

MindfulLiving™ Module 8

Personalised Routine Builder

Chapter 20 - Lake Meditation

Lake Meditation Script

Adapted by Shery Clein, MindfulLiving™ Coach
Developing Emotional Intelligence

Preparation

- Lie or recline comfortably.
- Pay attention to the sensations of contact and support.
- Notice where your body is making contact and how your weight is distributed.
- Feel your feet, legs, hips, lower and upper body, arms, shoulders, and head.

Breathing Awareness

- Bring awareness to your breath.
- Feel each breath as it comes in and goes out.
- Let the breath flow naturally without trying to change or regulate it.
- Allow a sense of being complete and whole in this moment.

Visualising the Lake

- Let an image of a lake form in your mind's eye.
- Picture a body of water, large or small, held by the earth.
- Allow the image to come into greater focus, even if it doesn't come as a visual image.

Engaging with the Lake

- Imagine the lake you're invoking: deep or shallow, blue or green, muddy or clear.
- Picture the lake's surface: flat and mirror-like with no wind.
- Notice the reflections of trees, rocks, sky, and clouds.
- Observe how wind stirs up waves, causing reflections to distort and disappear.
- Picture sunlight sparkling in the ripples and dancing on the waves like shimmering diamonds.

Day and Night Transformations

- At night, picture the moon dancing on the lake or being reflected in it.
- In winter, imagine the lake frozen over but teeming with movement and life below.
- Merging with the Lake

- Bring the image of the lake inside yourself, merging with it.
- Feel your being held in awareness, with openness and compassion.
- Breathe as the lake, feeling its body as your body.
- Allow your mind and heart to be open and receptive.

Observing Internal Changes

- Experience moments of complete stillness, with both reflection and clear water.
- Observe moments when the surface is disturbed, choppy, or stirred up.
- Simply observe the play of thoughts and feelings as ripples and waves.
- Notice the effect of your thoughts and feelings on your mind's lake.
- Accept and embrace the lake's rippling or wavy surface as part of being a lake.

Connecting with Inner Stillness

- Identify with the entire body of water, not just the surface.
- Become the stillness below the surface, even when it's choppy.
- Be in touch with the vast reservoir of awareness below the surface of your mind.

Using the Lake Image

- Use the lake image to deepen and enrich your meditation practice.
- Let it empower and guide your actions in daily life.
- Carry the reservoir of mindfulness within your heart.

Closing the Meditation

- Dwell in stillness until the sound of the bells signals the end.
- Sustain the lake meditation on your own, in silence, moment by moment.
- Be the lake with its storms and moments of peace.

Reflection Questions

- What emotions surfaced during your lake meditation?
- How did the visualisation of the lake affect your state of mind?
- What thoughts did you notice floating away like leaves on the water?
- In what ways has this meditation improved your sense of calm and clarity?

Journal Prompts

- Describe the lake you visualised. What colours, sounds, and feelings were present?
- Reflect on any changes in your emotional state before and after the meditation.
- How can you carry the peace of the lake into your daily life?
- Write about a moment when this meditation helped you find calm amidst chaos.

Final Thoughts

Thank you for practising Lake Meditation with us. Embrace this technique as a tool for cultivating inner peace and emotional resilience. Remember that each meditation session is an opportunity to deepen your connection with yourself and the world around you.

With consistent practice, the serenity of the lake will inspire lasting peace and a renewed sense of well-being in your life.

Thank You Message

Thank you for joining us on this Lake Meditation journey. We hope this practice has brought you moments of peace and clarity.

Contact Information

If you have any questions or need further guidance, feel free to reach out—Shery Clein, MindfulLiving™ Coach, is available at +27 82 458 8151 or visit www.sheryclein.com.

♥ Many blessings for health and prosperity,
Shery Clein, Your MindfulLiving™ Personal Coach

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