

The Five “S”s

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I. SITTING

- Breathing: ground in body by bringing attention to breath
- Meditation: development of Inner Observer, begin to watch thoughts, feelings, sensations without attaching to them
- How do we know we are not only our personality style? When we sit and observe ourselves, ask “Who is doing the Observing?”

II. SILENCE or CONSCIOUS SPEECH (depending on type)

- W.A.I.T. Why Am I Talking? As my type, do I insert myself too much or too little into the conversation?
- What is my motivation for saying what I am saying? (Control, Attention, Fear?)

III. SURRENDERING

- We can't use our Ego to get rid of our Ego
- Ground in something Greater than ourselves (put it in the hands of God)
- Prayer helps

IV. SERVICE or SELF CARE (depending on type)

- To move away from self-absorption by focusing on others
- To cultivate my own well-being through awareness of own needs, priorities
- To employ the platinum rule, not the golden rule. That is, “Do unto others as they would have you do unto them.”

V. SENSE OF HUMOR

- To delight in our shared humanity
- To hold ourselves and others lightly
- To bring compassion to ourselves and others