

Finding Calm

Session 9 of 10

Session 9 · The Roots Go Deeper Than You Know

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

Change is happening below the surface before it appears above it.

This is true for trees. The root system develops for years before the canopy shows it. The growth that matters most is the growth you cannot see.

It is also true for prior revision. The prediction error accumulates across sessions, across sleep cycles, below the level of felt change. Someone can do eight sessions and feel that very little has shifted — and still be different. The hippocampus has been consolidating. The mPFC has been updating. The root system has been going deeper.

This session is about noticing what has changed. Not dramatically. Not as revelation. But honestly, specifically, in the body: what is available now that was not available in session one?

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 has been growing in me across these sessions. I am beginning to notice.

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 think back to the first session. The forest receiving you. The quality of that first practice.

What did the body feel like then? The weight of it. The quality of the breath. The relationship to the floor.

And now: what is here today?

Press both heels into the floor. Hold. Release. Notice how familiar this has become. The body knows what to do.

One hand on the opposite forearm. Slow CT stroke. Notice whether the warmth arrives more readily than it did in the early sessions.

The tree that was a sapling nine weeks ago has grown. Not visibly — not to someone looking at it from a distance. But in the root system, which has been extending itself into new ground. The growth is real. It is happening in the part of the tree no one can see.

One physiological sigh. The exhale longer and more complete than it used to be. The body has learned.

Slow tap, smallest sway, quiet hum. These signals have been here before. They carry accumulated weight now — the history of all the sessions that used them.

Prior revision works through accumulated evidence. Each session was one prediction error. Nine of them. Consolidated through nine sleep cycles. The update is not dramatic. It is real.

Let the tapping and hum quiet.

Very slowly: head to one side, back to centre, other side, back. At the pace the body has found across these weeks.

One more physiological sigh. Long and complete.

Micro-smile. The corners of the mouth lifting just enough.

Something has been growing in me that I may not yet be able to see. But it is there.

Sit with that for a few breaths. And then honestly, specifically, name one thing that is genuinely different from session one. Not more than one. Just one true thing.

That thing is the root that has been going deeper. You are only now seeing above the soil.

What Has Been Growing

You came in carrying what you carried.
You have been coming back,
week after week,
carrying what you carry.

But something has been happening
below where you could see it.

Each time you pressed your heels into the floor
and something registered:
the ground is here.

Each time the warmth arrived
a little sooner than expected.

Each time the exhale was a little longer
than the prior thought it would be.

These are not small things.
These are roots.

They have been going deeper
all this time.
You are only now seeing
the first green thing
above the soil.

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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. Notice how familiar this has become. The body knows what to do now.

15 seconds · One hand on the forearm. Notice whether the warmth arrives a little sooner than it did at the start.

30 seconds · Slow CT stroke, twice. These signals have accumulated weight across weeks of practice.

30 seconds · Physiological sigh. Notice whether the exhale is longer and more complete than it used to be.

30 seconds · Slow tap, smallest sway, quiet hum. Nine weeks of this signal. Let it carry what it carries.

30 seconds · Let it quiet. Name one honest thing that is different from week one. Just one. Let the room back in.

The roots have been going deeper than I knew. The growth is real.

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