

Finding Calm

Session 7 of 10

Session 7 · Staying When the Mind Moves

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 mind will move. This is not a problem.

The nervous system under chronic stress has a particular relationship with mental movement. The mind goes somewhere — a worry, a memory, a plan that hasn't been resolved — and the body follows. The breath tightens. The shoulders re-brace. The whole system is pulled back into its running prediction.

This session works with a specific skill: the body staying while the mind does what it does. Not fighting the movement of the mind. Not trying to stop it. Discovering that the body can remain grounded in the forest even when the mind has temporarily walked back out of it.

This is the non-reactive attention signal. The prior predicts: when this signal arrives, action is required. When action is withheld and nothing bad follows, the urgency begins to decouple from the sensation.

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 body can stay even while the mind moves. I am the ground, not the wind.

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 notice whatever is here in the mind. Thoughts, concerns, the low-grade hum of things not yet resolved. Just notice.

And then, without trying to change any of it, press both heels into the floor.

The mind can have what it has. The body is here.

Let the sit bones drop. One hand on the opposite forearm. Slowly from wrist to elbow. Back.

The forest floor does not react to the wind. The leaves move, the branches move, the light changes. The ground stays. It has been staying while everything above it moved for a very long time.

One physiological sigh. In through the nose, extra sniff, long exhale. The body following the breath, not the thought.

Notice where the mind goes. It will go. That is what minds do.

And when you notice it has gone — not with frustration, just with noticing — return to the heels on the floor. The weight of the sit bones. The hand on the forearm.

The returning is the practice. Not the staying. The returning. Every time the body comes back, it is delivering one more prediction error to the system that said it couldn't.

Begin the slow tapping. And the sway. And the quiet hum.

And if the mind moves again — it will — let it. The body is still tapping. Still swaying. Still here.

The wind moves through the forest and the forest lets it. The trees move. The ground stays. Both things are true at once and neither cancels the other.

Let the tapping and hum quiet when they are ready.

Very slowly: head a fraction to one side. Back to centre. Other side. Back. The body moving at its own pace.

One more physiological sigh. Long out.

Micro-smile. The corners of the mouth barely lifting.

The mind can go where it goes. The body stays in the forest.

Notice whether there is any quality of steadiness available that was not there when we began. Even a fraction. That is the return.

The Ground During Wind

The wind came and the treetops moved.
The branches moved.
The light shifted.
The sound changed.

The ground did not move.

Not because it was rigid.

Not because it was fighting the wind.
Because that is what ground is for.

Let the thoughts come.
Let them be loud, if they want to be loud.
Let them pull at you.

Notice the floor under your feet.
The weight of the body in the chair.
The slow warmth of the hand on the arm.

The thoughts are the wind.
You are the ground.

Both things are true.
One of them gets to stay.

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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. Whatever is in the mind — the body is here.

15 seconds · Notice whatever thought is loudest right now. Just notice. Don't follow it. Return to the weight of the sit bones.

30 seconds · One hand on the forearm. Slowly from wrist to elbow, back. Twice. The body staying while the mind does what it does.

30 seconds · Physiological sigh. Long exhale. Body following the breath, not the thought.

30 seconds · Slow tap, small sway, quiet hum. If the mind moves, let it. Return to the tapping.

30 seconds · Let it quiet. Notice whether there is any steadiness available that wasn't there a minute ago. Let the room back in.

The mind went where it went. The body came back. That is enough.

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