

## Silent thinking data

### 静思运用后的分析数据

#### Children's comments

##### 学生的评述

A total of 62 primary school teachers in China, who had been using silent sitting in their classes as part of an SSEHV programme at least three times per week for a year, each interviewed 5-6 students regularly during the year about how they perceived it to have affected them. Valid interview data were returned for 348 students, ranging from grade 2 to grade 6. Qualitative analysis was used to identify patterns in the students' comments, as indicated in the table below with some typical examples of their actual comments. Of the 348 students, 339 (97.4%) made positive comments. It is interesting to note that the effect that is clearly the most commonly mentioned is improved concentration (115 students mentioning this). The students' comments have been classified into five categories: **feelings, thoughts and emotions**, which accounted for 293, or 39%, of the total comments; **better study habits** (241, 32%); **improved school performance** (110, 14.7%); **physical effects** (73, 9.7%) and **behavior** (32, 4.3%). It is encouraging to see a spread in their comments between between affective factors (feelings of relaxation, calmness and peace, improved moods); behaviours (not getting angry, irritated or impatient as easily) and academic behaviours (improved study skills and attitudes, better understanding and retention and improved academic scores). In the table below are some interesting examples of the children's comments (translated from the original Chinese, but with their expressions left as close as possible to the original).

在中国的人文价值教育项目实施中，共有 62 所小学的师生，一年中每周至少有三次在课堂上运用“静思”技巧的。按惯例，我们在一年中大约专访 5 到 6 位学生，深入了解他们是如何看待“静思”给他们所带来影响的。这次一共访问了二到六年级的 348 名学生，有效访问数据由此获得。我们用质化分析去确定学生评述的模式，下面的图表所显示的就是在编码过程中归类得出一些模式及其典型的原始论述。在 348 个学生的评述中，有 339 人（约占 97.4%）对静思这一方法运用的效果作了正面评价。有趣的是，学生们认为最显著的效果是提高了他们的注意。（有 115 名学生提到这一点）我们把学生的评述分为五大类：感觉，思想，情感，这三项一共有 293 次，占了评述总次数的 39%；其次，优化学生习惯（241, 32%）；提高学习表现(110, 14.7%)；身体效应(73, 9.7%)；动作行为(32, 4.3%)。这将有助于我们进一步理解学生在评论中所提到一些与“静思”有关的一些情绪因素之间的关系。情感因素之间的关系（如，放松的感觉，安静平和，改善情绪等），行为之间的关系（如不那么容易生气，愤怒，变得更有耐性等），学业成就的表现（如，提升学习技巧，改善学习态度，促进理解与记忆，提高学习成绩等）。下面图表列出了学生评述中的一些颇为有趣的论述例子。（自中国所得的原始资料改编，语言表达尽可能与原生性表述一致）。

Category 类别	Effect 效果	Number of comments (% of total comments in category) 类别占总体 评述的 百分比	Typical examples of pupils' comments  学生评述的典型话语
<b>Feelings 感觉 thoughts 思想 and emotions 情感</b> Number of comments: 293 (39% of all comments) 合计评述黄 共 293 条, 占总数的 39%	Relaxed/comfortable mind 放松/令人舒服的神智	63 (26.1%)	Makes me reduce stress 使我减少压力 That feeling is very comfortable. I don't want to open my eyes. 那种感觉很舒服, 我不想再睁开眼睛。
	Calmness 平静	43 (17.8%)	Can make my heart feel calm. 能使我的心感到平静 In my life a lot of matters vexed me. Now I will calm down to think when I meet these matters. It really has worked very much. 在我的生活中有很多事情让我焦虑, 现在当我再遇到这类事情时, 我会静下来去想, 它真的很有作用 Makes my heart feel calm if I am feeling twitchy 当我感觉到痛苦时, 它使我的心平静下来 I understand that the teacher lets us sit in silence before the lesson to let us study with a calm mindset. 我理解到, 老师在上课前让我们坐着静思是为了使我们带着平静的心境去学习 I can adjust my panic mood and feel full of confidence to have class. 我能够调节的紧张的情绪, 满怀自信上课
	Improved mood 改善情绪	30 (12.4%)	I can adjust my own mood 我能够调节自己的情绪 My mood is at ease. My heart is smiling. 我感到轻松, 心充满了快乐 wonderful feelings 感觉非常好 If I am in a bad mood at home I will do silent sitting by myself. My mood changes very quickly and I recover my equanimity. 当我在家心情不好时, 我会独自静思, 我的心会很快恢复平静, 心情也跟着好起来

