

The Quality of Stillness

By Terra Canova

Greetings, everyone. Welcome to moments to nourish. I'd like to talk to you today about the quality of stillness. When you think about your daily life, are you often rushing from one thing to another, your mind on what needs to be done, sometimes dwelling on something that just happened. It's almost as if we spend so much time pursuing the next thing, that we lose sight of the fact that we're in a present moment. There's a gift to being in stillness and quiet. With so much going on in our daily lives, we tend to have our minds and bodies set into action mode. And we often miss out on being in that place of relaxation and peace. So this meditation is a simple exercise to help guide you back into that place of being still.

Finding a quiet place, sit down and take a look around. Get comfortable in this spot. Perhaps it's a room that's not used very often. Maybe it's a certain time of day when no one else is around. Or maybe it's outside in nature by your favorite tree. Just get comfortable and start to feel into that quietness and pay attention to your breath. Take a breath in. And as you do so, how does it feel? Where do you notice the breath. Is it in your nostrils as you inhale? Or is it in the rise and fall of your lungs? And then exhale, also concentrating on the sensation. Do this a few times. Breathing in and just becoming present with your breath and breathing out. Really focus on the gift of breath.

You may wish to close your eyes or focus your gaze on a specific spot. And just invite yourself into a place of stillness. Feel for that relaxation and allow it in. Continue to focus on your breathing. If your mind is racing, this will help to calm it. And as you relax into this place of stillness, envision a pond. A calm body of water and see the reflection on the surface. When the water is calm, you can see the sky and the trees and everything surrounding the pond reflected on its surface. Now think of a river or an ocean where the water is constantly moving. You cannot see clearly on the surface.

Life can be like that. So often we get caught up in the actions of the day that the clarity isn't there. It's when we return to that place of stillness and calm that we can see clearly again. So in this way, calmness and stillness is a gift. And I want you to envision being that pond. Being that nice still calm water and what it feels like to see clearly and be in that space of relaxation. And let it wash over you. Imagine the water as calmness itself, gently cascading up and down every part of your being so that your nerves are soothed and your energy comes to a place of grounded steadiness.

It's so important to take time to ground and pause and be in the moment. Just focus on that feeling of relaxation. And listen deeply into the silence. Allow that stillness to be a part of you. What does the stillness feel like for you? Perhaps it's a welcome relief. Perhaps you're not comfortable with it, you're so used to going that you don't know what to do with yourself if you're sitting still. And that's okay. This is a practice to bring that centering back into your life.

And from this place of stillness, envision seeing all around you with clarity. Questions that you had on your mind, worries that have come up throughout the day. Imagine viewing them from a place of stillness. How might they look different? What new thoughts and ideas present themselves as possible solutions? When we drop into that place of being still and calm, we can let go of all the energies of anxiety and worry and stress. And we can approach things from a place of being grounded and centered. So that what we do comes from within us outward, rather than us responding to what is coming at us in a reactionary way.

Now, I want you to focus on feeling the calm. Feeling it deeply rooted in your body. What is that sensation like for you? Does it have a quality to it? Is it a sense of ease? Or perhaps it feels like a gentle breeze? What does being in stillness mean for you? I want you to try to remember this sensation. Remember what it feels like to be calm and at ease. Because this is the gift that you want to carry within you throughout the rest of your day. Now start coming back into an awakened state. Having felt this calm and relaxation. I want you to start focusing back on the area that you're at. See it in your mind's eye, the room that you're in, perhaps outdoors, the tree that you're beside, wherever you are, start to refocus your energy back in the place that you're at. And as you do so, remember what that stillness felt like.

Open your eyes slowly, refocus your gaze. And as you do, notice how you feel. Do you have a sense of gentleness and ease about you that wasn't present before? This is the gift of stillness. I want you to carry this with you throughout the rest of your day. And the next time something comes up that rushes you or makes you feel off balance. Remember how it felt to be calm and still in that moment. And allow that feeling to wash over you. Allow it to change the energy of the moment so that you can come back to your center and handle whatever comes up for you. Go through the rest of your day with gentleness and ease. Wishing you moments of stillness. Thank you.