

2022 Margha Program
Three Natural Metaphors



- ~ Rest the body stable and unmoving like a mountain.

- ~ Rest the breath and energy like a vast ocean.
- ~ All the waves and movement, like the surface of the ocean, give way to the slow motion of deeper ocean, and below that the bedrock of ocean unmoved by waves.
- ~ All co-existing together in harmony.

- ~ Rest the mind limitless and expansive like an open cloudless sky.
- ~ Even when thoughts arise within that space and dissolve, they leave the space just as it is, just as clouds arise in the sky and dissolve back into the sky.

