

Mountain Meditation – Video Transcript

NADIA: Hi. I'm Nadia and I'm a counsellor at George Brown College. I'd like to share a mountain meditation with you.

When someone has a lot of worries or is feeling stressed, a mountain meditation may help with feeling more relaxed, grounded, still and focused.

As always, my words are suggestions. You are welcome to change them up: please make changes to the activities offered so that this works well for you.

Mountain Meditation

All right. I invite you to find a comfortable way to sit. You can practice this standing also. If you are sitting, allowing the feet to be planted on the ground and uncrossed. Seeing if you can bring a sense of dignity to the sitting posture itself, with the head, neck and back upwards but not rigid.

And noticing support of the chair or what you are sitting on. Seeing if you can just relax into that support a little bit. And if you feel comfortable, allowing your eyes to gently close or you can simply let the eyes focus on a spot on the floor in front of you. If at any point in this meditation you feel overwhelmed, you can simply open your eyes, stretch and discontinue the meditation at any time.

Okay. I invite you to bring to mind an image of a mountain. A beautiful solid mountain you enjoy. It could be a mountain you've seen somewhere before and you liked or it could be an imaginary mountain. And if during this meditation there is another image in nature that will come to you, feel free to go with whatever you enjoy more.

So here with the mountain, seeing it in your mind's eye. What is it like? Maybe it has snow on its peak. Maybe there are trees and flowers growing on the mountain. What colour are they? Are there flowers? What kind of trees are there? Maybe there are birds that you see flying above it? Maybe the mountain has a wide base that is rooted in the earth.

Do you notice sounds here? Maybe there are birds or the sound of the wind. Is there anything that you feel in this place? Maybe there is the warmth of the sun or the soft grass under your feet. Just seeing this beautiful mountain the way you imagine it. The way you enjoy it.

As you continue connecting with this special mountain, I invite you to see this image of the mountain right where your body is: with the peak of the mountain perhaps where your head is and the base of the mountain right where you are coming into contact with the chair. Maybe feeling sensations of pressing into the chair a little bit. Feeling supported and held by the chair. Maybe sensing a gentle rising of the spine from the

cushion upwards. Like the mountain, reaching from the ground upwards towards the sky.

As you are sitting with this image of the mountain, I invite you to tune into qualities we associate with mountains. Maybe it's stability or majesty or presence, rootedness or stillness. What quality of mountain is here for you? And just sitting here breathing with these qualities. Maybe it's a feeling of stability or majesty or presence or anything else. And perhaps recognizing that these are qualities of our own being as well. We could not even appreciate them in the mountain if we didn't have a reference point for them inside us.

Just sitting. And when thoughts are here, it's normal. Seeing if you can simply gently redirect your attention back to the image of the mountain, back to sensations of connection with what you are sitting on. Returning to rootedness.

And mountains are here, present amidst different weather. They are here as seasons change, as clouds drift by. They remain here, with a place of centre inside. And when there are thoughts, if you'd like, you can think of thoughts as clouds. Notice them and let them be as you turn attention back to the image of the mountain, back to sensations of connection with the chair.

And when feeling ready, I invite you to gently open your eyes and find a way to stretch. Letting go of the image of the mountain when you are ready. And taking a moment to notice how you are feeling now. Is there anything different from before the start of this meditation? Knowing that you can always bring the image of the mountain back whenever you need to find stillness, rootedness and presence inside you.

[Questions or Support](#)

If you have any questions or would like support, please reach out to counselling services. Thank you so much for practicing this mountain meditation with me.