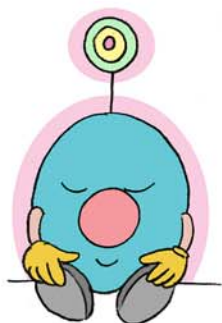


# The art of concentration

The ability to concentrate is not only a skill, but an art! You need it for everything in life! Talking, walking, dancing, singing, studying... all need concentration. Silent sitting is a great way to improve your concentration skills. Marty has his own technique. He closes his eyes and waits until his antennas are quiet and calm, then he brings them together and softly withdraws them into himself.



FOR AS LONG AS HE WISHES MARTY JUST SITS THERE, ENJOYING THE SILENCE.

Sometimes he thinks about the new things he's learning and inquires deeper into the meaning of his adventures. But he especially loves to listen to the little voice that speaks through his heart and to the sound he hears when he breathes in and out. Later he makes a drawing to remember how it felt to sit in silence.

CONCENTRATION CALLS FOR PRACTICE.



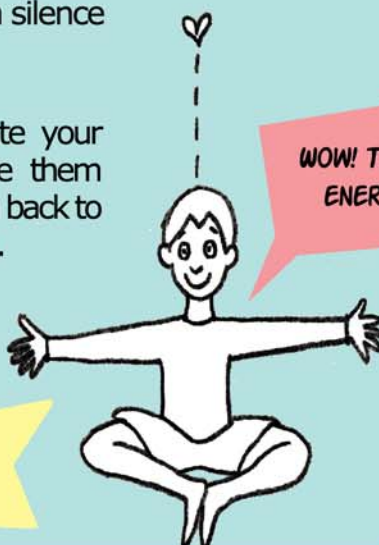
## MARTY'S CONCENTRATION TECHNIQUE

Sit up straight and take a deep breath. Open your arms wide and imagine that they are two of your three antennas. Imagine that your third antenna is right above your head. Close your eyes and slowly join your arms and hands over your head. Imagine that you are bringing your antennas together. Are they straight? Is the length of your antennas the same?

Slowly lower your antennas and imagine withdrawing them into yourself! Put your hands gently on your lap and sit in silence for a few minutes.

When you are ready to reactivate your antennas open your arms, guide them upwards, over your head, and then back to your lap in a normal sitting position.

WHY NOT MAKE A DRAWING ABOUT HOW IT FEELS TO SIT IN SILENCE?



REMEMBER NOT TO OPEN YOUR EYES!



WOW! THAT WAS ENERGIZING!

