



The Naked Voice

Guidance for your Silent Day

The focus of this Silent Day is to become inwardly calm and to really enjoy being alone with yourself. You are encouraged to spend this day on your own, however, please ensure that if you are accompanied by a friend, that you agree not to speak from the beginning to the end.

If it is valuable for you at the beginning of the day and at the end before sleeping, take half an hour to sound the 'aum'.

If you don't have a drone instrument, you may consider using the drone from the 'In A' CD.

It is okay to make a journal of the experience, but I advise you not to read books, answer the telephone or attend to any daily administrative business (if you are at home).

Make sure that you have all provisions on board before you begin and kindly stay at base apart from going on nourishing walks if that is possible, or any other healing exercise such as practising Masashi's movements.

Ask yourself at the beginning of the day, "How effortless can I be today" and at the end of the day "How effortless the day was".

Meditation on the breath is also an invaluable means of centering down.

Love and light

Chloe

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