

Experiencing Stillness

Quietly sit crossed, on an unarmed chair or lay on the floor with your back straight and body relaxed. Let's begin the meditation.

Ring 3 bells

Do the following breathing exercise.

Breath in as deeply as you can – hold the breath – and now push all the air out – breath in deeply – hold – push the air out – breath in deeply – hold – push all the air out.

Now sit quietly and bring your awareness to the breath entering and leaving your body.

As your breathing becomes slower, feel yourself relaxing into the meditation.

(1 minutes)

From time to time, throughout this practise, you will hear a single bell. This bell is a reminder for you to sit in stillness and silence.

move from thought into silence, from thinking into stillness.

(Ring 1 bell)

(1 minute)

Notice the silence, experience the stillness.

(1 minute)

What is noticing the silence is not thought or thinking, it is not a mental process – it is stillness, your true self.

Stillness is the canvas we paint our life stories on.

(1 minutes)

(Ring 1 bell)

(1 minute)

Just sitting with this silence takes you out of the thought process.

Experiencing stillness takes you out of the thought process.

Being one with everything takes you out of the thought process.

(1 minutes)

If thoughts happen just let them float off and gently bring yourself back to stillness.

If you get distracted don't worry these are just objects of consciousness. Just let them settle on their own and come back to stillness.

If your mind is still active, accept it. If you try to fight it, you will become trapped by it. Just accept the state your mind is in and gently let it settle into stillness.

(Ring 1 bell)

(1 minute)

Any thoughts or distractions are in the thinking mind - relax into the unthinking mind.

This is the home of stillness – your true self.

It is impossible to know stillness, as this would be thought, thinking.

You can only experience it.

When the thought process ceases and there are no distractions, all that remains is stillness.

experience the unthinking mind – experience stillness.

(1 minute)

You are not trying to achieve a particular state here, as that would be a mental process. Just relax, let go and accept what is.

(1 minute)

Let the sound of the bell bring you into stillness.

(Ring 1 bell)

(1 minutes)

In a moment you will hear the final 3 bells. Gently follow the sound of the bells. Then, when you are ready, slowly open your eyes and introduce yourself back into the room.

(Ring 3 bells)