**Full Moon Meditation 2024 ~ Inner Refuge**

*This simple guided meditation is an opportunity to feel supported by those gathered while we each acknowledge challenging issues of our life and times that can manifest as illness or tensions in the body; unkind, divisive, or harsh speech; or fears, anxieties, and worries occupying the mind. In this practice you will be guided to discover a source of inner nourishment and protection as you rest deeply in the peaceful, open space of who you truly are. There is no better support and protection in the face of challenges than connecting with one’s inner refuge. During this shift of the full moon practice, I will be guiding the meditation in English. If you wish, you can follow along using the translated text at*[*cybersangha.net*](https://cybersangha.net/24-full-moon/)*.*

Take a moment now to find a comfortable sitting position. Adjust your posture so your spine is aligned, your chest is open, and your chin is brought slightly down.

As we begin the meditation, reflect on your life and become aware of something that’s been challenging you recently. It might be a health concern, a problematic relationship, a disturbing world event. As you bring this to mind, are you aware of any tensions or sensations in your body? How are you talking to yourself about this concern? Are you occupied with worries, anxieties, judgments, or criticisms of yourself or others?

Now take a few long, slow deep breaths, in and out through your nose. As you breathe in slowly and comfortably, touch the places of your body where you feel any tension, discomfort, or blockage. With each long, slow exhalation, feel you are gently loosening and releasing these efforts held in your body.

Now bring your attention to being here in this moment. Feel and sense the support of others present and know you are a support for others.

Bring attention to a sense of stillness in your body. Focus on the stillness and rest your attention in the stillness.

As you rest more fully into the stillness, let yourself feel that you are the stillness. Be the inner stillness that allows all the inner and outer movements to be just as they are.

Rest deeply in the stillness of being. As you are aware and rest in inner stillness, the stillness of being is a refuge.

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Now, listen to the silence. Feel the silence. Rest in the silence.

Like a river flowing into the ocean, allow all the efforts of voice to release into the silence from which they arise. Be the silence.

The silence of being allows all the expressions of life within and around you to be just as they are.

Rest deeply in the inner silence of being. As you are aware and rest in inner silence, the silence of being is a refuge.

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Be aware now of the vast space around you and within you. Bring your focus to your breath and inhale and exhale gently and deeply, breathing into and from your heart.

All your subtlest pains, fears, or worries are like clouds drifting in a clear, luminous sky. Connect with that sky, with the spaciousness of your own mind that is always here, and rest.

As you become aware of the spaciousness, allow each breath to support you to rest more and more deeply. Be the spaciousness.

The spaciousness of being allows all the movements of mind — thoughts, feelings, emotions — to be as they are, like clouds moving across a vast sky. You are that sky.

Rest deeply in the spaciousness. As you are aware and rest in inner spaciousness, the spaciousness of being is a refuge.

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As you rest in the stillness, silence, spaciousness of being — the inner refuge — acknowledge once again a challenge you are experiencing at this time in your life.

Allow the inner refuge to support you to be fully with the challenge, able to embrace the challenge.

Allow stillness to support you to be present with any agitation in your body, or any strong sense of identification with your suffering. Allow that sense of me to rest in stillness.

If you notice the efforts and pain are carried on your voice or the voices of others, rest more fully in the refuge of inner silence.

As you notice worries or racing thoughts, or a tendency to dwell on the past or anticipate the future, connect to the inner spaciousness and rest here.

Focus on one of these supports now—inner stillness, inner silence, or inner spaciousness—and for the next few minutes, allow yourself to rest deeply.

As we continue in silence, allow your breath to support you to open into the experience you are having, allowing any effort or discomfort of body, speech, or mind to loosen and release. Rest at the end of each exhalation. Rest in the inner stillness, inner silence, inner spaciousness of being, feeling the embrace and protection of the inner refuge.

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Continue to rest more and more deeply, feeling the embrace of the inner refuge as we hear the mantra now.

**Reminder Meditation**

Let’s take a moment now to refresh our practice of inner refuge.

Adjust your posture as needed. Spine upright and balanced, chest open, chin drawn slightly down.

Bring your awareness back to the issue in your life that has been challenging recently. Notice how it lives in you or occupies you physically … emotionally … mentally.

Be with your experience. Allow it, give space to it, let it breathe, and embrace your experience like a parent embraces their child who is hurt.

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Now, feel the stillness of your body. Release effort held in the body and rest in that stillness. Allow the stillness to embrace you… Be the stillness. Rest in the refuge of the stillness of being.

Listen to the silence, feel the silence, release into and rest in the silence…. Be the silence. Rest in the refuge of the silence of being.

Bring awareness to the spaciousness within and around you. Breathe gently slowly and deeply into and from your heart. As you are aware of the spaciousness, rest and allow the spaciousness to embrace you and your experience…. Be the spaciousness. Rest in the refuge of the spaciousness of being.

As we continue to practice in silence, allow yourself to fully rest in inner refuge — in the inner stillness, inner silence, inner spaciousness. If discomfort arises, allow it to be, to breathe, and to eventually dissolve in the spaciousness, awareness, and warmth — the embrace of the inner refuge.

Breathe, rest, continue.

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Continue to rest more and more deeply, feeling the embrace of the inner refuge as we hear the mantra now.