

## Larks and Owls:

Words for the meditation used at early and late short sessions at Yearly Meeting Gathering, Warwick, August 2017

*Relax body and mind. Notice any tension anywhere in your body and let it go. Settle into stillness. Sink down.*

4 mins

*In the stillness, allow the Light to show you your inner landscape. Be calmly aware of the feelings and thoughts that arise from being here today at this gathering.*

5 mins

*Allow yourself to become aware of whatever is coming to the forefront. Pay quiet attention to how this seems to you at this moment. Open to what you recognise as true.*

6 mins

*Letting go of your own desires and intentions, keep a little distance from what you see. Allow the Light to bring it fully into focus, perhaps as an image, words, or a sensation. Be cool and still from your own thoughts.*

5 mins

*Stand still without judging, rejecting or avoiding what comes to you. Be glad of the Light that uncovers what is hidden. Allow its truth to sink in.*

4 mins

*Be thankful for whatever has been your experience this time. (pause) Gradually come back to your normal awareness. (pause) Now take a few more minutes to reflect on it in silence, holding it in the Light.*

6 mins time alone, still holding the experience in the Light to allow it to clarify. It may be helpful to write, or draw, or reflect, or move around: - keep the silence and inner still attention.