

MEDITATIVE QUIETUDE

Rest and replenish in the quiet of meditation. Meditative quietude holds space to rest the body, relax the mind, and attune to the inner voice of innate wisdom and intuition.

* ARRIVE

- ❖ Come to your Meditation Station: sit on cushion or chair; recline; incorporate any props or cushions, or any other posture that best serves you in meditating.
- ❖ Sustain your position while meditating. During meditation, adjust position as needed to prevent stiffness or tension. Make any adjustments slowly, gently, mindfully.

* BREATHE

- ❖ Place attention on breath.
- ❖ Breathe freely in a natural flow, unforced, in an organic cadence of inhale, exhale.

* BE IN THE QUIETUDE

- ❖ Listen for the voice of breath.
- ❖ Hear the absence of conversation.
- ❖ Notice the void of noise from any electronic devices.
- ❖ Feel the freedom from any need to speak.
- ❖ When external sounds arise, simply acknowledge their presence without following their story line.
- ❖ Tune in to the sounds of Self.
- ❖ Develop the "inner ear" of listening to your "inner voice".

* EMERGE

- ❖ To shift from meditative quietude, heighten your sense of sound to the environment around you, begin to hear the sounds outside yourself.
- ❖ Slowly open eyes to a downward gaze. Draw a few long breaths and gently move or stretch.
- ❖ Observe and acknowledge any effects of your mediation. Attune to any sense of being grounded, centered, or calm... any experience that landing in meditation holds for you, bring it with you in your state of mind, body, and energy.

