Unthought

THE UNTHOUGHT RESERVE · 7-DAY WORKBOOK

Day 1: Arriving

with Kai · The breath

Today's idea

Meditation isn't about emptying your mind or feeling a certain way. It's simply practice in noticing what is already happening, right now, without fighting it.

For the next 28 days you'll spend a few quiet minutes a day learning that skill. Nothing to get right. Just show up, sit down, and notice.

Today's practice

Sit for 5 or 10 minutes and follow along.

1. Find a comfortable seat. Let your hands rest wherever they feel natural.
2. Gently close your eyes, or let your gaze rest on the floor in front of you.
3. Take one slow breath in... and let it go.
4. Notice the weight of your body. The places where you touch the chair or the floor.
5. Notice any sounds around you. You don't need to name them. Just hear them.
6. Now feel the breath moving on its own. You don't need to control it.
7. If your mind wanders, that's normal. Notice where it went, and come back to the breath.
8. Rest here. Breathing. Sitting. Hearing.
9. Take one more deliberate breath.
10. When you're ready, open your eyes. That's Day 1.

After your sit

What did you notice first when you sat down?

How does your body feel right now?

Mindful moments today

- [ ] Right before you scroll
- [ ] Right before you eat
- [ ] Right before you sleep

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