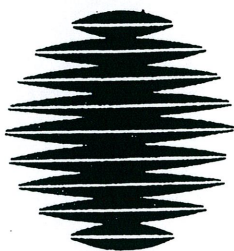


MEDITATION #1A

"The Stone" can be used whenever you need to drop down deeper than the worries and cares that may demand all of your attention. The stone meditation helps you to move down into your own center at your own pace. From the depth of your own center, you can get a different perspective on your life. You can discover that there is a place within you that is calm and deep.



THE STONE

Centering Meditation #1A

Begin by making yourself comfortable. Close your eyes and take in a deep breath, exhaling slowly.

With each breath that you exhale, release any tension or stress that you experience in your mind or your body. With each breath that you inhale, experience yourself taking in new energy and new life....

Experience now the natural rhythm of your breathing... Let yourself become more and more quiet and relaxed...

Now imagine that you are a smooth stone dropping into water. Feel yourself going down in slow motion. Listen to the water flow by you as you fall gently downward... Let yourself drop all the way down until you come to a gentle rest on the bottom...

Experience the quiet and notice the slow movements of everything around you. Feel this still place inside of you that is not troubled... It is calm and deep...

Spend as much time as you like being in this quiet place. Only when you are ready, you can gradually come back to your present surroundings.