

choose a duration

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choose a duration.

you could:

- a) be quiet and silent.  
remain as still and motionless as possible.
- b) perform a still and quiet action or activity.  
for example:  
play a soft and lovely sound;  
utter a soft and tender word;  
gently caress over a soft surface;  
read carefully with a soft voice some beloved sentences;  
produce a charming noise;

and

so

on.

02'44"

34'27"

63'33"

01'16"

43'12"

11'46"

84'14"

05'22"

09'11"

17'08"

04'46"

28'05"

19'07"

03'09"

38'12"

75'48"

00'55"

10'36"

04'33"

09'26"

02'37"

05'17"

16'28"

08'27"

11'15"

38'48"

02'12"

05'55"

and so on.