

January 7, 2021

Dear Ones,

Yesterday morning I meditated using my north star value (tender strength) in the meditation that follows. This morning, after the chaos at the capital, I added the last lines.

If you decide to try this meditation, allow 15-25 minutes. You might first read the meditation then, as you meditate, use the key words in **bold** so that you don't have to read each line.

Get comfortable and cozy in your chair or on your cushion.  
When you're ready, lightly close your eyes.

As you breathe **in**, silently **count** 1,1,1 and as you breathe **out**, silent count 1,1,1. Repeat, silently counting with 2 and 3.

Drop the counting and as you breathe **in**, try to hear your in-breath. As you breathe **out**, listen to your out-breath. (This is the **ujjayi breath** in yoga where you block your throat a little with your tongue in order to hear your breath.) Repeat 3 or more times.

Drop the ujjayi breath and as you breathe **in**, say to yourself, "I have **arrived**."

As you breathe **out**, say, "I have arrived."

As you breathe **in**, say to yourself, "I am **home**."

As you breathe **out**, say, "I am home."

**Imagine** yourself coming home to your **body**.

Repeat 3 or more times.

Drop your concentration and **relax**. You don't need to do anything. Just rest in your body (your true home) for several breaths.

When you're ready, as you breathe **in** and breathe **out**, listen to the **sounds** around you.

Listen to the sounds **around** your true home (outside your body).

Listen to the sounds **within** your body (inside your true home).

Don't struggle or force yourself, just let the sounds come to you.  
Do this for as long as you like.

As you breathe **in**, speak silently the **word or phrase** that is your **north star value**.

As you breathe **out**, speak silently the word or phrase that is your north star value.

Do this as many times as you like.

As you breathe **in**, say silently, "Today I vow to keep (my north star value) in my **thoughts**."

As you breathe **out**, say silently, "Today I vow to keep (my north star value) in my thoughts. Repeat a few times."

As you breathe **in**, say silently, "Today I vow to use (my north star value) in the **words** I say and write."

As you breathe **out**, say silently, "Today I vow to use (my north star value) in the words I say and write."

Repeat as many times as you like.

As you breathe **in**, say silently, "Today I vow to **act** using (my north star value)."

As you breathe **out**, say silently, "Today I vow to act using (my north star value)."

Repeat.

Drop your concentration and **relax** your body and mind. Don't try to keep thoughts away or encourage them. Drop "doing" and enjoy just "being" for several moments.

When you're ready, as you breathe **in**, say silently, "I **send** (my north star value) to (**anyone** you think could benefit from receiving your value)."

As you breathe **out**, say silently, "I send (my north star value) to (anyone you think could benefit from receiving your value. It might be the same person or a different one)."

Continue sending (your north star value) to **others** as long as you like.

As you breathe **in**, say silently, "I **send** (my north star value) to Donald **Trump**."

As you breathe out, say silently, "I **send** (my north star value) to Donald Trump."

[I continued in this way, offering my north star value to the **politicians** in Washington then to the **people who participated** in the **riots**.]

Drop your concentration and with ease, **just Be** for as long as you like.

When you're ready, open your eyes to the beauty around you.

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terry