

Mountain Meditation

(Based on "A Psalm about Mountains", MT Hunter, 1992)

Preparation for Meditation: if you have a favourite mountain you are encouraged to visualize it as you go through this guided meditation.

Begin by relaxing in your chair by closing your eyes, letting go of your thoughts and concerns, placing your legs and arms in a comfortable position, relying on the chair to support you as take a few deep breaths.....

In your mind's eye, see yourself walking on a dry, flat plain. As you journey across this plain, you lift your eyes and behold you see a mountain in the distance. You pause and gaze at the mountain for a while, taking in what it looks like-its height, its peak, its slopes, its colours. You feel the mountain there, simply being there - strong, silent, enduring.

You let the mountain's presence sink into your being, deeper and deeper, breath by breath.

Your wisdom tells you the mountain has been keeping vigil from before you came into being, like a loving mother. You feel the eternal strength of the mountain fill your being, breath by breath, down to your very cells.

You become aware, in your oneness with the mountain, that it can see what your eyes cannot see. The mountain is above and beyond, completely touched by the infinite toward which it reaches like a mystic. You give your heart to the mountain and feel the mystery.

As you continue to connect with your mountain, you feel it watching the world go by
Keeping perspective
Keeping faith and hope,
like a friend....you lift your spirit to the mountain and encounter the Almighty.

Now your mountain imparts its gift to you and its blessing in a message you receive in your inner being:

"Mountains are what you have to climb
to get to the other side of things
to get to the other side of yourself
to grow to know there is more to life
than happens on the plains.
You can be like a mountain."

You lift yourself to the mountain where you are one with the Almighty.

Now you know it is the moment to return your attention to the plain. You feel uplifted and refreshed to continue your walk. You feel the ground beneath your feet. You focus on your breathing, breath by breath.

Now - you feel your chair supporting your body, you become aware of the sounds around you. Gently move your fingers and toes and when you are ready, open your eyes and return to the room.