

Like the Ocean Floor

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Within many meditation teachings, our thoughts and emotions are frequently compared to waves on the surface of the sea. Ebbing and flowing into the shore – sometimes with ease, other times more turbulently – it isn't difficult to see how the fickle nature of our mind can be viewed in this way.

Peace, or pure presence, is often compared to be more like the deepest waters of the ocean or the ocean in its entirety. However, we might also consider that peace can be found in what rests at the very bottom – in the ocean floor. Holding the ever-moving nature of the water within its container, the ocean floor is grounded, still, and stable. It is thanks to the ocean floor that we can anchor ourselves.

This practice uses this analogy by inviting us to choose an 'anchor word' – one that will reconnect us to the steady ocean floor within us. This exercise will take ten to fifteen minutes, so find a space where you can rest comfortably for this length of time.

PRACTICE:

1. Begin this practice by choosing an anchor word. What word will connect you to the steadiness of your inner shore? You might consider one of the following words or your own: peace, presence, here, breathe, or ground. It does not matter which word you choose so long as it promotes a sense of ease and inner stillness.

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2. Set a timer for ten to fifteen minutes – or for a longer length of time if you have a more advanced personal practice. Come to a comfortable seated or lying down position to begin.
3. During this meditation, let your breath move freely as a backdrop of your awareness. The focal point of your attention should be your anchor word – the word that grounds you in the stillness of your being. Begin silently repeating your anchor word once per breath cycle.
4. The waves of the mind will undoubtedly draw your attention away from your chosen word. When this happens and when you notice it, remain patient and compassionate towards your experience. Gracefully come back to your anchor word.
5. Depending on what has been present in your life in recent days or weeks, the waves might be on the more turbulent side. Acknowledge these waves with care and then come back to your word.
6. Continue until the alarm rings and then let your full attention come back to the breath. When you are ready, gently open your eyes to the world.

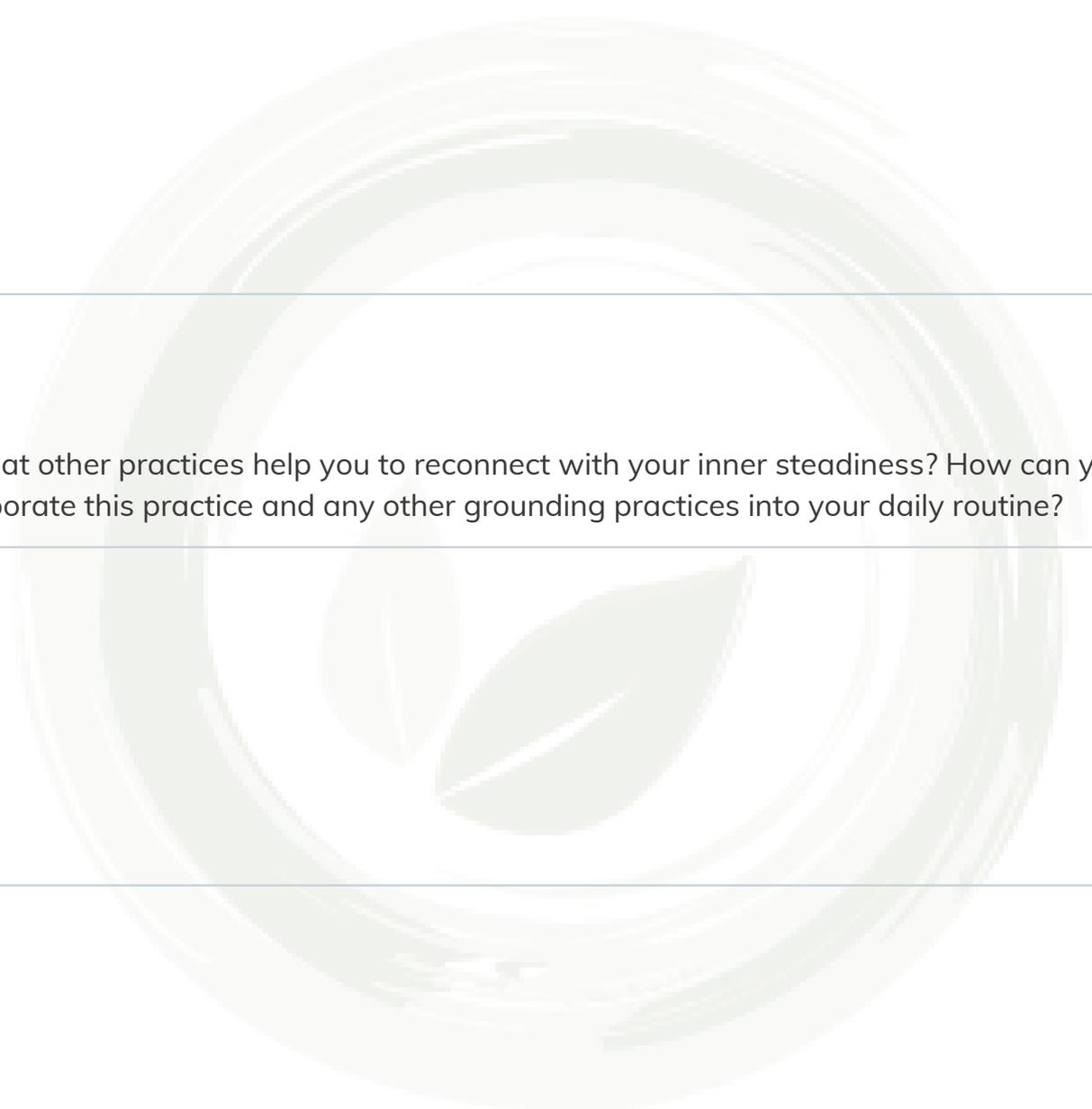
REFLECTION:

1. How did this practice feel for you today? Was it easy, difficult, or somewhere in-between?

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2. How did your feelings, thoughts, or emotions shift throughout this practice? Were there moments in which you embodied the qualities of the ocean floor?



3. What other practices help you to reconnect with your inner steadiness? How can you incorporate this practice and any other grounding practices into your daily routine?

