

## HANDOUT 9

### MOUNTAIN MEDITATION

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- Start by sitting comfortably, taking a moment to ground and center yourself. Just be with the breath, sounds, touch points, or the loving-kindness phrases.
  - Visualize a majestic mountain, either one that you have seen or one that you create with your imagination. It can be alone or part of a mountain range. This mountain changes, of course, like all things, but it changes slowly, in geologic time.
  - Imagine your body becoming like the mountain—grounded, solid, still. Let the legs be the base, the arms and shoulders the slopes, the spine the axis, and the head the peak. Allow yourself to become centered, grounded, present.
  - Visualize the mountain as the seasons begin to change. (You can begin in the current season and then slowly move through the others.) See it in autumn, surrounded by golden, warm light and brilliant colors. Gradually autumn gives way to winter, and the mountain is assaulted by intense and violent weather, by fog, snow, and ice. Notice how the mountain remains still, quiet, and steady through the storms.
  - Watch as the seasons flow into each other. In spring, the snow melts, birds sing, and animals return. Wildflowers sprout and bloom. The mountain streams overflow with the melting snow.
  - See the mountain in summer, bathed in light, quiet, solid, and majestic. Except for the highest peaks, the snow is gone. In every season clouds cover the mountain and then blow away, storms arise suddenly and pass.
  - See the mountain through the course of a day, beginning with the rosy hues of dawn, then the clear light of morning, the deep golden light and shadows of afternoon. Watch as the day gives way to the rich colors of sunset and finally to the dark night sky, filled with stars and galaxies, endless space across the vast, clear heavens.
  - See if you can sit like the mountain, still and grounded through the changes of weather, time, and seasons, allowing day and night to come and to go, accepting change, not resisting it.
  - Take these qualities into your day, allowing the weather and seasons of life to come and go. Feel yourself being present, rooted, centered, and still, unmoved by storms, wind, cold, rain, heat, moments of darkness and light, joy and sorrow. Let life continue to unfold around you.
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