

MEDITATION

Sit Still Like A Mountain

Janet Doucette



by Janet Doucette

Meditators are often troubled by the appearances of thoughts while practicing. Other times, silence or stillness itself can be agitating. This meditation was recorded on top of a mountain along the Appalachian Trail in the Berkshires of Massachusetts. It is designed to help meditators use the natural stillness of a mountain to deal with turbulence in the mind. It uses three breathing techniques and three yoga poses (Easy Pose, Prayer Pose and Seated Mountain Pose) to help the body and mind enter into peace and solitude.

The Practice

Sit on a cushion or a chair, tailor fashion, with your legs supported on each side by small pillows...

Place your hands on your knees and settle into this position. Bring your attention to the sensations in your body. Notice any tension or discomfort and allow your body to shift until you feel more comfortable....

In yoga this is called Easy Pose. Sit quietly and notice any moods and thoughts that may be surfacing in your body and mind.

From time to time, we may feel we are a whirlwind of distress. If this is true for you, sit still with the experience of distress, whatever that may feel like for you.

And now, exhaling and feeling the energy flow down to your hips as you breathe out.

Expanding your belly as you breathe in for the count of four seconds.....

Collapsing your belly as you breathe out for the count of seven full seconds.....

Acknowledging the sensations in your body.....

Breathing in, expanding, 1,2,3,4

Breathing out, collapsing, 1,2,3,4,5,6,7

Letting your thighs become strong and heavy like the base of a tall mountain

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Breathing in, 1,2,3,4

Breathing out 1,2,3,4,5,6,7

Letting your head be still, like the summit of this mountain

From time to time, we may feel too lethargic. If this is true for you, sit still with the experience of being numbed out, whatever that may feel like for you.

Expanding your belly as you breathe in for the count of seven seconds

Collapsing your belly as you breathe out for the count of four seconds

Acknowledging the sensations or lack of sensations in your body....

Breathing in, expanding, 1,2,3,4,5,6,7

Breathing out, collapsing 1,2,3,4

Letting your thighs become heavy and strong like the base of a mountain

Breathing In, 1,2,3,4,5,6,7

Letting your head be framed by the sky as the summit of a mountain

Breathing out, 1,2,3,4

Now bringing all your attention to the sensations of your hands on your thighs.....

Feeling the warmth of your thighs

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Feeling the light pressure on the surface of your thighs

Now slowly raise your hands to the level of your belly, palm-to-palm, finger to finger. Bring all your attention to the feeling of hand touching hand... slowly part your hands and notice the subtle energy between them

Moving very slowly, bring your hands back together, palm to palm and bring your hands upward to the level of your heart, forming the intention to being a sense of peace and stillness to your heart center.
Breathing in, expanding your belly to the count of five full seconds

Peace.....

Breathing out, collapsing your belly to the count of five full seconds

Stillness.....

Moving very slowly, now, bring your hands upward to the level of your forehead, forming the intention to bring a sense of clarity and awareness to your mind's eye.

Breathing in, expanding, 1,2,3,4,5

Clarity

Breathing out, collapsing, 1,2,3,4,5

Awareness

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Moving very slowly, now, bring your hands upward over your head to form the peak of the mountain and hold

In yoga this is called Seated Mountain Pose

The mountain persists through rain and snow

The mountain sits still equally through strong winds, storms, and gentle breezes

The mountain sits still equally under a blazing sun or cool moonlight

It persists equally, regardless of clouds obscuring its summit or rain engulfing its valleys

Now, begin to lower your hands, slowly bringing this deep stillness down into your body. Feel the depth and solitude of this mountain as you place your hands, palms up on your thighs.....

Now feel yourself sitting still with the ease of a mountain

Sitting equally.....

In warm sunlight

In cool moonlight

Beneath torrential rains

On a hot bright day

Or a cool dark night...

Sit still like a mountain, expanding your belly as you breathe in stillness

Collapsing your belly as you breathe out stillness...

Sit still like a mountain, absolutely clear and absolutely aware....

Let your body and mind fill with quiet tenderness as you sit still like a mountain

7/4/2017..... mountain ledge, Sandisfield MA

enjoy a gentle breath meditation

Many people feel frustrated when they try to meditate or clear their minds from the turmoil of the day. This short meditation uses breathing techniques that help adjust feelings of agitation or lethargy along with simple body postures you can use right in your office chair or at home.

These short instructions are easy to use. You can also download an audio version of the Sit Still Like a Mountain meditation practice.

Finding a moment of peacefulness during your day can help renew your mind, refresh your body and help you refocus on your tasks with improved concentration.

