

# Finding Calm

Session 8 of 10

## Session 8 · What Is Here Together

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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

Calm that is shared is not the same as calm alone.

The nervous system carries specific pathways for receiving the regulated state of another person — pathways that bypass conscious evaluation, that operate before the prior's defences can intercept, that carry the social safety signal directly to the threat assessment system.

In this session, we work with what it means to be in this together. Not abstractly. In the specific body sense: that other people have been in this room, doing these practices, in their own bodies. That a facilitator is here whose own nervous system is part of the signal. That the practice happening together changes what is available.

The co-regulation signal is not a metaphor. It is a mechanism. Let it in.

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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. We are here together. What is shared is held differently than what is carried alone.**

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, bring attention for a moment to the shared quality of this space. The specific group of people here. The fact that everyone arrived carrying what they are carrying.

No one is performing calm right now. Everyone is doing the same thing: working with what is here.

Press both heels into the floor. Hold and release. The ground under all of us.

One hand on the opposite forearm. Slow stroke, wrist to elbow and back. The same warmth everyone in this room is generating in their own body, right now.

The forest is never just one tree. The calm of a forest comes from all of it together — the density, the shared breath of a thousand leaves, the particular quality of air that only many trees together can produce. No single tree can be a forest. But together they make something that no single thing could hold alone.

One physiological sigh. Let the exhale carry something out. Let the room carry some of it for you.

Begin the slow tap. And the sway. And the hum, if it comes. Everyone in this room is doing some version of this, right now.

The co-regulation signal arrives at the threat assessment system before you consciously register it. By the time you feel the warmth of being in a regulated group, your nervous system has already been receiving it for several minutes.

Stay here. Let the shared quality of this practice be part of what is available.

Let the tapping and hum quiet.

Very slowly: the head a fraction to one side. Back. The other side. Back.

One more physiological sigh.

Micro-smile. The gentlest quality of something quietly fine.

**What is here together is more than what any of us carries alone.**

Sit with that for a few breaths. Notice whether anything in the chest or the body has a different quality from when we began.

Something in the room has been holding some of this for you. Let it.

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## What Many Trees Make

One tree is not a forest.  
It is a tree.  
Alive, real, doing its work.  
But standing alone in a field,  
it cannot make the quality of air  
that only a forest makes.

The forest is the trees together.  
The collective breath.  
The shared root network.  
The way the canopy holds the warmth in  
so the floor stays a different temperature

than the world outside.

You have been in this together.  
Week after week, in this room.  
Each of you working with what you carry.

You have been making something together  
that none of you could make alone.

That is also the forest.  
That is also what calm is.

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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. Ground under all of us.

**15 seconds** · Notice the shared quality of the space you are in. Other people doing their own version of this, right now.

**30 seconds** · One hand on the forearm. Slow stroke, twice. The same warmth everyone working with this programme is generating.

**30 seconds** · Physiological sigh. Let the exhale carry something out. Let what is around you hold some of it.

**30 seconds** · Slow tap, small sway, quiet hum. The practice holding you as much as you holding it.

**30 seconds** · Let it quiet. Notice whether anything feels held differently than when you began. Let the room back in.

**The room holds some of this. I do not have to hold all of it alone.**

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