

5 Minutes of Stillness

In a world that produces noise without pause, stillness is not a luxury — it is a necessity. This simple 5-minute exercise is not here to relax you or make you function better. It is here to bring you back into contact with yourself.

R. DU.

Preparation

Find a place where you can be undisturbed for five minutes. This could be your desk, a parking space in your car, or your living room. Put your phone on silent. Sit upright. You don't need to sit in the lotus position — what matters is that your spine is straight and you remain awake.

Minute 1: Arriving

Close your eyes. Notice that you are sitting. Feel the weight of your body on the surface beneath you. Feel your feet on the floor. Don't try to change anything. Simply notice: "I am here. I am sitting."

Minute 2: The Breath

Direct your attention to your breath. Don't change it. Don't breathe more deeply or slowly than usual. Simply observe how the air flows in and flows out again. When thoughts arise — and they will — notice them briefly and gently return to the breath.

Minute 3: The Inner Space

Let go of the focus on the breath. Turn your attention inward. How do you feel right now? Is there restlessness? Tiredness? Joy? Tightness? Whatever is there: let it be there. Don't fight against it. Say inwardly "Yes" to what is present in this moment.

"Be the creator, not the spectator of your life.
Follow your inner compass."

Minute 4: The Stillness Behind the Noise

Notice that behind all the thoughts, feelings and physical sensations, there exists a space of stillness. A space that is always there, no matter how loud things are on the surface. Rest in this space for a moment. You don't need to do anything. You don't need to be anyone.

Minute 5: Returning

Become aware of your body again. Feel the space around you. Take a few deeper breaths. When you are ready, slowly open your eyes. Take a moment before returning to your everyday life.

"The path back to yourself doesn't begin with a step forward — it begins with pausing."

Carry this quality of presence into your day. You can repeat this exercise whenever you sense that you are losing contact with yourself.