

The Drop • Reading Meditation



From 5 to 15 minutes

Take a slow, deep breath. In – and out.

Let your awareness run through your body: feel your feet and vertically climb up, perceiving the length of your body up to the top of your head; feel your left hand and this time horizontally perceive the width of your body crossing it in its entirety until you reach your right hand.

One more deep breath. In – and out.

Follow my words,

And let your imagination conjure the landscape and soundscape of this meditation.

It's noontime. You are lying in bed, the room is clean, the temperature is perfectly comfortable; the sunlight with its amber overtones comes through the curtain, painting a pattern of shadows on the wall: strips of light, obliquely lined up, straight and parallel. You hear a muffled high-pitched piano note in the distance. This same note is being played at large intervals. Over and over, leaving room for its echo to gently reverberate. Each piano note reverberates in your body as if dropping inside your heart; each drop creates ripples of relaxation that permeate the whole body.

Pleen...Pleen...Pleen...

With each keynote that you hear, you feel your body relax more and more.

Pleen...Pleen...Pleen...

You can listen to this relaxing sound for as long as you like.

Now the shadows on the wall begin to acquire different shapes, bending from strips to ribbons, from ribbons to images. The first image is a cat – perhaps your cat. The cat softly leaps off the wall, and he or she comes toward you. You can hear the sound of her or his purring as he or she snuggles beside you. Purr... When you gently look up, you realize that the shadows on the wall keep on morphing – while at times you can still hear a piano-drop in the distance and feel the soothing ripples of relaxation across your limbs. Pleen...

Now the image on the wall takes on your silhouette: it is you. You are floating in front of yourself in the air. Your image looks healthy, calm, and even a tinge excited to see you. You smile candidly at yourself with open arms. You hear the floating image of yourself saying in your own voice: "I love you."

Pleen...

Take a deep breath. In – and out.

Hérons