

Meditation: Through Stillness, Awaken Clear, Positive Action

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 a support for others.

Bring your attention to this moment, here and now.

Feel the contact with the support under you. Bring clear attention to the stillness of your hands. Rest your attention here.

Feel the stillness throughout your body. Rest your attention on the stillness. If you become aware of tension held in your body, breathe in gently. Breathe out fully, release, and rest.

Become aware of the stillness within and surrounding you. Rest in the stillness of being.

Gradually release any effort to change your experience. Leave it as it is. Rest.

Reflect on a recent challenge in your life. A challenge where you are striving to fix or change or improve yourself or control your experience. Take time to recognize how you are striving, pushing, trying to make something happen. Recognize this effort in your body. Recognize how this effort binds you and exhausts you.

As you recognize this effort, let it release. Simply breathe out and completely let it go.

Rest fully, supported by stillness. Become the stillness. Not fixing or changing anything, discover in this moment you are free, unbound. Rest in unbounded openness. This is the source of clear and positive action.

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 subtle imprint of trying to be someone. Release that effort and rest as you are in this moment.

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, such as trying to be right, trying to be understood. Release that effort and rest.

Bring your attention to the area within and around your heart. Breathe in gently, slowly, and deeply. As you breathe out, release any effort of trying to be nice when you feel angry, or trying to be happy when you feel sad. Release this effort and rest. Allow your feelings to breathe.

As the effort held in your body, your voice, your mind exhausts, rest.

Rest in the source—unbounded openness. Aware, connected, present. Allow the movement of inspiration to arise, the inspiration to act with strength and clarity. Trust what arises from the source—clear positive action that benefits.

[Introduction to the mantra recitation]

As you sing A, white light radiates from your forehead center in all directions. This light pervades, purifies, and supports a deep release of the efforts of your pain body, your identity, and all karmic

conditions, injuries, and illnesses related to your body. This white 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 source, the infinite space, the source of all positive qualities. Radiate white light from this unbounded sacred space to others, supporting the release of karmic obscurations and illnesses and bringing healing. Feel the awakening of the unbounded sacred space within you and all beings.

As you sing OM, red light radiates from your throat center, supporting a deep release of the efforts of pain speech that cause harm and injury to yourself and others. Feel a connection to the silence. From the awareness of that silence, the power and clarity of your true voice emerge. Radiate red light to others supporting the release of pain speech, bringing the healing of divisions, bringing peace. Feel the power and clarity of your true voice.

As you sing HUNG, blue light radiates from your heart center and purifies all efforts of your pain mind—pervading and dissolving 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, supporting the healing of wounds and the awakening of positive qualities, inspiring immeasurable positive expressions that bring benefit.

A OM HUNG...

[Period of mantra recitation ~ 5 minutes]

[Period of silent meditation ~ 15 minutes]