

## 2. Pool of Quiet Stillness

*Consider the darkness behind your eyes as a pool of stillness  
helping you to relax.*

Prepare to relax.

If you are sitting in a chair,  
straighten your back,  
although do not hold it rigid.

Place your feet flat on the floor.

Gently lift your shoulders,  
and slowly rotate them backward a few times,  
then let them drop.

Lift your shoulders again,  
and slowly rotate them forward a few times,  
then let them drop.

Feel your body sink into this place -  
right here . . . right now . .

Collect yourself.

You are here, in this quiet place.  
You have left aside the busyness . . .  
the worries . . .  
the concerns of your day.

Now, take a s-l-o-w,  
d-e-e-p breath  
through your nose.

Draw the breath  
↓ d-o-w-n to the  
↓ b-o-t-t-o-m of your lungs . . .



Hold a moment . . .

Then exhale  
s-l-o-w-l-y . . .  
g-e-n-t-l-y . . .  
c-o-m-p-l-e-t-e-l-y . . .

Again, draw the breath  
↓ d-o-w-n to the  
↓ b-o-t-t-o-m of your lungs . . .

Hold a moment . . .

Then exhale  
s-l-o-w-l-y . . .  
g-e-n-t-l-y . . .  
c-o-m-p-l-e-t-e-l-y . . . .

Now, imagine a quiet darkness  
behind your eyes.

A nothingness, a blank space . . .

**[Pause]**

Consider this darkness behind your eyes  
as a pool of quiet stillness . . .

a stillness that is helping you  
to relax.

Focus on the stillness . . .

Just you and the stillness . . .

You and the quietness . . .

You are quieting down . . .

You are relaxing . . .



Your body feels  
↓ h-e-a-v-i-e-r  
and  
↓ h-e-a-v-i-e-r . . .

You are sinking  
↓ d-o-w-n . . .  
↓ d-o-w-n . . .  
↓ d-o-w-n . . .

Focus on the pool of stillness  
just behind your eyes.

Just you and the stillness . . .

If your mind wanders,  
bring it back  
to the pool of quiet stillness.

Now, rest in the pool of quiet stillness . . .

**[Extended Pause]**

It is time to bring this stillness  
to waking consciousness . . .

We will count from 1 to 5 . . .

With each count, your awareness  
will ↑ rise & ↑ rise to waking consciousness . . .

1, 2 . . . become aware of the room,  
any movement, or sounds you may hear . . .

3 . . . feel the chair beneath you . . .

become aware of your hands and feet . . .

squeeze them a few times . . .



4 . . . move your neck in some low circles,  
first one way, then the other . . .

5 . . . fully awake

Sit quietly . . .

You are back in waking consciousness . . .

Alert and aware . . .

Peaceful and relaxed . . .

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