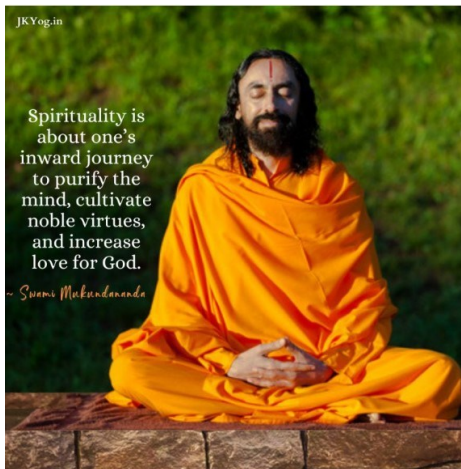


Tool to Practice How to Silence the Mind

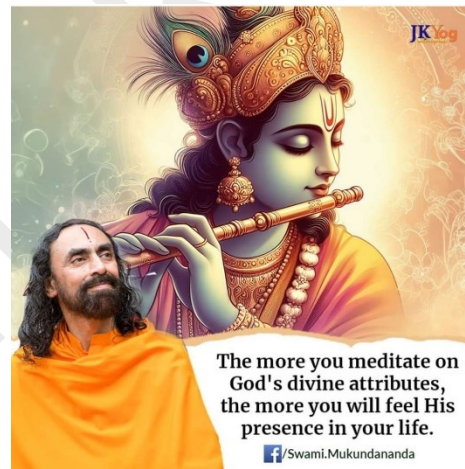
Hope you read the Vedic knowledge or tatvagyan shared above to silence the mind. Here are some steps for putting that knowledge into practice.

1. Wake up early! Start your day with a soulful meditation to connect with God/Guru (Ctrl + Click on the image). Focusing on God and His infinite virtues will help us to silence the mind. You could use either of these or any other of your choice according to the sentiment you wish to nurture on any given day.

Meditation on Developing Deep Love for God



Meditation on Feeling the Presence of God in Daily Works



2. Before getting on with the business of the day and switching on your devices, take a few minutes to practice any one strategy to strengthen your willpower to silence the mind by reflecting on the goal. Choose a superior goal even if difficult, than a lower goal that is easier. Document your choice and reflection.

The Higher Goal I Chose to Focus on Today	Logic for My Choice	What will I Not Do to Stay Focused on the Goal

- As you navigate through the day, keep your mind aware of your thoughts and feelings as you tackle different tasks at work or home. Document each one when you have the opportunity. Reflect on the triggers associated with each type of situation and on the alternate thoughts that can help to silence the mind.

Thoughts and Feelings during Challenging Situations	Thoughts and Feelings during Relaxing Situations

- In the situations you observed and recorded above, move from basic mindfulness to developing witness consciousness from a spiritual perspective. Reflect on how negative thoughts can be overpowered by positive and productive thoughts that also help to connect with God and remind us of our true self – a humble servant of God. Note down your reflections so you can revisit them in the future.

- Note down your most preferred daily practice to silence the mind. At the end of the day before retiring to bed, reflect on how the day went. Reflect specifically on:

- What are you most grateful for today?
- What enabled you to have a memorable day?
- What would you continue and what would you do differently?
- What do you need to detach from to silence the mind?
- What positive affirmations do you want to state to find peace? (See an example in the [Tools section of Samarpan March 2024.](#))



- What and how will you practice attaching the mind to God more deeply?
- Follow that practice and invite the divine to stay with you as you fall asleep.
- Note anything that you would like to record for the day.

A large, empty rectangular box with a black border, intended for the user to write their responses to the questions listed above.

Remember, change takes time.

If you need to speak with anyone about any part of this assessment, please feel free to contact us at samarpanteam1119@gmail.com. Please also give us some time to respond. Thank you.