

SUSTAINED ACTION PHASE
Action-Able Exercise SA5:
Strengthen your stillpower

Explore the experience of sitting still for two minutes. Find a comfortable position, set an alarm for two minutes, close your eyes and sit.

If you have an itch, allow it without scratching. Direct your awareness to the pinky toe of your left foot (unless this is where the itch is, in which case, attend to your right foot). If your phone rings, let it ring without answering. The caller can leave a message. If you feel fidgety, notice the energy within you that wants to move and nonetheless remain still. Watch your inner experience as you would watch clouds move across the sky. Or maybe you imagine each experience just bubble up and then disappear. Observe your enjoyment or discomfort during this exercise. Just watch. Allow whatever comes up without action.

Take notes about your experience during this exercise. How did you allow conflicting thoughts, feelings and urges while you controlled your body's movement?
