

Lake Meditation

For background on this meditation, I recommend reading Jon Kabat-Zinn's *Wherever You Go, There You Are*, pp. 141-145. What follows is my interpretation of the narrative that can be used as a guide to the lake meditation.

Lie down on the ground on your back. Begin this period of formal meditation by drawing all attention into this body right now. Breathe deeply once or twice, and settle in with your attention on the breath. When you are ready, picture a landscape with deep space and in that landscape let there be a lake. It can be any lake, perhaps one you have known all your life, or one you have seen in works of art or photographs. Maybe it is a lake you have visited while traveling or perhaps one that exists in your imagination. Sit with this view of the lake noticing its shape, its color; its surroundings; its unique presence in the landscape. Notice how the lake is held by the earth; how it pools in low places, and how, to be a lake, it must be contained..... Breathe.

Now imagine that you ARE the lake, resting with ease in a depression in the earth. Your water perfectly fits the space that holds you. Know the receiving of water from the rain, or an inlet, or perhaps from deep springs beneath you. Releasing water through an outlet stream, or by gentle evaporation. Receiving and releasing is part of being a lake.

As a lake, you are a natural mirror, reflecting everything around and above you; clouds, birds, sun and moon. At times wind and rain rough up your surface, creating ripples and sometimes waves, while, beneath the surface there is only gentle undulation..... meeting the weather with this simultaneous flexibility and stability is part of being a lake.

Powerful; radiant; receptive; responsive; reflective; resting now in these qualities; they are part of being a lake.