

# The Art of Just Sitting: A Journey to Inner Peace and Well-being



## The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza by John Daido Looi

★★★★☆ 4.5 out of 5

Language : German

Hardcover : 544 pages

Reading age : 18 years and up

Item Weight : 1.8 pounds

Dimensions : 5.5 x 1.69 x 8.5 inches



In a world that is constantly moving, it can be difficult to find a moment to just sit and be. But this simple act can have profound benefits for our physical, mental, and emotional well-being.

The Art of Just Sitting is an ancient practice that has been used for centuries to promote inner peace and well-being. This practice involves sitting in a comfortable position, with your back straight and your feet flat on the floor. You can close your eyes or keep them open, and focus on your breath.

Just sitting can be challenging at first, but it becomes easier with practice. As you sit, you may notice your mind wandering. This is normal. Just gently bring your attention back to your breath. Over time, you will find that you are able to sit for longer periods of time and that your mind becomes more settled.

## Benefits of Just Sitting

There are many benefits to the Art of Just Sitting, including:

- **Stress relief:** Just sitting can help to reduce stress and anxiety. When you sit, you are taking time for yourself to relax and de-stress. This can help to lower your blood pressure, heart rate, and cortisol levels.
- **Improved focus:** Just sitting can help to improve your focus and concentration. When you sit, you are training your mind to stay present and to focus on one thing at a time. This can help you to be more productive, both at work and at home.
- **Increased creativity:** Just sitting can help to increase your creativity. When you sit, you are giving your mind the space to wander. This can help you to come up with new ideas and solutions to problems.
- **Improved sleep:** Just sitting can help to improve your sleep. When you sit, you are relaxing your body and mind. This can help you to fall asleep more easily and to sleep more soundly.
- **Increased self-awareness:** Just sitting can help you to become more aware of your thoughts, feelings, and sensations. This can help you to better understand yourself and to make positive changes in your life.

## How to Get Started with Just Sitting

If you are interested in trying the Art of Just Sitting, here are a few tips to get you started:

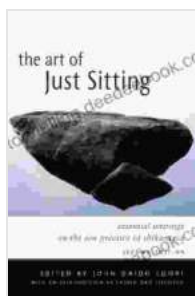
- **Find a comfortable place to sit:** You can sit on a chair, a cushion, or on the floor. Just make sure that you are comfortable and that you can sit with your back straight.

- **Close your eyes or keep them open:** You can close your eyes to help you focus on your breath, or you can keep them open and focus on a point in front of you.
- **Focus on your breath:** As you sit, focus on your breath. Notice the rise and fall of your chest and abdomen. If your mind wanders, gently bring it back to your breath.
- **Start with a few minutes each day:** If you are new to just sitting, start with a few minutes each day. You can gradually increase the amount of time you sit as you become more comfortable.

The Art of Just Sitting is a simple but powerful practice that can have profound benefits for our physical, mental, and emotional well-being. If you are looking for a way to reduce stress, improve your focus, increase your creativity, or sleep better, then I encourage you to give this practice a try.

With a little patience and practice, you will find that just sitting can help you to achieve a greater sense of inner peace and well-being.

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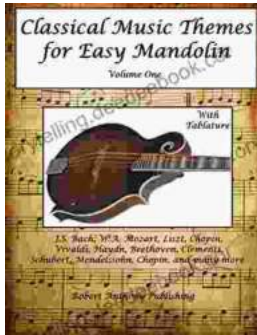
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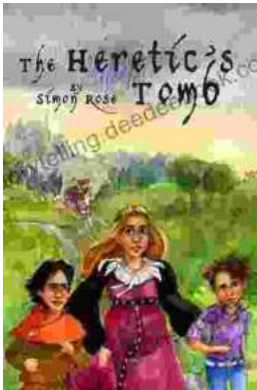
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