



## Extension

### Still Lake Meditation

\*Shared with permission by Prairie Yoga®

The mind is often referred to as a still lake. When calm and clear, it can reflect its surroundings and experience serenity and contentment. When it is distracted or disturbed, the lake of the mind becomes choppy and turbulent. It is no longer clear or reflective.

#### Benefits

- Helps to understand that we are not our thoughts, feelings, actions or experiences.
- Increases self-awareness and self-control through self-observation of mental patterns.

#### Technique

1. Sit in a comfortable position, sitting or lying down.
2. Close your eyes (or keep eyes open with a soft gaze) and bring focus to the natural movement of your breath.
3. Bring a picture of a lake in your mind. Let this image gradually appear until it is clear.
4. See the surface of the lake as very still, quiet and calm. Watch the stillness of the lake. Sense its feeling and presence.
5. As a thought arises, see the thought as a ripple on the lake or maybe a wave, depending upon its strength. Then as the thought disappears, watch the ripples diminish and return to a state of deep tranquility.
6. You are the quiet, still lake. Thoughts, feelings and experiences are the waves. Some may be small ripples and some may be thunderstorms. Know that they are all temporary and will pass.
7. Stay several minutes watching the waves and the moments of stillness in between.
8. To come out of the meditation, take a deep breath very slowly and bring your attention to your body allowing the inner focus to slowly fade away.
9. Take in some additional deep breaths and bring your awareness to where you physically are now.
10. Slowly open your eyes.

University of Illinois \* U.S. Department of Agriculture \* Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.