

Finding Stillness

Practice 4: Concentrate and Calm Your Mind

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Our minds are constantly moving. Today we practice becoming still.

The Heart of the Practice

Concentration is the gentle art of resting your attention on one thing, such as the breath, and coming back each time it wanders. Calm is what grows from that returning. **Wandering is not failure. Noticing that you wandered and returning is the practice itself.**

Breath-Counting Meditation

Sit comfortably, spine tall but relaxed. Eyes closed or softly lowered.

Breathe naturally. Do not change your breath; simply feel it.

Silently count each **exhale**: 1 on the first, 2 on the next, up to 10.

When you reach 10, begin again at 1.

If you lose count or drift into thought, smile inwardly and **start again at 1**. No judgment.

Good to Know

Restlessness, sleepiness, and a busy mind are normal. They are the material of the practice.

Chairs, posture, and open or closed eyes are all fine. Do what helps you stay present.

Even a few minutes of practice counts.

Reflection Questions

What did you notice when you tried to focus on just one thing?

What surprised you about your own mind?

Was the stillness uncomfortable, peaceful, or both?

Where in daily life could you practice for 60 seconds (a red light, a waiting line, before a meeting)?

My Notes:

This week's practice: Choose one daily moment to pause and take three conscious breaths. Notice what changes.