

A Quiet Little Moment

Learn together, one small step.



Look closely

Can thoughts still appear when we sit quietly?



Story 1 / 3



Xiaohe thought a quiet practice meant having no thoughts. As soon as she sat down, she thought of lunch. 'I've failed!' she said. Dad replied, 'You noticed your attention had wandered. Now we can listen again.'

Pause and ask: Does thinking of lunch mean failure?

Story 2 / 3



They sat comfortably on chairs with eyes open and feet supported. For a few seconds they listened: traffic outside, a clock inside. Xiaohe thought of lunch again, then gently returned to the ticking. She did not scold herself.

Pause and ask: What can we do gently after noticing distraction?

Story 3 / 3



Before a minute was up, Xiaohe wanted to stretch. They stopped and moved. 'What did you notice?' Dad asked. 'Thoughts came, and I could hear the sounds again,' she said. There was no need to chase thoughts away, and no prize for sitting longest.

Pause and ask: May we stop when we want to move or feel uncomfortable?

A Buddhist idea

No empty mind required.
No sitting competition.



Talk together

Did thinking about lunch mean failure?

What can you do if the exercise feels uncomfortable?



Try an activity

Listen or feel your feet.
Try just a few seconds.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

