

## Full Moon Meditation ~ Inner Refuge

### 2026-27 Lunar Year

Notes for practice leaders:

- *The timestamps on the left help you sync your guidance with the 90-minute recording.*
  - *Allow space for a breath or two after each paragraph break.*
  - *Where you see three dots ( • • • ), allow ample time for participants to rest deeply in silent contemplation.*
  - *When guiding in a non-English language, first recite the opening paragraph in English, then repeat that paragraph in your own language, and continue guiding the rest of the practice in that language.*
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0:00 Welcome to this 24-Hour Full Moon practice. You can find the script for the meditation in English and in other languages on [cybersangha.net](https://cybersangha.net). During this shift of the full moon practice, I will be guiding the meditation in English. If you wish, you can follow along using a translated script.

In this practice you will be guided to discover a source of inner nourishment and protection — an inner refuge. As you rest deeply in the peaceful, open space of your nature, you are invited to acknowledge a challenging issue that you may be experiencing at this time in your life. Your challenge can manifest as illness or tension in your body; unkind, divisive, or harsh speech; or fear, anxiety, and worry occupying your mind. There is no better source of healing and protection than connecting with one's inner refuge.

As we begin our meditation, take a moment to feel and sense the presence of others gathered around the world, here as a support for you, and know that by your very presence you are a support for those gathered.

Bring your attention inward to your body; feel your seat, the natural alignment of your spine, and bring your chin slightly down to lengthen the back of your neck. Rest your hands together in your lap, elbows slightly away from the torso and chest open.

Bring your focus to your breath, taking slow, deep, gentle breaths through your nose. As you breathe in, touch any places of your body where you feel tension. With each long, slow exhalation, feel you are gently loosening and releasing efforts held in your body.

With each releasing breath, discover a deepening sense of stillness. Rest your attention in stillness. Gradually feel that you become the stillness.

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Resting in the stillness of being supports you to experience a sense of unbounded spaciousness. Rest in the refuge of unbounded spaciousness.

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Become aware of the sounds within and around you and gradually shift your focus to listening to the silence.

Like a river flowing into the ocean, allow all the efforts of voice to release into the silence. Become the silence.

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As you rest in the silence, you are aware and connected to the unbounded spaciousness within you as a rich source of infinite possibilities. As you rest, aware of being, the awareness of being is a refuge.

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Bring your focus to your breath and inhale and exhale gently and deeply through your nose. Imagine you are breathing into and from your heart.

Feel the releasing breath dissolving into the space around you. And as you breathe in, sense the spaciousness within you.

Imagine any sensations, thoughts, emotions, or memories that arise are like clouds drifting in a clear, open sky. Connect with that sky, with the spaciousness that is always here, and rest.

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

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Rest deeply in the spaciousness. As you are aware and rest in inner spaciousness, the awareness of spaciousness is dynamic and awakens healing, positive qualities. These healing qualities are a refuge.

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As you rest in inner refuge through continuing to release efforts of body into stillness, efforts of voice into silence, and efforts of mind into the spaciousness of mind, invite and acknowledge a challenge you are experiencing currently in your life. It may be a health concern, a problem you experience in a relationship, or a disturbing world event. As you allow this to come now, become aware of any tensions or sensations you experience in your body. Notice any inner commentary you make about this concern. Are you occupied with worries, anxieties, judgments, or criticisms of yourself or others?

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Allow stillness of the body to support you to rest in the embrace of unbounded spaciousness.

Allow silence of speech to support you to rest in the embrace of connection, the awareness of the unbounded spaciousness as a source of healing.

Allow the spaciousness of mind to support you to rest efforts of mind and feel the healing, dynamic qualities of inner refuge.

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Focus on one of these supports now—inner stillness, inner silence, or inner spaciousness—and for the next few minutes, rest deeply. Feel the embrace and protection of the inner refuge and receive any healing qualities that spontaneously arise.

[SILENCE]

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Continue to rest as we hear the mantra now.

21:00 [MANTRA PLAYS]

30:00 [AFTER BELL SOUNDS, BEGIN REMINDER MEDITATION]

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

Take a few deep, slow breaths through your nose and settle into the support of your posture.

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Once again bring the issue that has been challenging you into focus. Notice how it occupies you physically... emotionally... mentally.

Be with your experience. Embrace your experience like a parent embraces a hurt child.

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Release effort held in the body and rest in the stillness of being.

Release efforts of voice and rest in the silence of being.

Release stories and efforts of mind and rest in the spaciousness of an open heart.

• • •

As we continue to practice in silence, if discomfort arises, allow it to be, to breathe, and to eventually dissolve in the spaciousness, awareness, and healing warmth of the inner refuge. Allow any sense of me who suffers to rest in the embrace of inner refuge.

[SILENCE]

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Continue to rest in the embrace of the inner refuge as we hear the mantra now.

42:00 [MANTRA PLAYS]

50:00 [AFTER BELL SOUNDS, BEGIN REMINDER MEDITATION 2]

62:00 [MANTRA PLAYS]

70:00 [AFTER BELL SOUNDS, BEGIN REMINDER MEDITATION 3]

82:00 [MANTRA PLAYS]

90:00 [NEXT SHIFT BEGINS]