

# Three-Minute Stillness Practice

## Fixed-Point Attention

[www.debmaes.com.au/resources](http://www.debmaes.com.au/resources)

1

### Arriving



03:00

- Find a comfortable place to sit where you feel safe and supported.
- Set a timer for three minutes. The first minute is simply to arrive – to settle.
- Close your eyes and notice how the mind usually looks out at the world from the position of the eyeballs. Most of us live in our eyeballs.
- Bring gentle attention to the breath. No need to change it – just notice it.
- Allow yourself to settle.

2

### Re-locating Attention

- With an inward breath, invite the *mind's eye* to:
  - move back behind the eyeballs – *towards the centre of the brain* –
  - and then forward again, looking towards the back of the eyeballs
- Let the point of attention rest *between the two eyeballs* in the centre of the forehead – often referred to as the *third eye*.
- Invite the mind to stay here.

3

### Stillness

- Now give a clear instruction:
  - *Do not move*
  - *Do not wiggle*
  - *Do not brush anything away*
  - *Do not scratch an itch*
- Simply: *be still*
- The mind will behave like a little puppy – it will wander. When it does, gently but firmly say: “*Come back. Be here. Stay.*”
- Return attention to the centre of the inner forehead.
- Repeat this as often as needed:
  - *Stop*
  - *Be still*
  - *Focus here*
  - *Stay with this until the timer sounds*

## Completion

When the three minutes are complete, comfortably and easily open your eyes and continue with whatever you choose to do next.