A Week of Deeper Presence

Seven gentle doorways into fully experiencing the moment

DAY 1

Body scan, inverted.

Do a short body scan (5 min) but change the instruction: instead of *"notice the sensation in the left foot,"* let the foot *be* the sensation—no observer standing outside it. Move through a few regions only; don't rush the whole body. Phrase: ***"Let this be known by itself."***

DAY 2

Mindful movement.

5 minutes of gentle movement (slow walking, simple stretches, or MBSR yoga). Instruction: let the movement *do* you rather than monitoring it. When you catch yourself watching, let the watching be part of the movement. Phrase: ***"The moving is happening."***

DAY 3

Sound as doorway.

Sit and let sounds arrive without locating yourself as the hearer. Don't label or place them. Phrase: ***"Hearing is happening."*** Notice when "I am listening" collapses into "listening"—and don't chase it when it doesn't.

DAY 4

Open awareness coda.

After your anchor sit, spend 5 minutes in choiceless awareness—but with the instruction ***"let experience know itself"*** rather than *"I am watching experience."* Keep the MBSR tone: non-judgmental, curious, gentle. When you notice the observer, let that noticing be part of the field.

DAY 5

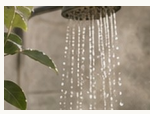
Three-minute breathing space, widened.

Do the classic 3-minute breathing space, and use the *widening* step to soften the vantage point: notice the field, and let "me here watching" be just another appearance in it. Then sit quietly for 2 more minutes in that widened mode.

DAY 6

Informal immersion in one ordinary activity.

Pick one activity (shower, washing dishes, walking to the car). Set the intention once: ***"No one is watching this. Let this be known by itself."*** Then just do the activity. No timer, no formal sit required—though you can still do your normal sit separately.



DAY 7

Review and repeat the one that worked.

No new doorway. Repeat whichever day's practice felt most natural or alive for you. Then spend 2 minutes noting (briefly, in writing if you like): *Which doorway opened most easily? Where did the observer reassert itself? Any flatness or resistance?* This is your data for the coming weeks.

After the week

- **Keep the one or two doorways that worked** as a recurring 5-minute coda 2–3 times a week. Don't add more.
- **Leave the rest.** You can return to them later; sampling once is enough for now.
- **Watch for the two failure modes** you named: if immersion becomes a way to *avoid* difficult content, re-ground in plain MBSR non-judgmental awareness; if it becomes the observer's new project, drop the coda for a few days and just do your normal sit.