you will be uninterrupted and sit in comfortable position.

Close your eyes, take 1 slow deep breath...

If at any point you need to open your eyes or change your position, do so – then close your eyes again and resume the Exercise.

First, let the mind be free of any concern or preoccupation...

Let the mind fall still and come to rest within...

Be aware of where you are now...

Feel the touch of your feet on the ground...

The weight of your body on the chair...

Feel the touch of your clothes on your skin...

And the play of air on your face and hands...

If they are open, let your eyes receive colour and form without any comment...

Taste...

Smell...

Be fully here...

Now be aware of hearing...

Let sounds be received and let them rise and fall without comment or judgment of any kind...

With your body completely relaxed, let your hearing run right out to the furthest and gentlest sounds, embracing all...

Simply rest in this great awareness for a few moments...

Now gently bring your awareness back to your body, be present, be home.

(Adapted from the School of Philosophy [www.schoolofphilosophy.org.au](http://www.schoolofphilosophy.org.au))