



MindfulLiving™ Module 6

Compassionate Communication

Chapter 19 - Lake Meditation

Lake Meditation Script

This meditation is done in a lying or reclining position. Begin by paying attention to the sensations of contact and support as you lie here—notice where your body is making contact and how your weight is distributed on the floor, bed, or recliner. Sense into your body, feeling your feet, legs, hips, lower and upper body, arms, shoulders, and head.

❖ Awareness of Breath

When you're ready, bring awareness to your breath—the actual physical sensations—feeling each breath as it comes in and goes out. Let the breath be as it is without trying to change or regulate it. Allow it to flow naturally, with its rhythm and pace. Do nothing; just let your breath be your breath. Allow a sense of being complete and whole in this very moment.

❖ Imagining the Lake

As you rest here, allow an image to form in your mind's eye of a lake—a body of water, large or small, held in a receptive basin by the earth. Note how water pools in low places, seeking its level, asking to be held and contained. Let this image come into focus, and even if it doesn't appear visually, allow the feeling of this lake to arise.

❖ The Lake's Qualities

Your lake may be deep or shallow, blue or green, muddy or clear. With no wind, the surface is flat, mirror-like, reflecting trees, rocks, sky, and clouds, holding everything momentarily. Wind may come, stirring waves and distorting reflections, but sunlight sparks on the ripples, dancing like shimmering diamonds. At night, the moon takes its turn, casting light upon the surface or being reflected when the lake is still, along with the outline of trees and shadows. In winter, the lake may freeze, yet beneath the surface, it teems with life and movement.



❖ Merging with the Lake

As you continue to breathe, allow this image of the lake to deepen. When you feel ready, ultimately bring this lake inside yourself so that your being merges with it and becomes one. Let your energies be held in awareness with openness and compassion, just as the earth's accepting basin holds the lake's waters.

❖ Breathing as the Lake

Breathe as the lake. Feel its body as your body. Let your mind and heart be open and receptive, reflecting whatever comes near or remaining clear all the way to the bottom. Experience moments of stillness when reflection and water are perfectly clear and other moments when the surface is disturbed—choppy, stirred, and depth momentarily lost.

❖ Observing the Mind's Lake

Through it all, as you lie here, observe the play of various energies in your mind and heart—fleeting thoughts, feelings, impulses, and reactions. Notice how they come and go like ripples and waves. Feel their effects as you feel the changing energies that play upon the lake—wind, waves, light, shadows, reflections, colours, and smells.

❖ Reflections and Stillness

Ask yourself: Do these thoughts and feelings disturb the surface of your mind's lake? Do they muddy the waters? Is that okay? Isn't having a rippling or wavy surface part of being a lake? Might it be possible to identify with the surface and the entire body of water? Hence, you become the stillness below the surface, experiencing only gentle undulations even when the surface is choppy and disturbed.



❖ In Daily Life

In the same way, in your meditation practice and daily life, can you be in touch with the changing content and intensity of your thoughts and feelings and the vast, unwavering reservoir of awareness residing below the surface of your mind? The lake within can remind us of this.

❖ Using the Lake Image

If this image resonates with you, feel free to use it whenever you wish to deepen your meditation practice. You might also let this lake image empower and guide your actions as you move through each day, carrying this vast reservoir of mindfulness within your heart.

❖ Dwelling in Stillness

Now, dwell in the stillness in this moment. Until you hear the sound of the bells signalling the end of this meditation, continue to be the lake in silence—holding in awareness and acceptance all the qualities of your mind and body, just as the lake cradles and reflects the sun, moon, stars, trees, clouds, sky, birds, and light. The lake is caressed by the air and wind, which bring out its sparkle, vitality, and potential moment by moment.



♣ Continuing the Meditation

Sustain this lake meditation on your own in silence, being the lake with its storms and moments of peace...

As you rest here breathing, as you establish this image of a lake in your mind's eye, allowing yourself, when you feel ready, to bring it inside yourself entirely so that your being merges with the lake, becomes one with it, so that all your energies at this moment are held in awareness with openness and compassion for yourself, in the same way as the lake's waters are held by the receptive and accepting basin of the earth herself.

Breathing as the lake, feeling its body as your body, allowing your mind and your heart to be open and receptive, moment by moment, to reflect whatever comes near, or to be clear all the way to the bottom. Experiencing moments of complete stillness, when both reflection and water are completely clear... and other moments, perhaps when the surface is disturbed, choppy, stirred up, reflections and depth lost for the moment.

And through it all as you lie here, simply observing the play of the various energies of your mind and heart, the fleeting thoughts and feelings, impulses and reactions, which come and go as ripples and waves, noting their effects. In contact with them just as you are in contact with them, you can feel the various changing energies on the lake: the wind, the waves, the light, the shadows, the reflections, the colours, and the smells.



You are noticing the effect of your thoughts and feelings. Do they disturb the surface and clarity of the mind's lake? Do they muddy the waters? Is that okay with you? Isn't having a rippling or a wavy surface a part of being a lake? Might it be possible to identify not only with the surface of your lake but with the entire body of water so that you become the stillness below the surface, which at most experiences only gentle undulations, even when the surface is choppy and ragged?

In the same way, in your meditation practice and daily life, you can be in touch with the changing content and intensity of your thoughts and feelings and the vast, unwavering reservoir of awareness itself residing below the surface of your mind. The lake can teach this, reminding us of the lake within ourselves.

If you find this image valuable, you can use it occasionally to deepen and enrich your meditation practice. You might also invite this lake image to empower you and guide your actions as you move through each day's unfolding, carrying this vast reservoir of mindfulness within your heart.

Dwelling here in the stillness of this moment until signalled by the sound of the bells, we can be the lake in silence now, affirming our ability to hold in awareness and acceptance, right now, all our qualities of mind and body, just as the lake sits held, cradled, contained by the earth, reflecting sun, moon, stars, trees, clouds and sky, birds and light, caressed by the air and the wind, which bring out and highlight its sparkle, its vitality, its potential, moment by moment.

So, in the time that remains before the bells, which will mark the end of the meditation, continue to sustain the lake meditation on your own, in silence, moment by moment, being the lake with its storms and moments of peace...

Click here to listen to the Lake Meditation.

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Lake Meditation Audio



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Closing Message

Shery Clein, Personal Coach, would like to express profound gratitude for your valuable participation. We appreciate your dedication and commitment. Our goal is to help you navigate any uncomfortable issues or obstacles. Most importantly, enjoy, relax, and have fun! For any questions or assistance, feel free to contact us.

Blessings, stay healthy & safe. ❤️
With love, Shery



Compassionate communication is a heartfelt connection to others.

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