			<p>The other day I was very angry, anxious, in no mood to go to class.....After silent sitting I became more peaceful. It's unbelievable a little silent sitting can become my psychological doctor, make me shift from worries to peaceful, from anger to happiness.</p> <p>某天我非常生气、焦虑，没有心情去上学。在静思后，我变得平静得多了，这真有点不感令人相信，短时间的静思变成我的心理医生，使我由焦虑变得平和，由愤怒变得快乐</p>
	Feeling of happiness 快乐的感觉	28 (11.6%)	<p>Everyone has times when we are not happy. If you have this kind of mood for the whole morning or the whole day it is difficult to have your class. Then you get "half the result with twice the effort". The silent sitting makes me feel I am with the clouds to enjoy sightseeing of beautiful scenery in different countries, and my whole body feels totally relaxed and happy, no worries at all. Now I get "twice the result with half the effort".</p> <p>每个人都有不快乐的时候，当你整个早上或整天都处于这样的心境状态时，上课学习就会变得有困难，那你会事倍功半。闭上眼静思：白云在我身边游荡，我在异国的风景名胜徘徊，我陶醉了，整个身体得到完全放松，心中充满了快乐。我完全不再感到焦虑，此刻我的学习效果就事半功倍了。</p> <p>Since I learned silent sitting, life for me is not sad or miserable any more. It's happy.</p> <p>自从懂得了静思后，生活对于我来说，不再是痛苦的，它是令人感到快乐的。</p> <p>I feel I enter a world without suffering, sadness, only happy and smiling faces, a world of wonderful fantasy.</p> <p>我感到自己进入了一个没有悲伤与苦痛的世界，在这个世界上，充满了快乐与欢笑，奇迹与幻想。</p>
	"Forget agony"/take mind off unpleasant matters/reduce worries 忘记痛苦/放下不开心的事/减少担忧	27 (11.2%)	<p>After a period of time silent sitting, I forget slowly some vexing matter, concentrate on learning mathematics</p> <p>在一段时间的静思后，我慢慢忘记了令我焦心的感，集中精神去学习数学了。</p> <p>During the process I feel I am entirely free of worry, which I have never felt before.</p> <p>在这个过程中，我完全摆脱了忧虑，这是我以前从未有过的感觉。</p> <p>removes your worries and adds some fun</p> <p>摆脱你的担忧，增添更多的快乐</p>
	Don't get as angry now – e.g. when in conflict with other people, I don't lose my temper as easily 不再为现在生气，例如，当与别人有冲突时，我不再很容易	26 (10.8%)	<p>See comment from other sheet about redoing drawing. 理解别人在工作纸上“要求重做”的评论</p> <p>I no longer become angry with my mother. Mother says I am lovely.</p> <p>我不再与妈咪生气，妈咪说我变得可爱了</p> <p>When I am not happy with a classmate over some small matter, silent sitting makes me settle down.</p> <p>当我与同学交往因为小事不开心时，静思让我平静</p>

