

Tzu chi English Educational
Gaining Control of your Free Time

Review – The Benefits of Imagination

Level 2 of 6 Questions

- ❖ In an age of constant movement -sit still
- ❖ In an age of acceleration – go slow
- ❖ In an age of distraction – pay attention



Source -

Create a word bank for discussion

The most valuable thing is time

Step back from the canvas of your lives to see the bigger picture, and see what the canvas means

How can you bring stillness to your life and to the world

Try to open up a space in your life

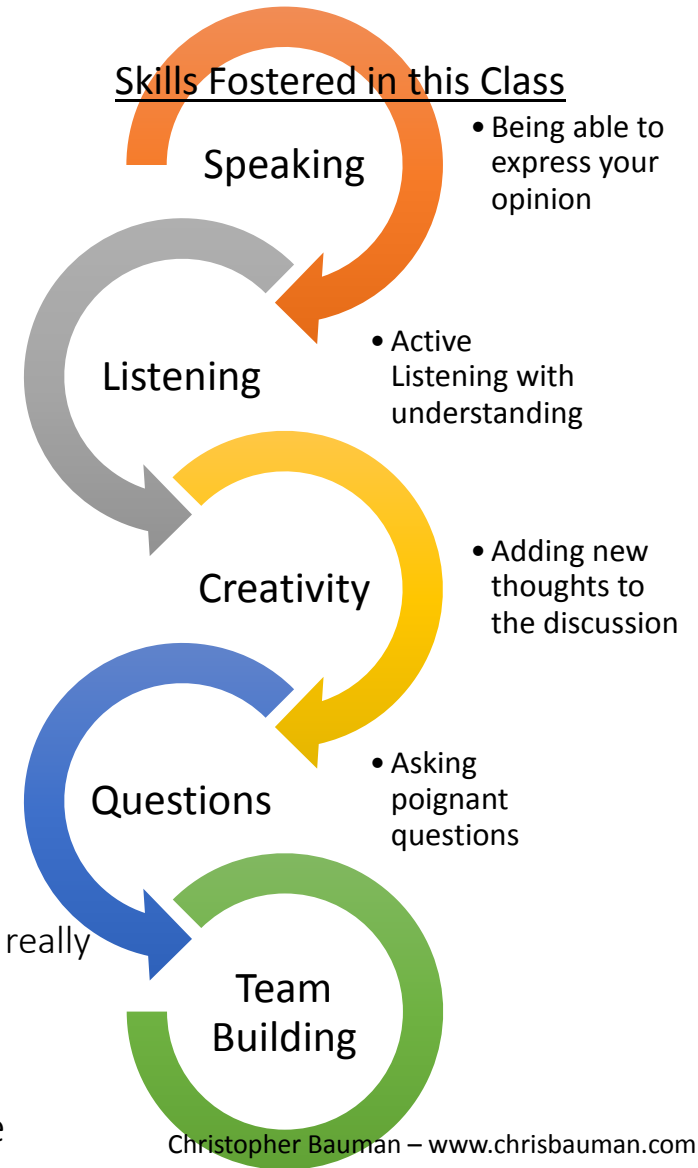
What things are important to you? Turn out the lights and listen to some music

Separate yourself from the noise, in order to hear yourself think and to know if you are really happy

In a piece of music, it is the space/pause that gives the piece its shape

Sitting still can not only lead to better health, but to emotional intelligence

Skills Fostered in this Class



1. My job and my joy became one.

_____ ?

2. Nowhere is magical unless you can bring the right eyes to it

_____ ?

3. The best way to develop more attentive and appreciative eyes is, oddly, by going nowhere and sitting still

_____ ?

4. Going nowhere can be done by taking a few minutes out of every day

_____ ?

5. Sometimes making a living and making a life are pointing in the opposite directions

_____ ?

6. Sometimes a hurricane sweeps through your life (there are different responses)

_____ ?

7. Sitting still allows you to turn amazing sights into amazing insights

_____ ?

8. We can contact others but lose contact with ourselves

_____ ?

Advanced Question Words

Time

GO SLOW

Sit Still

Try going nowhere

off

take a day

you need to

Sometimes

Change your life by changing your mind

There is a need form limits

Pay attention

Observe an Internet Sabbath

It is only by going to a place of absolute quiet that enable you to have anything to offer, instead of hoisting your problems onto others