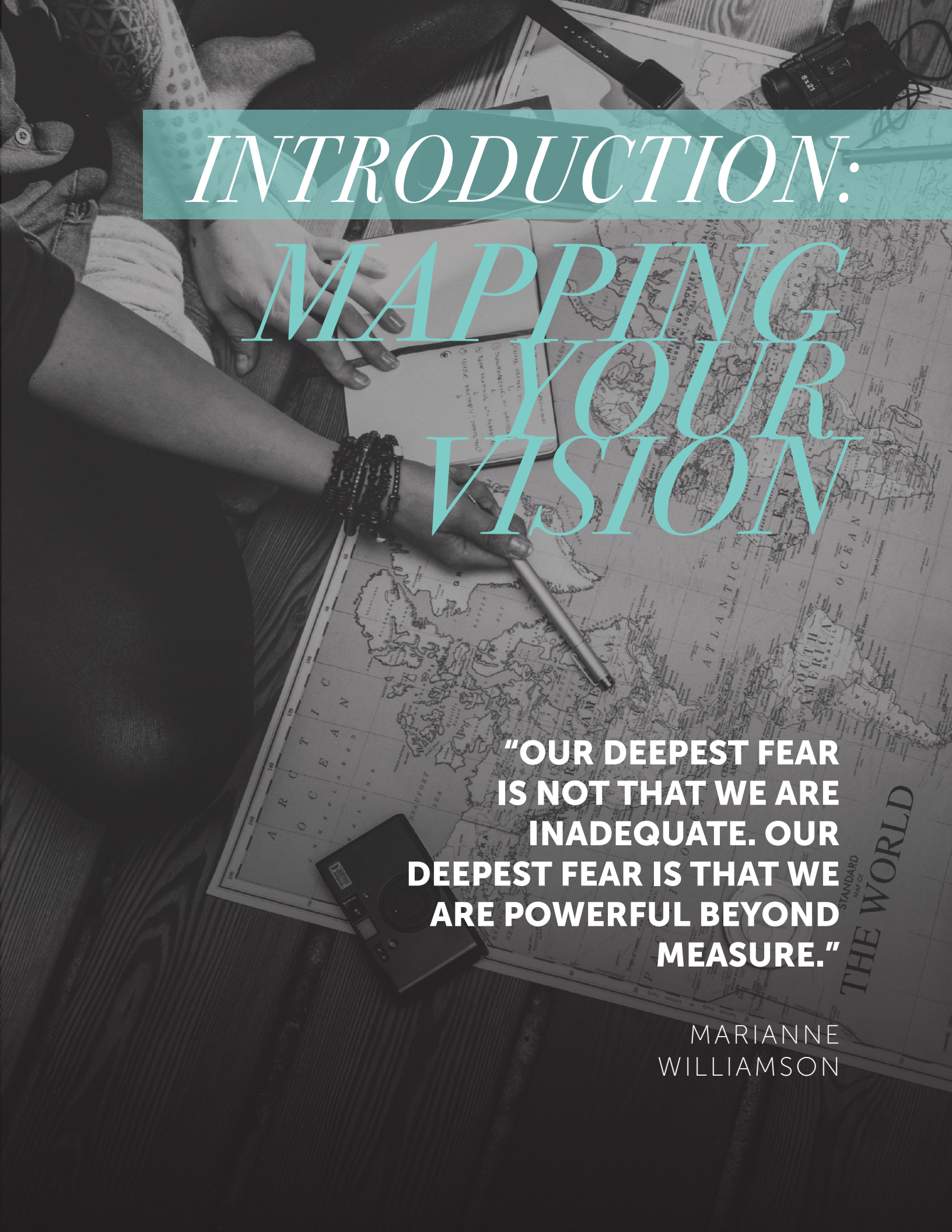


# SHUT UP & SIT

FINDING SILENCE AND ALL  
THE LIFE-CHANGING MAGIC  
THAT COMES WITH IT

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YEDDA

A black and white photograph of a person's hands mapping a world map. The person is wearing a dark shirt and several beaded bracelets. They are using a pen to mark a point on the map. The map is spread out on a wooden surface. In the background, there is a camera, a notebook, and some other travel-related items. The title 'INTRODUCTION: MAPPING YOUR VISION' is overlaid on the image in a large, teal, serif font.