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	Peaceful 平和	19 (7.9%)	Even if I am in a noisy environment I can settle down to do my homework well. 假如现在我在一个比较喧闹的环境中，我能够平静下来做作业
	Light and free 放松愉悦与自由快乐	19 (7.9%)	Whatever I like, I can think 无论什么时候，只要我愿意，我都能够思考
	Emotions 情感	13 (5.4%)	When I meet an unhappy situation I seek a place of calmness to calm down 当我处在不愉快的状况时，我会寻找安静的地方让自己平静下来。 Marvelous feeling 不可思议的奇妙感觉 I feel easily pleased 我感到轻松而快乐 I feel very happy 我觉得很快乐 When the teacher describes some scene to us I get up in good humour and feel happy to hear the lesson 当老师用幽默的方式描述一些事情时，我们会变得高兴起来并愉快地投入到学习中 Often in silence I feel exultation 静思时我总感到……
	Sense of awe 敬畏的感觉	7 (2.9%)	The beautiful music makes me think of the great universe in play 这美丽的音乐让我想到大自然在演奏 It lets me imagine several beautiful pictures. I can feel my life is full of interest and beauty, very wonderful life. 这让我想到一些美丽的画面，我能够感到我的生活充满了乐趣、美好与奇妙。 I feel wonderful inside my heart. 我的内心感到非常奇妙 I feel there is a bright spot in my mind that turns round and round in front of me and takes my soul away to the forest, over the sea, over the endless grassland etc. 我感到有一束亮光在我的脑海中凝聚，它不停地转，带着我的灵魂飞过森林，跨过海洋，越过无边际的绿色草原
	Less impatient 减少了不耐烦	5 (2.1%)	
	More tolerant of others 对他人有更多的忍耐	4 (1.7%)	In the past I always liked to report to teachers, saying, "Xiao Hung, Xiao Lan, Xiao Dung won't lend pens to me, Xiao Ker knocked me down and didn't say sorry..." Silent sitting has made me forgive others actively. I never thought that silent sitting would have such powerful charm. It changed me, made me become more peaceful. 在过去，我总是喜欢向老师告状：小黄，小兰，小东不借笔给我，小何把我推倒在地上还不向我道歉。静思让我原谅了别人。我从来没有想过静思会

			有这样的作用，它改变了我，让我变得更为平和
	Appreciation of beauty of the scenario being described 欣赏描述的美景	3 (1.2%)	
	Copes with nervousness, anxiety 处理紧张与焦虑	3 (1.2%)	
	More understanding of others 对他人有更多的理解	2 (0.8%)	If somebody else is, for example, criticized by a teacher or another person I will tend to comfort them – I have a greater sense of forgiving others 比如，其他人受到老师的批评时，我会去安慰他们，我对他们有越来越多的谅解了 Every time in silent sitting I feel in my heart there is an ideal kingdom. People there get along well with each other, they help each other, they are always “ready to help others for a just cause” and also sacrifice your own interests for the sake of others. What a peaceful and calm picture, then my heart will calm down. 每次当我静思时，我心中有一个理想的王国，在那里，人们和谐相处，他们随时准备着帮助别人，总会为了他人而牺牲自己的利益，那是一幅美好的图画，这时我的心就平静下来了。
	Kinder/ more considerate 宽容/更加体贴	1 (0.4%)	I am more concerned about other people, do not humiliate people. I know I was wrong before. 我变得更加关心别人，不再去羞辱别人，我知道我以前是错的。
Better study habits Number of comments: 241 (32% of all comments) 改善学习习惯共有 214 个评论，占总数的 32%	Concentration 集中注意	115 (47.7%)	Silent sitting helps me to settle to study very quickly and will not let other matters interfere with my thinking. 静思可以有助于很快地安下心来学习，不会让别的事情干扰我的思考。 When class begins I am still thinking of the gum I bought before class and thinking of buying another one. After listening to the teacher read the silent sitting...I am willing to participate in the study activity with the teacher. 当课堂已开始，我还要想的课前买的口香粮或别的东西时，老师让我们静思后，我会很积极地投入到学习中去。 Before class I was thinking about when I went to McDonalds last week with my mum. After listening to the teacher I think less distracting things and I can concentrate on my study. 上课前我还在回想上个星期与妈咪一起去麦当劳的情境，听老师说后，我就不会去想让我分心的事情，同时也能更多地集中精神到学习中来。 In class, no matter who interrupts me, I won't be influenced. I just concentrate, then I can make progress.、

