



## Intentional Silence

“Starting the day with silent reflection really sets the tone of calmness throughout the day...”

### What is this?

A simple way to get more in connection with yourself and gradually grow your present centered awareness. It makes a massive difference if you do it every day for a few weeks - in fact so massive that it will show up in an MRI-scan after only two months.

### Outcomes

Over time, mindfulness practices have a proven positive effect on our daily lives, such as reflection, decision making and efficiency. Present centered awareness is shown to be a key ability with great strategic leaders. (A bit of a paradox, isn't it...)

### How to

Set aside 5-10 minutes at the beginning of your workday, with the intention of silencing your mind, just being for a while.

Try to actively suspend your self judgement, labelling and “knowing”. Just be. Just observe. Don't strive for anything specific. Just be an observer of your self.

1. Feel the connection/contact of your feet to the ground/floor/earth. Become aware of your spot/place on the earth in this very moment.
2. Note the back of your body. Note the skies and the space above you. A free space, supportive of a free mind, a free heart, a free spirit.

Choose one of the below three:

3. Try to empty your mind of thoughts. When a thought comes - and it will, note it, acknowledge it and let it go.  
Stay with a silent mind.  
OR
4. Note any sensations, in the 4 ways of knowing. Just note. Don't label, or judge.  
OR
5. Put your attention to one of your senses. E.g. your seeing. Don't label, don't interpret, don't analyze. With a completely silent mind, just enjoy the sensation of seeing.

When done: set your intentions for the day:

- What intention do you hold for your dialogue with yourself today?
- What intention do you hold for your interaction with others today?
- What intention do you hold for interaction with the larger system today?