

Breathing in the Mountain Meditation

A lot of what we have talked about over the past few weeks is clearly enhanced by focus on the breath. This week we are going to use the breath to gain the power of nature.

Depending on where you live you may or may not have mountains that inspire you with their beauty and majesty. I live by the Sierra Nevada Mountains so I have a lot of choices for mountain beauty. If you don't, you can use a picture of a mountain one that is beautiful and inspiring.

Whether you have a picture in your hand or a mountain range in your backyard, this is the image I want you to imprint clearly in your mind for this meditation. Now, let's begin.

The expression of nature holds the power of creation, of potentiality. And most of nature, excluding humans, has no hidden agenda, is without fear and accepting of life's flow. From nature we can learn how to attract the power of creation and how to allow that power to manifest, as it should, expressing perfect balance.

In a relaxed position, whether lying down or sitting up, and go through your relaxation technique to go deeper into an awareness of your inner calm. Regardless of how this meditation begins, you will come to a comfortable seated position for the Breathing in the Mountain meditation.

Once you have found your center of calm, quiet and are ready, use your breath awareness to go deeper into your heart. Breathe in using your abdomen to pull in the Power of the Universe. Breathe out using your abdomen to release any remaining tension or rigidity you might still be feeling. Continue this deep abdominal breathing until the quiet in you blends with the quiet of your surroundings.

Use your mind to visualize your mountain. As you see the mountain, let its deep, ancient power emanate, radiating and warming your heart. Initially you may not feel the heat from this giant, sleeping in its slow earth-bound coldness. But in truth, because its vibrations feel slow, it is only our lack of openness that would keep the mountain's heart from touching our heart.

The mountain, then, teaches us that to know warmth we have to open to it.

Continue your breathing and pulling in the warmth of your mountain. As this heat begins to spread, feel the underlying Power beneath the warmth. This is simply exchanging or transmuting one form of energy into another.

However, when we transform our awareness of our energy to energy of Pure Power, we recognize the seed of creation, the core of potential that exists in all power purely touched.

With each breath comes a power that creates a force, let it saturate your being. Let the very rawness of this Power be identified as an innocent beginning, a beginning of anything you want to manifest in your life.

Draw to your heart this Power, raw, pure and without design into your center. With the acceptance of this Power without design or identity, you have the ability to create *whatever* you want from its existence.

To use this Power for your creative dreams, you must first have a clear intention of what you want. But first, let's find the Power of the Universe using this Mountain Power meditation.

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