



MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 17 Resources Lake Meditation

Lake Meditation Script

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Nurturing Awareness Intelligence.

In this meditation, we will embrace the image of a lake, guiding us through a journey of stillness and self-compassion. This practice can be done in a lying or sitting position. Take a moment to settle in, allowing your body to feel supported by the surface beneath you, and when you're ready, we'll begin.

❖ Step 1: Grounding the Body

Start by bringing awareness to your body. Notice the contact points between your body, the ground, or the chair beneath you. Feel your feet, legs, hips, and torso making contact... sense your shoulders and head gently resting. Let your body settle into the moment, feeling fully supported.

Now, bring attention to your breath. Breathe naturally, without trying to change or control it. Notice the rhythm of each inhale and exhale, allowing the breath to flow easily. As you breathe, remind yourself there's nothing to do but be here now.

❖ Step 2: Visualizing the Lake

As you continue breathing, imagine a lake forming in your mind's eye. Picture it in a peaceful setting—a body of water held in a receptive basin by the earth. It can be any kind of lake—large or small, deep or shallow, clear or muddy. Visualise this lake, noticing how water seeks its level and rests in stillness when undisturbed.

❖ Step 3: Reflecting on the Lake's Stillness

With no wind, the lake's surface is calm and mirror-like, reflecting everything around it: trees, sky, clouds. In this stillness, the lake holds everything without judgment. The lake is still yet alive with depth and presence.

When the wind blows, waves ripple across the surface, distorting the reflections. Yet even as the surface stirs, the deeper waters remain calm. The lake remains unchanged, reflecting both stillness and motion.

❖ **Step 4: Merging with the Lake**

Now, allow yourself to become one with the lake. Imagine that you are the lake—your body is the lake's body, and your mind is the lake's surface. As thoughts and emotions arise, observe them as ripples in the water. They may disturb the surface, but beneath, you remain steady and calm, like the lake's deep waters.

Notice how your thoughts, feelings, and sensations come and go like waves on the surface. Some moments may feel still, while others may feel choppy or unclear. Accept whatever arises, knowing that, like the lake, you can hold it all with compassion and patience.

❖ **Step 5: Embracing Stillness and Movement**

In this meditation, the lake's surface may change as in life, but the deep waters below remain peaceful. The lake teaches us that we, too, can experience turbulence on the surface while maintaining a deep reservoir of calm within.

In moments of stillness, you may find clarity—like the lake when its waters are still. In moments of disturbance, you may see movement—like the lake when it's stirred by wind. Both are part of the same experience. Can you hold both stillness and movement in your awareness with kindness and acceptance?

❖ **Step 6: Resting in Awareness**

As you continue breathing, allow the image of the lake to settle in your heart. Remember that, like the lake, you can reflect, be still, and hold all the emotions, thoughts, and experiences that arise. You are the lake—strong, steady, and capable of weathering storms and moments of peace.

Rest here for as long as you'd like, allowing yourself to be simple.

Closing the Meditation

When you're ready to conclude the meditation, gently bring your awareness to the present moment. Feel the contact of your body with the ground or chair once again. Take a few deep breaths, and release any remaining tension or stress as you exhale.

Carry the stillness of the lake with you as you move through your day, holding yourself with the same compassion and acceptance that the lake holds for all it reflects.

Reflections

- How did you feel as you visualised the lake?
- What emotions or thoughts arose during the meditation?
- Can you identify with the stillness beneath the surface of your thoughts?
- How can you carry this sense of calm into your daily life?

Closing & Encouragement

As you move forward, remember to be gentle with yourself. Just as the lake holds everything without judgment, allow yourself the grace of self-compassion. Embrace the beauty of both stillness and movement within you.

Disclaimer

This meditation is a tool for personal growth and well-being. It is not a substitute for professional advice or treatment. If you are experiencing significant emotional distress, please consult a licensed professional.

**Thank you for participating in this meditation. From Shery Clein,
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MindfulLiving™

Self-compassion allows us to grow, heal, and thrive from within.

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