

Horizon Meditation — Open Eyes

This form of meditation is done first with your eyes open and it's very important to gaze properly, otherwise you create tension which disturbs your thoughts and feelings and keeps your turbulence from calming down. If you have a positive experience with sunrise or sunset meditation, there is another level. You can enter into this balanced, mellow, clear state of consciousness *without* the sun rising or setting!

How to Practice

Sit with a straight, comfortable spine. Relax your legs, your arms. Do some nice deep breathing. Simply gaze at the horizon, anytime, for a period of meditation. Horizon meditation has a marvelous effect on your being.

Feel free to do it often, as long as you are alive. Sunrise or sunset are the easiest times to experience the wholeness and the wonderful emotional mellowness of this kind of meditation but, with a little practice, you can create this state of equilibrium and centering anytime by sitting comfortably and gazing calmly at the distant horizon.

Benefits

Become familiar with this very peaceful, unified state — that is, you feel at one with nature and at one within yourself. Simply enjoy this feeling of wholeness and well-being for fifteen minutes or so, and then renew your evening's activities in the refreshing glow of your increasing centeredness and connectedness.