Stillness Meditation

Sit down for a minute. Let everything go.

Stop all the activity, in mind and body.

Relax…..Be still.

Allow the stillness to grow and grow…from the inside..

… more and more prominent.

Surrender your body and your mind to That.

Surrender the thoughts your mind is having, and the sensations and feelings your body is having,

to That….

Surrender any experience you might be having, in body or mind… to That..

Be there, the whole of you, body, mind, personality, spirit…

Be there, completely surrendered to the stillness in you and around you…

Let everything rest in That, right now…

Allow the stillness to envelop the whole of your experience even more…

.. Until you are bathing in it…not one inch of your experience left out of It..

Bathing in ocean of Permanent Bliss….

….That is Your reality, Your essence.

The real You.

Be There.

Be That.

Be.

*Rosa Di Lorenzo, PSYD*