

Finding Calm

Session 1 of 10

Session 1 · The Forest Receives You

Signals: Gravity anchoring · Sit-bone weight · Slow CT self-touch · Physiological sigh · Extended exhale · Tapping rhythm · Vestibular sway · Quiet hum · Micro-smile · Self-affirmation

About This Session

You don't need to have done anything to be here. You don't need to arrive calm, or prepared, or in the right state. You just need to arrive.

This is the first thing the forest teaches. It receives you as you are. Whatever you're carrying today — the weight in the chest, the low-grade hum of the week, the slightly effortful quality of getting through — all of it is welcome. None of it needs to change before we begin.

This session works with one simple thing: the body learning that this particular moment is safe. Not all moments. Not life in general. Just this one, right here, with its specific chair and its specific light and the specific sound of the room.

The practices we use are not relaxation techniques. They are signals — specific languages the nervous system already knows. We are not teaching the body anything new. We are reminding it of something it already knows how to do.

Opening Safety Practice · 1 minute

We begin by simply arriving.

Let the weight of the body settle where it meets the chair. The sit bones, the backs of the thighs. The chair is bearing the weight — the body doesn't need to hold itself up entirely.

Feel the feet on the floor. Not pressing yet. Just noticing they are there, and that the floor is there too.

A breath comes in, and leaves again.

And very quietly, internally, just this:

I am here. The forest has already received me. Nothing is required of me right now.

Not a performance. Just a quiet recognition — the body arriving, and finding it is welcome.

Practice · 28 minutes

From that settled place, we continue.

Press both heels gently into the floor. Not hard — just a deliberate contact. Hold for a breath, and release. Again. And once more. The ground is here. The body knows it.

Now let the sit bones settle a little more. Not shifting position — just allowing more weight to drop through. The chair holds it. You don't have to.

The forest floor has been receiving weight for a thousand years. It knows how to hold what arrives.

Bring one hand to rest on the opposite forearm. Let it rest there first. Just the weight and warmth of contact.

And now, very slowly — four or five seconds for the whole journey — draw the hand upward from the wrist toward the elbow. Barely moving. The pace that feels almost too slow. And back again. The same unhurried pace.

Notice whatever is here. Warmth. Texture. The fact of contact. Not asking for more than this.

Once more. Up from the wrist, slowly. And back. Let the hand come to rest.

Take a breath in through the nose — and before you breathe out, one small additional sniff on top. Then let the breath go, fully, without hurrying it. Until it genuinely finishes.

Once more. In — small extra sniff — and then all the way out. Long and slow.

Return to normal breathing.

Now, with the fingertips of one hand, begin a very light, slow tapping on the top of the thigh. Not pressing — just the gentlest contact of the fingertips, one after another, at whatever pace feels unhurried.

And if it feels natural, let the body begin a very slow, small sway. Just a fraction. Forward and back, or side to side. Not a movement anyone would notice from across the room. Just the body finding its own easy rhythm, the way a tree moves in a light wind.

And now, if it feels right, let a very quiet hum begin. Just a single low note — not performed, barely voiced. Let it rise from wherever it rises. Feel where it vibrates.

Tapping. Swaying. Humming. All very gently, all together. No need to coordinate them. Let them find their own relationship.

Something in the forest is always moving. The branch. The light. The breath of the ground. It doesn't ask permission. It simply continues.

Stay here for a little while. When it feels complete, let the tapping quiet first, then the hum, then the sway, then stillness.

Now bring attention anywhere in the body that feels held or dense. Not a problem to fix. Just a place to notice.

This is the body doing what it learned to do. It is not wrong. It is not permanent. It is the ground we are working with.

Stay with it. Don't try to change it. Just let it be there, noticed.

One more physiological sigh. In through the nose, small extra sniff, and then all the way out — long and complete.

And now, very gently — so gently it is almost imaginary — allow the corners of the mouth to soften upward, just a fraction. Not a smile. A micro-inclination toward one. The kind of expression that arrives when something is quietly, simply fine.

If it doesn't come easily, let the jaw loosen slightly instead. That is also enough.

Hold this small quality for a few breaths.

And from this place, allow one quiet phrase to settle inward — not said aloud, not analysed. Just received:

The forest received me today. I was already enough to be here.

Let it rest there. No need to do anything with it.

Feet on the floor. Hands at rest. The breath still moving.

Notice whether anything in the body has a slightly different texture than when we began. Even the smallest shift. Even one degree.

That is the work. Already done.

And slowly, let the room come back in. The light, the space, the particular sound of this place. Small movements in the fingers if that feels natural. No rush.

The Forest at the First Step

You did not know if you were welcome.
You came anyway.

The trees had no opinion about this.
The light came through the same way it always does.
The ground received your weight
the way it receives everything —
without deciding first.

You carried what you carried.
The forest did not ask you to put it down.

It only asked — or rather, it did not ask,
it simply offered —
a little more room than you had before.

Stand here long enough
and something shifts.
Not because you did anything.
Because this is what forests do
with the people who arrive in them.

They receive.
They continue.
And in the space between those two things,
something that was braced
remembers
that it doesn't have to be.

© Per Norrgren · Deeper Mindfulness. All rights reserved.

Between Sessions · Your Daily Practice · 3 minutes

Use this as often as you can across the day. Five brief returns do more than one long session.

15 seconds · Both heels press into the floor. Hold five seconds. Release. Repeat twice.

15 seconds · Let the sit bones drop. The chair holds the weight. The body doesn't have to.

30 seconds · One hand rests on the opposite forearm. Draw it slowly from wrist to elbow — four or five seconds for the whole journey. Back down. Twice.

30 seconds · Breath in through the nose — small extra sniff on top — then all the way out, slow and complete. Twice.

30 seconds · Fingertips tap lightly on the thigh. Let the body find a slow easy sway. A quiet hum if it comes. Stay here.

30 seconds · Let the tapping and hum quiet. Notice one thing in the body that is different from when you began. Even a fraction.

30 seconds · Corners of the mouth soften, just a fraction. One more long exhale. Let the room come back in.

The forest is still there. You just walked back into it for three minutes.

© Per Norrgren · Deeper Mindfulness · www.deepermindfulness.org · Not for reproduction without written permission.