

LIFE PROCESS TRANSFORMATION™

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WORKBOOK

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*Forget your perfect offering,
There is a crack,
a crack, in everything.
That's how the light gets in.*

- LEONARD COHEN



Quiet Time

- inner silence
- 15 minutes a day
- a human need

Silent reflection

Silent reflection is a mode of thinking that complements analytical thinking. It will help you to:

- open awareness
- gain insight
- process emotions
- put things into perspective
- problem solve
- connect with vision

Silent reflection is an inherent capacity. You don't need to learn it, so much as free it. You free the mind by first training the mind.

Mindtraining

Here are two ways to practice:

- Observe your thoughts with the intention of letting them go.
- Use concentration. e.g. Stay with the rise and fall of your breath.

With daily practice, you will notice:

- a decrease in preoccupation, obsessive thinking, worry, mind chatter, list-making, scattered thinking, dead-end or circular thinking, or tuning out
- improved concentration
- improved sleep
- enhanced will, or inner strength

Deep Relaxation

One day you will be sitting there, fully awake and alert, and your mind will be calm. You will move into a state of deep relaxation.

You can begin to 'pause' in the midst of your daily living:

- To become aware of your own presence
- To release built up tension
- To keep knee-jerk reactions from kicking in

You can begin to experience the space between your thoughts.

Inner Self

In silence, you connect with your true self.

More on Quiet Time

Quiet Time has to do with sitting still for short periods every day and giving your mind a rest. Sounds easy enough to do in theory, but there's nothing easy about it—particularly when you are new to it. Also, you can't count what you are doing as Quiet Time if you are sitting quietly, but your mind is still chattering or racing away.

What does count and what is important is what is going on in your mind. You want to cultivate inner silence. If you can commit yourself to giving it an honest try, over time you will experience many benefits. Quiet Time or inner silence is a human need, as important as sleep, and nothing can take its place. It is a central and basic component to the Life Process Transformation™ process.

Why change the way that you use your mind?

You'd be wise to bring your attention to your mind and how it works. Chances are that you think too much and work your brain too hard, even if you are relatively positive and free from inner conflict.

That's not to say that there isn't a place for active, analytical thinking. There is—a vital one. However, thinking all the time becomes a limitation, a handicap to your personal growth and effectiveness. You will need to free your mind if you wish to evolve and develop your higher potential.

How does the way you use your mind change through Quiet Time?

When you suspend your active thinking through the daily practice of Quiet Time, you create the conditions for silent reflection to kick in. Silent reflection is another mode of thinking. You don't need to learn it, so much as free it. You already have the intrinsic capacity to use your mind reflectively.

When you are sitting in silent reflection, thoughts still come and go, but there are spaces between your thoughts, and there is something gentle and philosophical about it. You have the room to explore universal themes related to who you are, why you are here, and how you are meant to be living. You can also consider your life challenges and decisions in a deeply meaningful and open way.

Why is silent reflection important?

Here's why you'd be wise to bring silent reflection into your life:

- Your *awareness* opens up, allowing you to become sensitive in new and important ways. It is often described as a 'waking up' experience, as if from a deep sleep.
- Because of your growing awareness, you gain *insight* into your life and issues. Insight has to do with understanding deeper dynamics, and it lies at the heart of meaningful change.