

This meditation is adapted from John Kabat Zinn

Mountain Meditation

Start by finding a comfortable seat, allowing your body to settle. Take a moment to feel the contact between your body and the surface beneath you. Letting your hands rest comfortably, your spine naturally lengthening.

Breath Awareness

Bringing your attention to your breath. There's no need to change it—just notice it. Feeling the cool air entering through the nose, the warm air leaving.

Taking a deep breath in... and slowly exhale. Again, inhaling deeply... and releasing. One more time, breathing in... and letting go.

As you continue breathing, allowing each inhale to expand your belly gently, each exhale to soften and release any tension. Let the breath ground you in this moment.

Visualizing the Mountain

Now, I invite you to visualize a majestic mountain, either one you have seen or one you create in your imagination.

See its vast, grounded presence—perhaps it stands alone or as part of a range. Noticing its strength, its stillness, its unwavering nature.

Imagining your body becoming like the mountain—solid, steady, at ease. Your legs are its base, rooted deeply into the earth. Your arms and shoulders form the slopes, your spine the central axis, and your head the peak, rising toward the sky.

With each inhale, feel yourself growing more stable. With each exhale, releasing any tension, settling into stillness.

Experiencing the Changing Seasons

Now, observing as the seasons begin to shift around the mountain.

In autumn, golden light and brilliant colors surround you. The air is crisp, the leaves vibrant.

Winter approaches, bringing fog, snow, and ice. Harsh winds may swirl around you, yet you remain still—unshaken, grounded.

Noticing if any thoughts or emotions arise. Like weather patterns, allow them to come and go, without resistance.

Spring emerges, the snow melts, birds return, and wildflowers bloom. Life flows back, yet the mountain remains steady, just as you remain present. Now summer arrives, bathing the mountain in warmth and light. Except for the highest peaks, the snow is gone. The mountain stands in its fullness—quiet, majestic, enduring.

Throughout these shifts, clouds may gather and pass, storms may arise suddenly and fade. The mountain does not resist change—it simply remains.

Flow of Time

Now see the mountain through the course of a single day. The soft hues of dawn, the clear light of morning. The golden glow and lengthening shadows of afternoon. The sky transforms into a rich sunset, then deepens into the vast, star-filled night.

Through it all, the mountain remains, untouched by passing time. As you sit here, feel yourself rooted like the mountain—stable, present, still.

Closing & Integration

Gently bring awareness back to your body. Notice the support beneath you, the weight of your hands, the natural rhythm of your breath.

Take one more deep inhale... and a slow, steady exhale. Carrying this sense of presence and stillness with you into the day.

When you're ready, slowly open your eyes, returning to the space around you.