			课堂上，无论谁干扰我，我都不会受到影响，专心于学习，我有进步了。
	Review of classwork/understand and remember it better 静思有助于课堂作业，理解与记忆的评述	40 (16.6%)	I can remember mathematical formulae quicker than before. 我比以前更快地记住了数学公式 I usually do silent sitting before sleeping, quietly remembering what I learnt that day. 睡前我常静思，回忆起我白天所学的东西 I can think of a lot of knowledge. 我能联想到很多的知识
	Improved study habits and attitudes 优化学习习惯与改善学习态度	36 (14.9%)	My father thinks I have become more conscientious with my study. He doesn't scold me now. 我爸爸觉得我变得更多的关注自己的学习，他不再责骂我了 I can learn more quickly. 我学习更有效率了 We can get "twice the result with half the effort". 我们能做到事半功倍 More interest in study than before 与以前相比，对学习更有兴趣 At home there is now no need to fight because of my study – more happiness 现在家里人不需要再为我的学习而有争执了，觉得更加快乐 I can cope with learning harder knowledge. 我能够更加努力地学习知识 I can learn more easily. 我比以前学得更快 I had a habit of talking in class. Now I am much quieter and more motivated to study. 课堂上我养成了思考的习惯，现在我对学习更加专心，更有动力了 Before I would rush ahead and not think carefully. Now I have changed my way of going about things and will now do a couple of minutes of silent sitting first. 以前我不会仔细思考，总想快速解决问题，现在我改变了处理事情的方式，在作出决定前会用两分钟去静思
	Settle down after play or excitement (or returning after a holiday) 在玩耍或兴奋后能安静下来（或者是节假日后回复到学习的常态）	27 (11.2%)	
	Better listening skills 有助于倾听技巧的提高	13 (5.4%)	
	Less careless 减少粗心	5 (2.1%)	Before I was careless. I understood everything while learning the mathematics but could not get a high

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			<p>mark and was always making mistakes in my homework. After doing silent sitting I pay more attention and am more earnest. The teacher says I have progressed.</p> <p>以前我总是很粗心，在数学学习中，老师讲的我都懂，但在考试时却不能取得高分，作业也常出错。静思后，我专注与认真得多了，老师说我有进步了</p> <p>In every exam I made mistakes because of my carelessness and Mum and Dad scolded me, but I still did it again. I just could not get rid of this bad habit. After silent sitting my heart calms down. I become patient so I do better and won't be careless in my exams again.</p> <p>因为粗心，我每次考试都会犯错，爸爸妈妈都责怪我，然而我总是不能改掉这个不好的习惯，在静思后，我的心平静了很多，我变得更有耐心，在考试中再也没有犯错了</p>
	Clear thinking 清晰的思维	3( 2.1%)	
	More active, better participation, greater effort in class 在课堂中更加的积极，更乐于参与，会尽更大的努力	2 (2.1%)	
<p><b>Improved school performance</b> Number of comments: 110 (14.7% of all comments) 改善在学校的表现 共有 110 条评论，占总数的 14.7%</p>	Stimulates imagination, eg makes it easier to think of what to write 激发想象，例如，在写作中能够更容易想到写什么	38 (34.5%)	<p>I imagine an outside matter in the classroom, imagine a past matter, also imagine a future matter. The imagination makes my self-confidence increase.</p> <p>我想象学校外的世界，想象过去与未来，这种想象使我的自信增加</p> <p>When a teacher from another class asked me to make a model for the class I couldn't think of an idea, so I closed my eyes and got good ideas.</p> <p>当教别班的老师叫我为班级中的同学作一个榜样进，我没有什么好的想法，于是我闭上眼睛，不久就有了一个非常好的想法。</p>
	Improved problem solving (ie a "hard nut to crack)/easier to find an answer 改善问题的解决（例如棘手的问题）/更容易找到答案	32 (29%)	<p>Can answer a problem very quickly 能够很快地回答一个问题</p> <p>Can help me to resolve mathematics problems 能够帮助我解决数学难题</p> <p>The teacher teachers us to do silent sitting at the time of exams. I took first [place] in the exam. 在考试时老师教我们静思，我照着做，考试得了第一名</p> <p>Silent sitting makes me more confident and I like to think of problems. 静思让我更加自信，我更愿意去思考问题了</p> <p>We can get solutions by silent sitting with eyes closed when we meet with difficulties. 当我们遇到困难时，闭上眼睛静思，我们能够很快</p>

