

Guided Meditation on Silence for the Full Moon

Compose your body in the five-point posture or find a comfortable position.

Bring your full attention to this moment, to the place where you are.

Become aware of the presence of others gathered here. Feel and receive the support of the sacred cyber sangha and give your support to others.

Allow your body to rest in stillness. Take slow, deep, and gentle breaths and each time you exhale, release the effort and tensions held in your body. With each release, rest deeper in the stillness.

Become the stillness and let your body fully rest.

Bring your full attention to your speech. Even as your outer voice is silent, be aware of the noise you experience from the outer world, the news, social media, voices of strangers, colleagues, friends, family, loved ones. Be aware of the noise of conflict, discussions, arguments. Be aware of it and take deep and full and gentle inhalations, and each time you breathe out, let it go. Breathe it out. Be aware of the noise and breathe it out. Feel the silence in yourself and rest here. Listen to the silence; feel the silence; rest in the silence.

There is a deep sense of peace in the silence. Rest here.

Bring attention to your heart. Whatever blockages or pain, whatever sense of darkness, conflict, confusion, anxiety, disconnection, be aware of that. Bring the light of awareness into the experience of darkness.

Breathe deep and nourishing breaths into your heart and as you release each breath, feel your heart is opening more and more. With each inhalation bring nourishment into your heart. With each exhalation feel supported to open and to rest in openness.

Rest in the sacred space of your heart, the mother space, the source.

Gradually focus on a personal struggle or challenge where you feel your efforts of your body, your speech, and your heart are draining and exhausting you. Whatever you are personally being affected by at this moment in your life, be aware of that. It is happening. Recognize what is happening.

Recognize this noise in your body—a sense of restlessness, agitation, disconnectedness, constantly feeling like you need to do something or feeling powerless to do anything. Be aware of that.

Recognize the noise of your own inner speech arguing, self-criticizing, pointing out what is wrong with yourself.

Recognize your mind expecting. The noise of wanting things to be different. Not connecting with who you are, not connecting with what you have, always looking at what is missing and engaging with those thoughts and emotions is the inner noise.

Be aware of this inner noise. Be aware and let it go. Recognize and bring the light of awareness to this noise and let it go. Release it and rest.

Feel the silence. Feel the silence in your body. Feel the silence in your speech. Feel the silence in your heart.

Rest in the openness of the silence. Rest in the peacefulness of the silence. Rest in the liveliness of the silence.

In the silence there is fullness. If you have been fearful, uncertain, and worried, in the silence there is confidence. If you have felt lack, in the silence there is completeness. If you have felt sorrow, in the silence there is joy. In the fullness of the silence there is nourishment and strength.

As you are connected to inner silence, you are able to feel and see the light and presence of higher qualities and to share these qualities with others. This is the power of the fullness of silence.

Rest and continue to allow your inner confidence to arise. Be aware of that confidence and rest.

[Conclude your practice by dedicating the merit for the benefit of others.]