

Discover this meditation that brings you into a peaceful state of being. Peace in the Stillness draws on your growing skills at breathing, moving them toward mental calm and emotional healing. With this meditation, (also a breathing exercise), we begin to notice the peaceful, still moments found in the pauses in our breathing. For this reason, you'll need to be comfortable with your Yellow Level Breathing (pacing your breath), and Breathing Exercise 2.5 on which they are based. Once you master this meditation, you can use it during your poses, combining moments of movement with moments of stillness. In this way we begin to develop an internal oasis of calm.

### **Main Benefits:**

Leads to a sense of peace & stillness, cultivating this frame of mind as a way of being.

**Body Parts Used by This Posture:** Abdominals; Chest – front, back and sides; Neck and Shoulders (somewhat).

**Warms You Up for / Builds You Up for:** Tonglen meditations; meditation on connectedness; chants; as an opening meditation for, or a way to prepare to be able to do *Breathing Theme 19*.

**Build Up to with / Warm Up with:** Meditation 1, Relaxation 1, Breathing Exercise 2.5, Breathing Exercise 11, 12 & 13; Breathing Warm Up 1, 2 or 3; Breathing Exercise 15A, Waves on the Shore

**Good for These Practice Goals:** Asthma, Better Breathing; Voice Work, Singing; Arthritis; Better Sleep; Bus Friendly; Chair Friendly; Office Friendly; Calm; Clearer Thinking; Energy Healing; Morning Yoga, Pregnancy Yoga; Seniors Yoga; Sports in General, Running, Biking, Swimming, Martial Arts, Golf; Sports Warm Up; Chanting Warm Up; Meditation: Warm Up

**Recommended for These Health Conditions:** Asthma, cancer, fibromialgia, chronic headaches & migraines, headache or migraine happening at the moment of doing your routine, heart condition, high blood pressure, menopause & pre-menopause, pregnancy, TMJ, hyperactive, attention deficit, sleeping difficulties, mind racing.

**Energy Center Used:** Any & all. This mostly depends on what poses you're using with the meditation (if any).

**Alternative Exercises:** The Wave, The Fountain, Step-by-step Relaxation, The Sponge, Breathing Exercise 13, Core Breathing.

**Traditional Pose Type:** Breathing Exercise; Meditation

**Try Learning First:** Breathing Exercises 2.5 and then 13; Breathing Exercise 15A

**Essential Pre-requisites:** Breathing Exercise 13

## Peace in the Stillness

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This is a simple exercise that you can practice anywhere, any time you have a moment. The more you practice it, the longer and stronger the moments of peace become. For best results, practice it regularly for a set period of time. 1 – 3 minutes is good for beginners. As you become comfortable with the meditation, add a minute at a time.

### 1. Start lying back, sitting, standing

☞ Take time to settle comfortably into place.

It will help if:

- your neck, spine and hips are lined up with each other
- and if your arms are by your sides or resting on your thighs.
- This will keep your breathing open and relaxed.

### 2. Take time to let your breathing settle

☞ For a moment or two, notice the rhythm of your breathing, in and out.

☞ Then, for a moment or two, notice your body sinking down and letting go with each breath out.

**Tip:** If you have trouble pacing your breath in Step 2, try counting your breath, as in Breathing Exercise 13. If it's difficult for you to hold your breath or wait before breathing out, you might not be ready to do this meditation. In that case, practice your Yellow Level Breathing more.



### 3. Begin to establish your Breathing Rhythm

- ☞ Start pacing your breathing.
- ☞ Slow, even breaths in
- ☞ Pause, holding your breath gently
- ☞ Long, lingering breaths out
- ☞ Pause, waiting before you breath in again.

## 4. The Meditation

Now that your breathing is well paced.



For each breath in, notice your body opening up. Notice where it is moving. Hear the sound of the air as it flows inward.



As you hold your breath. Notice how your body has become very still. Notice how your mind and thoughts become more quiet. Do not rush into breathing out.



As you breathe out, linger over the breath. Feel your body sinking down and letting go deep inside.



Wait before you breathe in again. As you wait, notice how still your body and mind have become. Do not rush to breathe in again. Wait until you're sure the moment of peacefulness (or the possibility of it) has fully passed before moving on to breathing in.

**Tip:** Don't look too hard for the feelings of stillness. Wait for them and see if they spontaneously happen. It's like waiting for a butterfly to land on you – you sit quietly and then let the butterfly come or go as it pleases.

**Tip:** It can be tempting to rush your breathing, especially after breathing out. After the out breath, people instinctively want to quickly breathe in again, as if the in breath must come right away in order to keep you alive. These messages from your mind are simply your primitive 'hind-brain' taking care of business a little too well. Its job is to keep you breathing in and out. It gives you the message to breathe long before it's actually necessary. The more you practice taking your time before breathing in again, the more the messages from your hind brain will become less urgent.

**Encouragement:** If you can't find the stillness, don't worry. You always have a shot at it next breath. Some breaths will go well. Some breaths, you won't find what you're looking for. It's the practice that brings the benefits and prepares you to be able to have the future experiences.

## Using This Meditation in Your Routine

If you use this meditation when you are in your poses, you are essentially doing *Breathing Theme 19*. It will work best if you use movement oriented poses, if you're very familiar with the poses and are comfortable with when to breath at each phase of their movements. To use this meditation during your routine, you approach the poses in this way:

- ☞ Do your breathing warm up as usual.
- ☞ Take at least 1 – 3 minutes to settle into the meditation and establish your breathing rhythm, (steps 1 – 3 above).
- ☞ Then you do a few repetitions of your first poses by matching your movements with your breathing, the same way you would with your *Yellow Level Breathing Themes*. For example, for each repetition, as you begin moving, you begin breathing in.
- ☞ As you finish breathing in you pause.
- ☞ During the pause, you hold your breath and stop all movement.
  - This is when you may discover a sense of calm – everything has stopped moving, both your body and your breathing.
- ☞ Then, as you begin breathing out, you go into the next phase of movement for your pose.
- ☞ As you're finished breathing out, you pause your movements.
- ☞ Now you wait before breathing in again, not moving, not breathing.
  - This is another key moment when you may discover a sense of calm.

When you approach your poses in this way, the effectiveness of the meditation becomes stronger. You may find the sense of peace and stillness more easily than by just doing the meditation alone.

### Poses that work well with this meditation include:

- Cat 1, 2
- Chest Expansion 1, 2, 3; Wood Chopper 1, 2, 3
- Cobra, Upward Dog
- Dancer's Posture 1, 2 & 3
- Eagle, Eagle's Wings
- Elbow to Knee 1, 2, 3
- Frog, Jumping Frog
- Half Moon
- Back Stretch, Leg Stretch
- Heel Presses (done slowly)
- Knee Stretches
- Puppy & Cat combination
- Rishi's Posture
- Sitting or Standing Wide Angle with Twist
- Seated Twists
- Side to Sides
- Triangle Poses
- Sun Salutations
- Moon Salutations