

Stillness Meditation

Intention: This is a brief meditation to allow a pause in your day....to experience a few moments of stillness that can support you throughout your day. The term “cycle of breath” is used in this meditation. A “cycle of breath” is the combination of one inhalation and one exhalation. So, one in-breath and one out-breath is one cycle of breath.

To begin, find a comfortable position....see if you can align your spine, shoulders and head in a way that feels supported and comfortable.....And begin this meditation with four cycles of breath...(give it time)....see if you can send each successive breath lower and lower into your body and your being.....using your diaphragm muscle at the bottom of your ribs to fill your lungs...like breathing in and out of your belly button, your umbilicus.....noticing the breath gently reaching inward.....notice your muscles beginning to soften, your joints softening....your shoulders quiet and soft....your breath rising and falling

And allow the layers of busy-ness, the reverberations of “doing” to diminish and dissolve...as steam dissipates into the air... noticing a quieting of your mind and body.....settling.....lightening.....as you exhale, releasing any sensations of effort or toil...quieting....until you’re simply aware of your heart beating, nourished and supported by the rise and fall of your breath.....layer by layer.....level by level.....feeling more and more settled deep into your body....and eventually you feel the calm at your innermost place....your core.....gently, fully settled....quiet...

.....See if you can take three cycles of breath to be aware of this....noticing the active quiet of simply being.....softly active.....and letting the phrases sit with you a bit: “Stillness beckons me” (cycle of breath) “Stillness within me” (cycle of breath) “Stillness all about me (cycle of breath) “I am still” (cycle of breath) “I am still.....here” (cycle of breath) “I am still.....here.”

And allow these sensations to be your companions today....noticing and celebrating your connection to the great reservoir of calm: Stillness; and your fidelity to presence: Still Here.