# *INTRODUCTION: MAPPING YOUR VISION*

**"OUR DEEPEST FEAR  
IS NOT THAT WE ARE  
INADEQUATE. OUR  
DEEPEST FEAR IS THAT WE  
ARE POWERFUL BEYOND  
MEASURE."**

MARIANNE  
WILLIAMSON



There are three kinds of creators in this world. The first are the unicorns, the game-changers. These are the people who create something out of nothing—the Coco Chanel, the Mother Therasas, the Henry Fords, and Walt Disneys, the Bill Gateses, and the Steve Jobses. They are the folks who not only created something we didn't already have in existence but who also created our need for it when we couldn't imagine needing it. And they changed the world because of their vision.

Then there are those who create from what already is—who distill and update, rebrand and repackage. They take what has already been created and transform it to meet the current needs of the world. Many reading this book already do things that meet the needs of the world as it is today—and you're helping to change the world, as well.

THESE FIRST TWO TYPES OF CREATORS ARE GREATLY NEEDED—BOTH CHANGE THE WORLD IN THEIR OWN ESSENTIAL, UNIQUE WAYS.

*But, we've lost sight of the third kind of creator—this one who isn't talked about much at all. When we do talk about this creator it often comes wrapped in so much dogma and doctrine, religious precepts, and the trappings of ego and judgment, that we have completely misunderstood its true power.*

**THIS INVISIBLE CREATOR LIES AT THE VERY SEAT OF CREATION ITSELF.**

Call it what you want: God or Yahweh, Allah or the Universe, the Divine, or Spirit, Source, Creator, or nothing at all. This third creator is in us and of us, for us and from us. It is responsible for the awesome magic of who we are as individuals; the creator of loving-kindness, compassion, joy, and equanimity—the one who is and knows the truth of who and what you really are. (Whether or not you know it yourself, yet.) And how to access this creator? You guessed it: you have to shut up and sit.

My journey to [mindfulness](#) included years of therapy. I remember my first visit to a therapist's office. I pulled up in my Range Rover, wearing a suit and strutting my stuff like I had it all together. I sat down and said, "Okay, so I just need to know what love is. I've been told I don't know what love is, but if you can tell me what book to read or what schematic to study so I can learn it, I'm happy to do that. And what form of payment do you accept?"

And that therapist took one look at me and said, "I can't help you."

"But I have money," I said.

And again, he told me, "I can't help you."

But then he said he knew a lady who could.

She was this little old lady who lived in Richmond's West End and practiced out of her upstairs spare bedroom. We went through two years of therapy together—two years of intense, deep work. She had me read books, and we'd work through them. She helped me see that everything in my life was a series of patterns—things I had learned in my childhood and then carried with me into my adult life. There were times when I sat there in her upstairs spare bedroom, and she just held me while I sobbed. She taught me things about myself I never knew. It was my waking-up process.

Then, once I was awake and aware, she retired. And I was like, "Well, fuck me; you were my teacher. Now what?!"

But that's when I met Gena, a [mindfulness](#) meditation teacher. Gena is an Episcopal priest with expertise in contemplative prayer and [mindfulness](#), who practiced out of a little room with nothing but two chairs in it. When I met her, she said, "I sit with people."

I asked her to clarify.

And Gena repeated, "I sit with people. Twice a month, you come here for an hour, and we just sit together in silence."

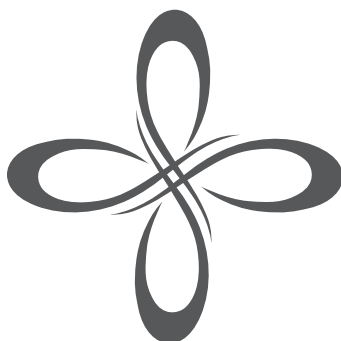
And I thought, "Well, that sounds awful."

But I sat with her.

In the beginning, when I first came in and sat down, all I wanted to do was tell my stories—of my life, my suffering, my questions about everything I wanted to know, but didn't. And Gena would say, "All totally irrelevant and unnecessary." I don't know how many times she had to tell me that before it finally started to sink in.

