

The Eagle or the Fish — Formless

This technique may become one of your favorite practices. In fact, you may find it to be one of your favorite hobbies as well.

How to Practice

Take time to try each one for five minutes so you can choose the one which works better for you.

The Eagle Form — Imagine and feel that you are soaring through clear blue skies swiftly and magnificently like an eagle. (If you prefer a lark or another bird you know better, select that.) Feel you are streaking forward, zooming straight upward, or luxuriantly turning and twisting. With your physical body relaxed and still, visualize and feel that your awareness is actually moving swiftly and surely in any direction you like. Feel you are flying beautifully and swiftly. Sense constant motion and joyous, glorious free flight. Play with the infinite sky! Fly far and free.

The Fish Form — Feel that you are a beautiful fish happily swimming in an infinite ocean of joy, infinite waters of bliss above, below, beside, and all around you. Swim at your pleasure in any direction you like, as fast or slow as you wish, enjoying the nectar of joy as you move. Turn, rotate, rise up, swim down as much as you like. Enjoy. Feel the constant motion. You are a fish moving effortlessly and delightedly in an ocean of bliss.

Benefits

Fifteen minutes of either of these forms of meditation several times a week will not only give you more serenity and clarity the rest of the day, but you will begin to find it actually works! You will begin to notice deeper and more wonderful feelings coming into your awareness: sympathy, compassion, awe, delight, courage, strength, and a magnificent love. These feelings come subtly at first but as you notice them and let them move through you, you will be utterly charmed by the greatness of your own heart.