			地找到问题的解决办法
	Improved academic work 提升学业成就	28 (25.4%)	Especially the composition – I used to get a headache – now I can write anything to order. 我常感到苦恼，特别是对作文，现在我能够按要求写任何的内容 Silent sitting reduced my study pressure and let me have excellent results. 静思使学习压力减少，让我取得了优异的成绩
	Strengthen memory 加强记忆	5 (4.5%)	Sometimes I would forget what I had learned, but using silent sitting I am reminded of the knowledge 有时我会忘记所学的知识，但运用静思我能够回忆起知识
	Recite better from memory 从回忆中提高背诵能力	4 (3.6%)	Remembering the formulæ for chanting also isn't so difficult 通过诵读而记忆一些公式变得不那么难了
	Think of the answer more quickly/give better answers 更容易想到答案/给出更好的回答	3 (2.7%)	Quicker to think of an answer. Time slows down when eyes are closed, so more time to find a solution. 更快找到答案，当眼睛闭上时，时间在流逝，寻找问题的解决办法花更多的时间
<b>Physical effects</b> Number of comments: 73 (9.7% of all comments) 物理反应 共有 73 条评论，占总数的 9.7%	Brain refreshed, stimulated or clear 头脑更加敏捷，受到启发，变得清晰	39 (53.4%)	The brain is very quiet – can expel miscellaneous things 思想非常平静，能够清除各种杂乱的东西
	Body refreshed if tired/more energetic 当疲惫时体力得到恢复/更有活力	19 (26.0%)	Can remove fatigue 能够消除疲劳 I feel my spirit aroused – very much vitality 我感到精神振奋——非常有活力 It can eliminate my tiredness/fatigue and I can continue the third and fourth class [of the morning] full of energy. 它能够使我消除疲劳，使我能够有饱满的精神去上早上的第三与第四节课 Every day we have five classes before we can have a break. So I feel very tired, especially the third and fourth classes in the morning. Tired and hungry, dizzy and with a big head. Since we have had silent sitting, when I feel hungry I imagine there's a roast duck in front of me. When I feel tired I feel I become a bird flying in the sky or a fish swimming in the water. Therefore all hunger and tiredness goes and I can finish my classes happily. 每天上午我们要上五节课，我会感到很累，特别是第三与第四节课，我常感到疲倦，饥饿，头有点晕，我们进行静思，每当我饿时我就想象面前会有面包，当我疲劳时，我就想象自己是天空中的一只



			小鸟或是水中的一条小鱼，这样，所有的饥饿与疲倦都不再有，我就可愉快地完成我剩下的课 When I feel perplexed or annoyed and worn out, absolutely exhausted, I will do silent sitting as our teacher tells us .当我感到困惑，生气与疲惫之极时，我就会像老师教我们那样进行静思
	Gives rest when feeling tired 当感到疲惫时考虑休息	4 (5.5%)	I can take a short rest for a while 我能够休息一会儿
	Easier to go to sleep at night 晚上较容易入睡	4 (5.5%)	
	Good for the eyes to give them a rest 对有助于眼睛休息	4 (5.5%)	
	In sport, to calm down before competition 在体育竞赛之前能够心静	2 (2.7%)	
	Can make me more healthy 使我变得更健康	1 (1.4%)	
<b>Behaviour</b> Number of comments: 32 (4.3% of all comments) 行为，共有评论 32 条，占总数的 4.3%	Initiates conscience /helps to get rid of bad habits 启导意识/有助于改掉坏习惯	12 (37.5%)	I changed some bad habits 我改掉了一些坏习惯 Silent sitting makes me understand my shortcomings. 静思让我明白了我的缺点 Silent sitting has told me a lot of morals that I can think of. 静思让我懂得更多我能够想得到的道德问题 It is silent sitting that makes me feel as a human a lot of morals, for example to be honest, to be open-hearted. 静思让我想到作为人的道德感，如诚实，心胸开阔
	Improved behaviour 改善行为	10 (31.3%)	Mother said, "Child, you have really improved. You should appreciate your teacher's guidance". I said with a smile, "Not only is it the teacher, but also silent sitting". 妈咪说：“孩子，你真的有进步了，你应该好好感谢你老师的教导。”我微笑着说：“不仅仅是感谢老师，还有静思。” Comment from other summary about "my brain is specially intelligent" 有关“我的头脑变得更为聪明”这类评述的总结 If I get angry or fidgety I use silent sitting 假如我生气或者是烦躁时，我会静思 I have realized that you cannot be so noisy otherwise you will interfere with other students. 我已意识到，你不能太吵了，否则会干扰别的同学 In class sometimes I talk so after class I sit silently for

