

the RECOVERY Boy

MINDFULNESS

MEDITATION FOR SURVIVORS

Begin to bring attention to your breath. Without making any changes, for the next few breaths just notice the rhythm of your breaths. Allow yourself a moment to enjoy this feeling of stillness.

Take some time to allow yourself to feel anything you've been struggling with lately. Maybe these are emotions that you have been carrying around or maybe an unexpected challenge has presented itself in your life.

Notice what emotions arise. How do they present themselves in your body? Do you feel any muscles contracting?

Challenge yourself to identify what you're feeling, even if that feeling is nothing. The purpose of this is simply to take time to create the extra space for any part of you that may need some extra kindness or compassion.

Use your mindfulness to observe your emotions and sensations without letting yourself get caught up in them.

Begin to imagine the most magnificent mountain you have ever seen or dreamt of. Really let it come into focus by visualizing all of the details. Perhaps your mountain is snowcapped or perhaps it is rocky and covered in rugged cliffs. Maybe there are waterfalls cascading down its slopes. Just observe this mountain and appreciate its qualities.

No matter what kind of mountain you hold in your mind right now, one thing that all mountains share is how solid and unmoving they are.

When you feel ready, imagine that you share qualities with this mountain. Allow your body to be still and feel whole in this moment. Let yourself enjoy the glorious panoramic view of the Earth around you as if you were the mountain.

With each breath you take, you take on more of the mountains qualities, unwavering in your inner stillness. A centered, grounded, and unmoving presence.

Become aware of how the sun moves across the sky, how the colors change throughout the day, the movement of the water rushing down the mountain.

All of this change is happening while you are still.

The seasons begin to change from one to the next.

Spring comes. The flowers blossom, the snow melts, the leaves covering the trees spring into life.

In the fall, the mountain takes on a brilliant coat of fiery colors. Reds, oranges, yellows, and browns.

The multicolored leaves are soon covered with a crisp, white blanket of snow as winter sets in.

Through this all, the mountain just sits.

It experiences change in each moment, yet it remains itself. Unmoved by the world of changing appearances.

In the same way that we sit in this meditation, we can learn to experience this unwavering stillness in the face of challenges.

Think back to the emotions you brought to mind earlier.

When these thoughts come we can watch them move through us like the clouds moving above the mountain. We can also think of these emotions and challenges like the seasons changing, coming and going.

Allow yourself to be like the mountain and just be here, sitting in this moment with no other agenda than focusing on this breath.

These challenges can seem like massive storms at times. This weather should not be ignored or denied. It should be felt for what it is, while at the same time keeping in mind that it will pass and that it does not define who you are.

When you are ready, bring your attention back to your breath.

Notice how you feel now compared to how you felt at the beginning of this meditation. Do you feel more in tune with the emotions and sensations you are experiencing?