But it was there—in that sitting, in that silence—that I learned to create. I learned to tell myself a different kind of story: one about who I *am*, and where I *really* come from, and the deepest truth of myself. For one hour, twice a month for two years, I went to Gena's little room with two chairs, and I sat in silence. And I remember thinking; *you just shut up and sit. That's it.* And if you do that, slowly but surely, the answers start to reveal themselves to you. Because those answers come from the source of *all that is*. That connection to creation reveals a vision, unlike any book or workshop ever can or will.

As a human being, if you could show up and create a vision for your life—one in which you could be and create loving-kindness, compassion, joy, and equanimity—would you? And how would your life change if you did?



# TOOLS FOR *WOW*

TAKE A FEW MOMENTS TO STILL YOUR MIND, AND THEN READ THE FOLLOWING MEDITATION ALOUD QUIETLY OR TO YOURSELF:

**Imagine your mind as a mirror—luminous and reflecting only what appears before it. It holds no judgments, no fears, no opinions, no aversions; it is just a pure and unbiased reflection of everything as it simply is.**

**Can you sit with your mirror-mind and find a space of still peace?  
Is it okay to allow what you reflect to remain exactly as it is?**

*Using a picture of yourself as a baby or small child may help you with this exercise.*

***JOURNAL**  
your ideal  
vision of  
your life*



# *WHEN THE HOLY THAWS<sup>1</sup>*

BY ST. TERESA OF AVILA

Our body, like the earth, has seasons;  
when the mountain stream flows,  
when the holy  
thaws,

when I am most fragile and in need,  
it was then, it seemed,  
God came  
closest.

God, like a medic on a field, is tending our souls.  
Our horns get locked with desires, but don't hold yourself  
too accountable; for all desires are  
really innocent. That is what  
the compassion in His  
eyes tell me.

Why this great war between the countries - the countries -  
inside of us?

What are all these insane borders we protect?  
What are all these different names for the same church of love  
we kneel in together? For it is true, together we live; and only  
at that shrine where all are welcome will God sing  
loud enough to be heard.

Our horns got locked with the earth and sky in some odd  
marriage ritual; so what, don't worry. We should be proud of  
ourselves for everything we helped create in this  
magic world.

And God is always there, if you feel wounded. He kneels  
over this earth like  
a divine medic,

and His love thaws  
the holy in us.

## ***Let's be honest—mindfulness is everywhere these days.***

From first grade classrooms to executive suites it seems like everyone in the West is finally starting to reach for the power of a practice that has been a part of the Eastern world for centuries. But, in case you haven't noticed, mindfulness (what I call shutting up and sitting) doesn't come all that naturally to our fast-paced, big-spending, high-achieving Western world. In fact, for many of us, the idea of sitting still in the long, dark quiet of our minds seems downright terrifying.

But mindfulness doesn't have to be scary. And no, you definitely don't have to stare silently at a lotus flower for hours on end in order to reach enlightenment (although, if that's your jam, more power to you.) In *Shut Up and Sit: Finding Silence And All The Life-Changing Magic That Comes With It* Consciousness Coach and Consultant Yedda takes her personal and professional years of study into the science and psychology of mindfulness and distills those teachings down to their clearest (and yeah, their sassiest) essence—making the practice of meditation accessible to anyone. Through a collection of stories, the latest research, exercises, and tools, Yedda brings the power of mindfulness down from the monk's mountaintop and shares it in a way that speaks directly to Western Readers.

***“Yedda Brings a passion to professionalism, unlike anyone I have ever worked with. I only wish I lived closer, I would work for her! Her ability to manage such a successful company comes from her ability to successfully manage people.”***

**Ken Blanchard**

CO-AUTHOR  
ONE MINUTE MANAGER



Yedda grew up surrounded by alcoholism and drug addiction, depravation and limiting beliefs. She carried those young lessons with her into her own adult life, always believing there had to be another way to live, but unsure exactly how to walk that path herself. But through years of heart-crushing family loss, followed by a series of once-in-a-lifetime encounters—with teachers like Ken Blanchard and Deepak Chopra—Yedda learned how to overcome her lifelong limiting beliefs, find trust in the universe, discover her deepest self—most importantly—to shut up and sit, and how to bring the most successful part of herself (her soul) into the room in all she does personally and professionally...and you can too.

YEDDAS.COM