			5 minutes and try to find out the reason why I talk in class. 下课后，有时我会花五分钟静思，反思自己上课时为什么会讲那么多闲话
	Improved class behaviour/ class spirit 改善课堂行为/班级风气	8 (25.0%)	Those very naughty classmates also changed 很多顽皮的同学都有所改变 They don't affect others as much 他们不再频繁地影响别人了 It brings control much better than if the teacher growls at the class 课堂上，它比老师的咆哮更有约束力 In our class Li Xiao Ping is the most impatient one. After silent sitting he has "cultivated his morality and temperament" and is not naughty any more 在我们班上，李小平是最为急躁的同学，在静思后，他已培养起了个人的道德感与性情，现在不再顽皮淘气了
	Self-discipline 自我约束	1 (3.0%)	
	Self direction 自我导向	1 (3.0%)	Lets me ascertain my direction for achieving my goals 让我明确自己的方向与努力的目标

Only nine of the 348 students made negative comments about silent sitting – one of these, whose initial comment was “how boring” was giving positive comments six months later. Their reasons included:

在 348 名受访学生中，只有 9 名学生对“静思”作了负面评述——在这其中，有在最初作了“很无聊”这类评价的，六个月后转变成为了正面的评价。他们作出这样的评价的主要原因分列如下：

**Inability to put the skills into practice:**

无法把这技能应用于实践

- Can't focus – I think hard, but again and again what I saw on television last night... I can't attain heart equanimity.  
不能集中——我努力地想，但总是出现昨晚电视上的内容，我没有感到心是平静的。
- I can't be quiet, looking at other classmates secretly, being almost asleep  
我不能变得平静，我偷偷看别的同学，感到很想睡觉。

**The belief that the time should be spent on studying:**

认为静思的时间应该用来学习：

- I still don't like it because I feel dull. It does not seem to give me any important help.  
我仍然不喜欢，因为我感到无聊，我似乎感觉不到它能给我什么重要的帮助。
- I think it's not necessary – takes a lot of time doing not much  
我认为静思没有必要，花了大量的时间却没有什麼效果。
- I think having it very often wastes our precious time but I'm very interested in occasional silent sitting  
我认为经常的静思花去了我们太多的时间了，但偶尔的静思我还是感兴趣的
- I feel very vexed – much precious time spent not in study – why have to spend it sitting in silence?

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我感到焦虑——花了那么多宝贵的时间，却不是在学习——为什么必须花那么多的时间静思呢？

### **Teachers' comments:**

教师的评述

It calms down the children's minds. When they close their eyes they can try to recall previous knowledge – not just in class but also things they have done right or wrong, ie self-assessment. 它让孩子们安静下来，当他们闭上眼睛时，他们会努力去回忆学过的知识——并不单单是课堂上所学的知识，还有一些他们自己以前做过的正确或错误的事情，例如自我评价。

Silent sitting is a way of thinking, gives people a sense of quiet, they are very free to think about anything and escape temporarily from reality – therefore it decreases the pressure of work. I use it personally to have a break mentally or physically.

静思是思考的一种方式，它使人们获得一种平静的感觉，他们可暂从现实中逃离出来，非常自由地去想各种各样的事情，因此，它可以减少工作的压力，我个人经常用这种方式来进行身心的暂时休息。

I have found myself able to control my own mood easier.

我发现自己可以很快就能控制自己的情绪

Silent sitting is very good to nurture their study habits. It encourages the students to think, try new things and change their attitudes towards their studies. They are now beginning to see that they are studying for themselves, not for their parents.

静思是一个培养学习习惯的有效途径。它鼓励学生去想，去尝试新的事情，改变对学习的态度。他们现在明白学习是为了自己而非父母。

Values education and silent sitting bring real benefits to students – reduces pressure, concentrates minds, improves thinking, changes naughty behaviour, improves imagination and quality of writing

价值教育与静思对学生真的有好处——减少压力，集中注意，改善思考，改变顽劣的行为，提升想象力与写作的质量。

Sometimes students give up when facing difficulties but, after silent sitting, they are more persistent

当面临困难时，有一些学生选择放弃，但是静思后，他们有了更多的坚持。

### **Benefits to the family**

对家庭的益处

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After we had introduced silent sitting to the schools in the SSEHV projects in Mainland China, the teachers asked their pupils to share it at home with their families. After some time, the children made comments such as the following, which indicate clearly that families have benefitted from doing this activity together. These comments show that it has been successful in building a sense of community within these families.

