

Meditation: Through Silence, Realize Your True Voice

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. Feel the presence of your hands resting in stillness. Feel the stillness throughout your body. Take a few breaths, breathing in gently, slowly, deeply, and as you release each breath, allow the effort held in your body to release. Rest in stillness.

Bring your attention to the silence within and around you. Actively listen to the silence. As you begin to hear the silence, loosen the effort of listening, and allow yourself to feel the silence. Take a few gentle, slow, deep breaths and as you release each breath, release this effort held in your voice and rest in the silence. Become the silence.

Bring your attention to your heart, to the space within and around your heart. Take a few gentle, slow, deep breaths and as you breathe out, release the efforts of the mind—planning, thinking, worrying—and rest in the spaciousness of the mind. Release this effort and rest. Aware of the sacred space at the heart, rest.

Now reflect on a current challenge in your life and bring your attention to your voice. Perhaps inwardly you are arguing with yourself or outwardly with another person. Notice where your voice is harsh or critical or divisive, or where you are caught up in gossip or negative self-talk. Recognize the tension and effort in your voice that are pushing away what you don't like or trying to grasp something that you feel is missing. Take time to recognize this effort.

Reflect on this effortful sense of me, the one who is challenged. Bring clear attention to the crown of your head. Breathe in gently, slowly, and deeply. As you breathe out, release all this effort and rest in the silence of this moment. Rest in silence at the crown chakra.

Bring your attention to the area within and around your throat. As you reflect on your challenge, notice any tension or effort you carry in your voice. Feel the effort of your pain speech, and breathe in gently, slowly, deeply. As you breathe out, let it drop. Release it fully. Release the effort of criticism and judgment. Let it go and rest in the silence at the throat chakra. Allow time for this.

Bring your attention to the area within and around your heart. As you reflect on your challenge, become aware of all the stories you carry about yourself, about others, about the world. Breathe in gently, slowly, and deeply. As you breathe out, release the effort to improve or fix or change anything. As the stories emerge, allow all the thoughts and feelings to breathe. Rest in silence. The silence in your heart is rich with healing qualities. Allow whatever you need to support you as you rest in silence at the heart chakra.

Rest in the deep silence within and around you. With your awareness of each breath, breath and awareness are clearing obstacles and blockages of pain speech. As the obstacles loosen and release, you are able to rest even more deeply in the silence of being.

Become the silence. Feel the deep peace of resting in the source—the unbounded openness of being. As you are aware and connected to the silence, you are connected to the source within. Awareness activates positive qualities.

Every inhalation brings freshness and energy to clean and clear whatever is blocking you. Connected to the silence, connected to the source, your clear expression, your genuine voice spontaneously emerges. Trust the power and clarity of your true voice.

[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]