

Finding Calm

Session 2 of 10

Session 2 · What the Ground Already Holds

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

The ground was there before you arrived. It will be there after you leave. It does not need you to do anything to it. It holds.

Last session the forest received you. This session goes one step further: noticing what the ground itself is already doing. Not the effort you bring. What is already here, steady, beneath everything.

Most nervous systems spend a great deal of energy looking for safety. Scanning for it. Trying to create it. This session works with something simpler — the discovery that something is already holding, and that the body can learn to feel that, and rest in it.

The practice today works with pressure, stillness, and the slow building of a felt sense of what is underneath. Not calm you produce. Calm that was already there.

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. The ground is already holding me. I can let some of the weight go.

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

Practice · 28 minutes

From that settled place, take a moment to feel the whole weight of the body.

Not just the feet. Everything. The heaviness of the arms resting wherever they rest. The weight of the head on the neck. The body is always this heavy. We rarely feel it.

Press both heels gently into the floor. Hold for five seconds. Release. Let the floor press back.

And now notice — the floor was already pressing back before you pressed. The ground is not responding to you. It was already here. You just made contact with something that has been present all along.

The forest floor has been holding weight for centuries. Long before you arrived. Long after you leave. It does not press back because you pressed. It presses back because that is what ground does.

Let the sit bones drop a little more. Not shifting — just allowing more weight to surrender into the chair.

One hand to the opposite forearm. Rest it there. Then slowly — four seconds up from wrist to elbow, four seconds back. Barely moving. The pace that feels almost too slow.

Twice more. Let the hand come to rest.

Now let the attention move through the body slowly. Start at the feet. What is there — pressure, temperature, contact? Move to the legs. The pelvis. The belly. The chest. The hands. Not looking for anything. Just noticing what is already present.

The body is always doing something. Most of it we walk past. This is the practice of not walking past.

Begin a quiet, slow tap of the fingertips on the thigh. Very light. And if it comes, a small sway — barely there.

And a very quiet hum on the exhale. Let it come from wherever it comes.

The sound the forest makes is not silence. It is a thousand things that have stopped needing to announce themselves.

Stay here. Let the tapping and hum continue. Let the body find its rhythm.

When it feels complete, let everything quiet.

One physiological sigh — in through the nose, small extra sniff, then all the way out. Long and complete.

And the micro-smile, if it comes. Just the corners of the mouth softening. The jaw releasing.

And quietly inward:

The ground has been holding me all along. I am only now noticing.

Rest there for a few breaths.

Notice whether anything in the body has a different quality than when we began. Even a fraction. That is enough.

Small movements in the fingers. Let the room come back in.

What the Ground Knows

Before you arrived,
the ground was already here.

It did not prepare for you.
It did not know you were coming.
It was simply doing what ground does —
holding.

You pressed your heels into it
and it pressed back.
Not in answer to you.
In continuation of itself.

This is what has always been true.
Under every difficult week,
under every night that didn't restore,
under the years of carrying —

the ground was here.
Holding.
Quietly.
Without asking to be noticed.

You noticed today.
That is already something.

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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 press into the floor. Hold five seconds. Release. Let the floor press back — it was already there.

15 seconds · Let the sit bones drop. Feel the full weight of the body. You don't need to hold yourself up.

30 seconds · One hand on the opposite forearm. Slowly from wrist to elbow, back again. Twice.

30 seconds · Breath in — small extra sniff — all the way out. Twice. Long and unhurried.

30 seconds · Scan the body slowly from feet upward. Not looking for anything. Just noticing what is already present.

30 seconds · One more long exhale. Corners of the mouth soften. Let the room back in.

Something underneath me has been steady the whole time.