

Meditation on Resting in the Silence of Speech

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 to the silence. Listen to the silence, hear the silence, feel the silence.

Rest your full and open 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 effort and rest deeply in the silence of this moment. Reflect on the sense of me who is separated, disconnected, who feels bound or constricted in any way, and allow that sense of me to rest in the silence. Feel a deep sense of openness and peace as you rest in silence at the crown chakra.

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. Release the effort and struggle of any voices that criticize or judge yourself or others and rest. Rest, aware of the silence. Complete as you are in this moment as you rest in silence at the throat chakra.

Bring your attention to the area within and around your heart. Breathe in gently, slowly, and deeply. As you breathe out, release the effort of all the stories you carry about yourself, about others, about the world. As the stories loosen and release, allow your thoughts and feelings to breathe. As you rest in silence, the silence in your heart is rich with healing qualities. Each breath is a nourishing, healing breath. Feel the warmth of loving kindness, of compassion, of spontaneous joy, of equanimity. Allow whatever you need to support you as you rest in silence at the heart chakra.

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. Release any effort of avoiding or delaying. Release this effort and rest in the fullness of the silence 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 and you rest in silence at the navel chakra.

Bring your attention to the lower abdomen and pelvis. 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 the fullness of the silence of this moment. As you rest in the silence, you are connected to the source. Allow the spontaneous flow of positive expression to emerge. Feel the inspiration to benefit others awaken in you as you rest in silence at the secret chakra.

Rest in the deep silence that pervades your entire body. Become the silence. Feel the deep peace of resting in the source—the unbounded openness of being—aware, connected, complete in this moment. Nothing is lacking.

Breathe into and from your entire body and be aware so breath and awareness are clearing obstacles and blockages and bringing light and healing. Rest in the openness, light, and healing warmth in each of these chakra areas and throughout your entire body. Every inhalation brings freshness and energy to

clean and clear whatever is blocking you. Every exhalation supports you to rest deeper, connected to the silence, connected to the source, connected to the spontaneously arising healing qualities.

Either you are fully resting, or you are in the process of clearing and resting. If you lose connection, be aware of being disconnected, come back to the breath, and continue. Be aware if you disconnect, come back to the breath, and continue clearing, releasing, and resting in the fullness and nourishing qualities of silence.

[Introducing the period of mantra recitation]

Sing the mantra A OM HUNG.

As you sing A, white light radiates from infinite space from the foreheads of all enlightened beings and enters your forehead. This light pervades and purifies your pain body, your identity, and all karmic conditions, injuries, and illnesses related to your body. This light touches every cell of your body unblocking and opening your channels and your chakras. Feel a pervasive sense of stillness, a deep connection to the infinite space, the enlightened source of all positive qualities. Radiate white light from this unbounded sacred space to others, purifying their karmic obscurations and illnesses and bringing healing.

As you sing OM, red light radiates from infinite space from the throats of all enlightened beings and enters your throat, purifying your pain speech—speech that causes harm and injury to yourself and others. Feel a deep connection to the silence. From the awareness of that silence, feel the power and clarity of your true voice emerges. Radiate red light to others to purify and heal their pain speech bringing the healing of divisions, bringing peace.

As you sing HUNG, blue light radiates from infinite space from the hearts of all enlightened beings. It enters your heart and purifies your pain mind—permeating all your fears, emotional wounds, doubts and obscurations. Connect with deep openness in your heart. From the awareness of the openness of your heart emerge the four immeasurable qualities of love, compassion, joy, and equanimity. Receive deep healing and benefit from these spontaneously arising qualities. From the light in your heart radiate these immeasurable qualities to others, healing their wounds and awakening their positive qualities.

A OM HUNG....

[period of mantra recitation of 5 minutes]

[Introducing the period of silent meditation of 15 minutes]

Rest fully in the silence. The silence is rich with healing qualities. Rest in the unbounded, spacious source within, aware, connected to the fullness of being. Nothing is lacking; you are complete in this moment.

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