

Lake and Sky Meditation



This meditation is helpful for experiencing clarity and listening to your own deep guidance.

1. Sit comfortably, close your eyes, and take a few deep, relaxing breaths. Let go of your everyday thoughts and put your attention on your breath for a moment.
2. Imagine that you are floating on a small boat in a lake with rippling waves all around you. Drop an anchor from the boat that reaches all the way to the bottom of the lake, so you are safe and still in the middle of the lake.
3. Picture that above you the sky is covered with grey clouds that are floating overhead.
4. Take a few deep breaths and feel yourself becoming even more relaxed.
5. Now, as you breathe in, see the rippling waves of the lake around you begin to diminish and grow still.
6. And as you breathe out, see the clouds above you parting and floating away to reveal the radiant blue sky behind them.
7. Continue to breathe deeply until the lake beneath you becomes perfectly still and the sky above you is completely cloudless.
8. Notice that the water of the lake reflects the blue color of the sky and that you can no longer tell where the lake ends and the sky begins. You are surrounded with luminous, beautiful, blue stillness.
9. Imagine that this still light is present inside of you, as well as all around you.
10. Take a few deep breaths and feel this beautiful, calm, light energy filling and expanding your heart.
11. Now imagine that you are open to receiving any guidance that is coming to you today. Know that you will be able to see your next step when the time is right and you will have everything you need in order to take that step.
12. Gently bring your attention back to your body, wiggle your fingers and toes, and then slowly open your eyes.