

A Comfortable Quiet Moment

Learn together, one small step.



Look closely

Must we stay perfectly still and have no thoughts?



Story 1 / 3



Mum gently joins her palms near her chest as a gesture of respect. Xiaohe wants to try. Her brother prefers his hands on his thighs. "That is fine," Mum says. Those who wish may quietly recite a familiar Buddha name they understand; listening is also a choice.

Pause and ask: Do both children choose the same way to participate?

Story 2 / 3



They sit on stable chairs with their feet supported. Mum invites them to relax their shoulders and notice ordinary breathing. Xiaohe thinks about a toy, notices, and returns her attention. She does not hold her breath or scold herself for getting distracted.

Pause and ask: Must we criticize ourselves for distraction?

Story 3 / 3



After a short while, her brother points to a bird outside. "We are finished. What did you notice?" Mum asks. Xiaohe says she could return after getting distracted. Her brother wants to describe the bird. They listen to each other and carry on with their day.

Pause and ask: Can the boy also share what he noticed?

A Buddhist idea

Practise awareness, not a contest.



Talk together

How does Mum respond to a different hand position?

What does Xiaohe do after noticing distraction?



Try an activity

Try a brief pause and share.



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.

