

## Exercise sheet

# MOUNTAIN MEDITATION



Come into a seated position. Your back straight, your shoulders away from your ears. You can sit on a chair or on a meditation cushion.

- Close your eyes and start to focus on your breath. Observe your breath coming in and out. Without trying to change anything. Simply letting it happen. Expand your attention to your whole body. Observe your body: still, dignified and upright. Pay particular attention to the anchoring of your feet on the ground and the feeling of contact between you and your seat or cushion. And with each breath, anchor yourself more and more in the present moment. Right here, right now.
- Now visualise a mountain.  
The most beautiful mountain you know or can imagine.  
Observe its majestic summit rising into the sky, its broad base anchored in the ground, its slopes, steep or gentle, its overall shape.  
Note how big it is, how splendid it looks, from a distance and up close.
- See the mountain getting closer and closer... closer and closer... until you imagine that you are merging with this mountain. Until you incorporate this mountain into your own body. You and the mountain are one. Sitting here, you share the massiveness, the stillness of the mountain. You have become the mountain anchored in your seated position. Your head has become the majestic peak, supported by your body representing a base firmly rooted in the ground or on the chair.
- Now you become aware of the position of the sun. The light changes, the temperature changes. Night follows day and day follows night. But the mountain simply sits, experiences the change in each moment while always remaining the same. It remains unchanged despite the changing seasons. Sometimes the mountain is veiled in clouds and fog, subject to freezing rain, wind and snow. Sometimes, though, people can come and see the mountain and delight in its beauty. At other times, they might be sorry that there are too many clouds. None of this affects the mountain. Whatever the circumstances, it remains the same. Clouds can appear and disappear. Tourists can enjoy the mountain, ignore it or drive ice picks into its sides. The magnificence and beauty of the mountain does not change in any way. Whether people see it or not, whether there is good weather or not, it remains seated, anchored, itself. When spring comes, animals visit, flowers grow and the snow melts. It doesn't matter. The mountain remains unchanged, simply observing what is happening on the surface, without changing its foundation.