

Morning IV

Setting down the stone

You have carried much, and carried it well. This morning, we honour the weight, and practise setting a little of it down.

The practice

1. Settle where you are, take a few slow breaths, and feel the ground holding you.
2. Bring to mind one thing you have been carrying. You do not need to solve it; only let it be present.
3. If a small stone or object is near, hold it in your palm, and let it become that weight. If not, imagine its weight resting there.
4. Feel it honestly, and offer yourself: *"I see how much I have carried. It makes sense that I am tired."*
5. When ready, open your hand and set it down. *"For this moment, I set this down. It will be here if I need it, and so will I."* Notice your breath and shoulders grow a little freer.

A question to sit with

What would it feel like to hold this a little more lightly, just for today?

An invitation to nature

Find a stone outside today. Hold it for a while, and let it carry something for you. Then place it back in the earth, with quiet thanks, and let the ground keep it a while.

From Contigo · Francisco Hurtado · contigo-support.com