

Being Still

A Mindfulness Exercise from Jason Troiano

- Let's take some time together right now to be still and to be here.
- Allow our bodies and our minds to soften. Let the hard edges of our opinions, our fears, our sense of self and other to soften for now.

- Do not race ahead while reading this. Slow down, take your time, let yourself be.
- Pause here right now for a few moments and feel the body as it makes contact with the chair or the sofa or the bed you are on.

- Now let's do it again together, this time perhaps noticing also the gentle sensation of our breathing coming in and out.
- Try not to force anything. Just allow the sensations to arise on their own.
- Lightly close your eyes and rest this way for a couple minutes.

- Did your mind wander off or get lost in thoughts? Of course it did! That is the nature of our minds. Why would we want to suppress something that is so natural?

- Perhaps think of this as taking a puppy on a walk with a long leash. The puppy will wander off into the grass. It's curious. We do not want to suppress that curiosity. But after a little bit, we need to gently nudge the puppy back into the street so we can continue walking. No scolding, no judgment. Just resting in the joy of being with the puppy.

- Let's practice again, letting the body soften once more, noticing without scolding when our puppy mind wanders too far into the grass and then gently bringing it back each time, over and over and over again.