

SIMPLIFY YOUR LIFE

SIMPLY SIT

*In an age of constant movement,
nothing is more urgent than sitting still.*

Pico Lyer



A simple practice for anyone, anytime, is to sit. Just sit. Just breathe. Just be.

How long has it been since you did this? I'm not talking about meditating or any activity that requires focus. I am asking you to sit still and simply be with yourself and the world around you. There are many opportunities throughout our day to do this. It only requires giving yourself permission.

I keep noticing my resistance to sitting still. My comfort zone is being busy. When I think about just sitting my brain goes to what can I do, crazy right? I recently read a wonderful book, *The Sacred Enneagram*, by Christopher L. Heuertz. Christopher shares a practice called **engaging solitude**, where he suggests taking 20 minutes a day to sit quietly with myself. I have been doing this for months now and it is blissful. I hadn't realized how pressured I always felt to be doing something. I now give myself permission to do nothing.

It can fun to discover your favorite place or time for sitting still. Personally, I love my morning sit with my cup of strong, black coffee. The world is quiet, my body barely awake, and I relax into my comfy chair. There is no doing involved, simply breathing and being in my body in the moment. I am always delighted and often surprised at what pops up to be noticed. I also love ending my day sitting outside staring at the night sky.

Sweet ideas for sitting still:

- Begin or end the day with sitting on your porch. Just breathe in nature.
- Sit in your favorite bookstore or coffee shop. Be with the smells and sounds.
- Take five minutes to sit at your desk at the beginning and end of the work day.
- Take five minutes to sit in the car before you head into your home.
- Go sit in the grass or leaning against a tree. Let your body touch the earth.
- Sit at the edge of a river, a stream or the ocean. Let the water wash over your feet.
- Sit in the sun or the rain or the moonlight. You might lose yourself.
- Sit in the comfiest chair in your home, without the TV on or a book in your hand.
- Sit in front of a fire, either in your home or in the forest. Let yourself get lost.
- Sit next to your child or loved one and simply breathe each other in.

Let yourself simply sit right now, wherever you are. Give yourself 5 minutes. You might be surprised. You might feel something new or let go of something old. Try this simple practice. I hope you will get hooked and make it part of your everyday life.

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