

## 24 Hour Full Moon Practice 2021 ~ Meditation on Resting in the Stillness of the Body

### Meditation on Resting in the Stillness of the Body

Arrange a comfortable position for your body. Become aware of your surroundings, aware of the presence of others gathered here. Be aware that you are supported by everyone here, and you are also a support for others.

Bring your attention to this moment, here and now.

Bring your attention inward and rest your attention at the crown of your head. As you breathe in through your nose, breathe gently, slowly, and deeply. As you breathe out, release the imprint of any effort that may be held here, particularly the effort of trying to be someone, to be something that you are not. Release that effort and rest in the stillness of this moment. Feel the freshness of this moment of openness. Openness to be as you are.

Bring your attention to the area within and around your throat. As you breathe in through your nose, breathe gently, slowly, and deeply. As you breathe out, release any tension or effort you carry in your voice, in trying to be right, to prove something to someone else, to be understood. Release that effort and rest in the stillness of this moment. Release the effort and struggle of trying and feel the peace in this moment. Rest, complete as you are in this moment.

Bring your attention to the area within and around your heart. Breathe in gently, slowly, and deeply. As you breathe out, release any effort that may be held here. Release the effort of trying to be nice when you feel angry, or trying to be happy when you feel sad. Release this effort and rest in the stillness of this moment. Allow your feelings to breathe. As the effort naturally exhausts, feel the warmth of connection to being as you are. Each breath is a nourishing breath. Feel the warmth of connection, of kindness, of spontaneous joy. Allow whatever you need to support you now.

Bring your attention to the area within and around your navel. Breathe in gently, slowly, and deeply. As you breathe out, release any effort of trying, pushing, striving to succeed. Release any effort of avoiding or delaying. Release this effort and rest in stillness of this moment. Connect with the source of goodness that you are. Allow this goodness to expand through your body. Imagine this goodness flowing into your life, available to you and to others.

Bring your attention to the lower abdomen and pelvis. Rest your attention low in your body. Breathe in gently, slowly, and deeply. As you breathe out, release any tension related to doing, achieving, accomplishing, succeeding. Release this effort and rest in stillness of this moment. As you breathe in, feel the freshness of this moment, connected to the source of positive qualities within. As you breathe out allow the spontaneous flow of positive expression to emerge. Feel the inspiration to benefit others awaken in you.

Rest in the stillness throughout your entire body. Become the stillness. Rest in the stillness of being.

Rest in the source—the unbounded openness of being, genuine, warm, full, and expressing positive qualities.

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### **[Introducing the period of mantra recitation]**

Sing the mantra A OM HUNG.

Imagine as you sing A, white light radiates from your crown. This light touches every cell of your body unblocking and opening your channels and your chakras, releasing emotional blockages, energetic disturbances, and obscurations to realizing your nature of mind. Feel and imagine the release of blockages in your relationships and your professional life. Feel a pervasive sense of openness, a deep connection to the source of all positive qualities.

As you sing OM, red light radiates from your throat, pervading all of your body and the space around you. Feel the presence of luminosity, the light of awareness internally and externally. Feel the connection to the source and the richness and liveliness of all positive qualities awakening within you.

As you sing HUNG, blue light radiates from your heart. Feel the movement of warmth and love from the union of openness and awareness, space and light. Feel the quality of warmth expanding from your heart nourishing and healing every cell in your body, igniting and energizing every part of your body. Radiate the warmth of positive qualities to others.

A OM HUNG....

[period of mantra recitation of 5 minutes]

### **[Introducing the period of silent meditation of 15 minutes]**

Rest fully in the stillness. Rest in the unbounded, spacious source within.

[We continue alternating 5 minutes of mantra, 15 minutes of silence]