

Finding Calm

Session 3 of 10

Session 3 · The Light Through the Canopy

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 can't see the whole canopy at once. You see light coming through it. A gap here, a shaft there, the way a leaf moves and changes what gets through.

The nervous system that has been running in chronic stress has learned to live under solid cloud. Not darkness exactly. Just the absence of light reaching in. The gaps feel temporary. The cloud feels permanent.

This session works with the noticing of what does get through. Not trying to move the cloud. Just learning to find the shaft of light — something that arrived, something that is here, something the prior did not expect.

The prediction error is not a revelation. It is a fraction. A slightly different texture. Something that got through when the system expected it wouldn't.

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. Something in me is ready to notice what gets through.

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

Practice · 28 minutes

From that settled place, bring attention to somewhere in the body that feels a little lighter than the rest. Not much lighter. Just a fraction. A place where the holding is slightly less.

It might be the hands. The area around the eyes. The belly after the exhale. Somewhere.

If you can't find it yet, that is fine. The practice will make it available.

Press both heels into the floor. Hold and release. Three times. Let the ground come up to meet you.

One hand on the opposite forearm. Slowly from wrist to elbow. Back. Three times. Let the warmth arrive.

The light doesn't ask permission to come through. It finds the gap and arrives. The gap doesn't have to be large. A single shaft is enough to change the quality of everything beneath it.

One physiological sigh. In through the nose, small extra sniff on top, then all the way out. Let the exhale be longer than it needs to be.

And now, with the fingertips, very gently tap the top of the thigh. A quiet rhythm. And the smallest sway, if the body wants it. And a barely-voiced hum on the next exhale.

Stay here for a while. Let the rhythm settle.

And now bring attention back to that place in the body that felt fractionally lighter. See if it is still there. If it has shifted. If something else has opened slightly.

This is the prediction error. Something got through that the prior said wouldn't. It doesn't need to be dramatic. A fraction is a fraction.

The canopy is still there. The light is still finding its way through. These are both true at once. The forest knows how to hold both.

Let the tapping and hum quiet. One more physiological sigh.

Micro-smile, just barely. The jaw loosening slightly.

Something got through today. Even a little light changes what is possible.

Sit with that for a few breaths.

Notice one thing specifically — one place, one quality, one fraction — that is different from when we began. Name it to yourself. Even silently.

That is the work. It has already happened.

What Comes Through

The canopy is not trying to block you.
It is simply what it is —
dense, layered, doing its job.

But light is patient.
It tries every gap.
It does not give up when the first one closes.

It moves to the next.

And somewhere, always,
something gets through.

Not much.
Enough.

A shaft falls on the forest floor
and everything it touches
is briefly the most alive thing in the wood.

That is what one moment of warmth does
in a body that has been living under cloud.

You don't have to open the whole canopy.
You just have to notice
what is already coming through.

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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. Hold, release. Three times. The ground is still here.

15 seconds · Look for one place in the body that feels fractionally lighter than the rest. Even a small one.

30 seconds · One hand on the forearm, slowly. Let the warmth of the contact arrive.

30 seconds · Physiological sigh — in, extra sniff, all the way out. Twice.

30 seconds · Light fingertip tap. Small sway. A quiet hum if it comes.

30 seconds · Name one thing that has a slightly different quality than when you began. Even a fraction. Then let the room back in.

The light was finding its way through even when I wasn't looking.

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