

Mountain Meditation

Sit with both feet on the floor, back straight.

Head held high.

Picture a mountain you know in your mind's eyes.

Be that mountain.

Winter comes to the mountain with snow, sleet, and wind.

But the mountain is unmoved.

Spring comes to the mountain with snow melt rushing down streams.

But the mountain remains unchanged.

Summer comes to the mountain with plants and animals flourishing, and people hike and bike on it.

But the mountain is unmovable.

Fall comes to the mountain with colors changing and plants dying, animals hibernating.

But the mountain remains solid.

Experiences. Emotions. Thoughts.

Like the weather, come and go, but your true nature remains still and silent.

Sit for a moment, and be the mountain.