

# Finding Calm

Session 10 of 10

## Session 10 · You Carry It With You

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

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### About This Session

The forest does not stay behind when you leave.

What the nervous system has learned across these sessions has been encoded, consolidated, revised. It is in the body now. Not as something you remember. As something the body has become slightly more capable of.

The threat prior is a little less loud. The inflammation has had nine weeks of counter-chemistry. The Moro brake has been receiving the slow deliberate movement it needs. And the mattering signal — the sense of being a presence that registers, that is genuinely here — has been offered to the body repeatedly, in a setting that carries no risk of rejection.

This session is not an ending. It is the discovery that the practices are now yours. The forest travels with you.

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### Opening Safety Practice · 1 minute

We begin the same way we always begin.

Both feet on the floor. Let the weight of the sit bones drop. The chair holds it. Nothing is required of you yet.

A breath in. And out again.

And quietly, internally:

**I am here. I have been here ten times. What has changed is mine to keep.**

Not a statement to believe. Just a recognition. The body arriving, and being met.

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### Practice · 28 minutes

From that settled place, take a moment to feel the full shape of what has been built across these ten sessions.

The heel press. Press both heels into the floor now. Hold. Release. This is yours. You know what it does.

The sit bones dropping. The chair holding. This too.

One hand on the opposite forearm. Slow CT stroke, wrist to elbow, back. Three times this session. Let it be generous.

The person who walked into the forest on that first morning is not quite the same person here today. Not dramatically. But the root system is deeper. The relationship to the ground is different. The canopy feels a little more like somewhere you belong.

One physiological sigh. Let the exhale be long and complete, the way it has learned to be.

Slow tap. The smallest sway. The quiet hum. These are yours now. You can do them anywhere. On a bus. In a corridor. In the gap between two things. The practice comes with you.

Very slowly: head to one side, back to centre, other side, back. The vestibular signal. The brake, slowly, gradually strengthening. This is a long piece of work. It continues.

The practices you carry forward are not techniques. They are a different relationship between the body and its predictions. That relationship does not stop when the session ends.

Let the tapping and hum quiet when they are ready.

One more physiological sigh. The longest one yet. Let the exhale go all the way.

Micro-smile. A little more generous this time, perhaps, than in session one.

**The forest is not behind me. I carry it with me. These practices are mine now.**

Sit with that for a full minute. Not noticing one thing. Just being here, at the end of something that is also a beginning.

When you are ready, let the room come back in.

Small movements in the fingers. The quality of the light. The sound of the space.

You are not leaving the forest. You are taking it with you.

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## What You Take With You

You came here ten times.  
Each time you brought what you carried.  
Each time you left a little differently  
than you arrived.

Not always visibly.  
Not always in a way you could name.  
But the ground registered it.  
The body registered it.  
The part of the brain that changes slowly  
through accumulated small evidence

registered it.

The forest is behind you now  
as you go back to your week.  
But it is also not behind you.

The heel press is in your body.  
The slow breath is in your body.  
The warmth of the hand on the forearm  
is in your body.

These are not memories of the forest.  
They are the forest.

You are not leaving.  
You are carrying it.  
And that is something  
the nervous system will not easily forget.

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## **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 into the floor. This is yours. You know what it does. Hold and release.

**15 seconds** · Sit bones drop. The chair holds. Notice how readily this arrives now.

**30 seconds** · One hand on the forearm. Three slow strokes this time. Generous. You have earned this.

**30 seconds** · Physiological sigh. The longest exhale you can manage. Let it go all the way.

**30 seconds** · Slow tap, smallest sway, quiet hum. These are yours. They go with you everywhere.

**30 seconds** · Let it quiet. Name what you are taking with you from this programme. One true thing. Then let the world back in.

**The forest travels with me. These practices are mine now, in any moment, anywhere.**

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