当我们在中国大陆开展人文价值教育项目时，教师鼓励学生在家中与他们的父母分享静思。一段时间后，学生们给出了一些评论，下面所列的就是其中一些，这些事情很清晰地显示，家庭成员在一起进行这类的活动时，家庭已从中受益，这些评论显出静思已在家庭成员间成功建立起一种共同体的感觉。

- My father does not get so angry with me. He knows I have changed and he loves me very much.  
我爸爸不再对我那么生气了，他知道我已经改变，现在他更加爱我了。
- We do not fight any more in our home because of [silent sitting] – now it is more fun.  
我们现在在家里再也不争执了，因为（静思）现在变得很有趣。
- We sit at the same table to do silent sitting. My family members say it is very helpful to a person's mental state. Mother says it is so very good.  
我们坐在桌子边进行静思，我的家人说这对我们的精神状态的调节很有帮助。妈咪说它很好。
- I tell my family that when the meet difficult times using silent sitting will help you to look before you leap.  
我告诉我的家人，当遇到困难时并要跨越时，静思可以引导我们向前看。
- I can think of my mother's pain and can also help mother with her life. After silent sitting I do not want to fight with mother. She says I have changed.  
在生活中，我能想起我妈咪的痛苦并帮助她，在静思后，我不再想着与妈咪争吵了。她说，我改变了。
- My mother likes to do silent sitting very much, getting me to do it every evening.  
我妈妈很喜欢静思，每天晚上都让我静思一段时间。
- My father and mother both say it is very interesting and they would like to do silent sitting with me, together. The nights when mother does silent sitting with me I am able to fall asleep very quickly. Father's mother likes it too. My elder sister and elder brother also like it very much and use it.  
我爸爸与妈妈都说静思非常有趣，他们也会与我一起进行静思，每当妈咪与我一起静思时，我会入睡得很快，爸爸也一样。我哥哥与姐姐也觉得它很好，也会进行静思。
- When my mother saw me using silent sitting she was a bit shocked. Now, under my influence, when she is in a bad mood she will also listen to music and do silent sitting.  
当我妈咪看到我在静思时，她感到有一点惊奇。现在，在我的影响下，当她自己心情不好时，她也会听音乐或进行静思。
- Having once seen me doing silent sitting at home, my grandmother thought I had been learning to follow some religion from the television and told me not to learn such things from television. After I explained she has no objection. Sometimes grandmother is very tired so I teach her also to do silent sitting.  
当我在家中静思时，我奶奶认为我正从电视上模仿有关宗教的一些东西，她说不要太多的从电视上学习这些东西，当我向她解释后，她没有再反对了。有时奶奶觉得很累时，我也会教她静思。
- Now when my father meets difficulties in his life he can do silent sitting like me – sometimes it really can solve a problem.  
现在，当我爸爸在生活中遇到困难时，他就会像我一样，进行静思，有时它还真的能解决问题。
- Every evening my mother will tell a silent sitting story for me. I like to do silent sitting with my mother.  
每天晚上我妈咪都会给我讲一个有关静思的故事。我喜欢与我妈咪一起进行静思。
- The change in me seems to have had an influence on my father. Now he will sit down with me and have a conversation, unlike before when he always wore a face like a plank and scolded me.  
我的改变是对我爸爸产生了影响。现在他会坐下来与我进行交流沟通，不再象以前那样，他总是板着脸，要不就是责骂我。

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- I have been doing silent sitting at home with my mother. Now, I feel that the number of times that mother and father fight are fewer.  
现在，我在家与我妈咪一起静思，我感到爸爸与妈妈争吵的时间少了。
- Every evening my grandpa also does silent sitting before going to bed  
每天晚上，我爷爷睡前都会静思的。

