

Pebble in the Pond

Deepener or short induction

Imagine now... dropping a small pebble into a quiet pond...

For just a moment... you watch the surface respond... gentle ripples moving outward in widening circles... flowing... shifting... adjusting effortlessly to the movement... like the changing currents of thought and awareness... always moving... always adapting...

And just beneath the surface... the pebble begins drifting d o w n...
Slowly... naturally... effortlessly...

Passing through cool layers of water... where soft currents move around it without resistance...

And as it drifts deeper... you may become aware of the quiet life beneath the surface... delicate water plants swaying gently... tiny creatures moving calmly through their own rhythms... everything existing in balance... flowing together naturally...

The pebble continues drifting d o w n...
Until finally... it comes to rest upon a broad floating leaf deep beneath the surface...

And there's something comforting about that leaf... steady... supportive... and secure...

The gentle movement of the water rocks the leaf slowly back and forth... back and forth... like the steady rhythm of breath... like the quiet balance between movement and stillness...

One part of the experience flowing and changing... while another part remains calm... centered... unmoving...

And many people imagine... perhaps this is the final resting place... the deepest point... the place where everything simply settles...
Yet beneath every experience... there are always deeper levels still...

And as the leaf continues rocking softly... a small movement occurs nearby...
A tiny water creature glides silently past... barely disturbing the water at all...
And in that moment... the pebble gently slips from the leaf...

Not suddenly... not forcefully... simply continuing its natural journey...
Drifting farther d o w n...

Deeper through the still water... past the flowing currents... past movement and
thought...

Until at last... it settles safely and securely into the soft silt at the bottom of the
pond... Completely supported... completely still... resting in a place of deep
stillness... And perhaps there's a part of you that understands something important
now...

That just when the mind believes it has reached the deepest level... another gentle
shift can occur... A natural release... a quiet surrender... Allowing you to move
even deeper within yourself... Effortlessly...

Because one part of you naturally knows how to begin the journey... another part
knows how to remain steady and grounded throughout the experience... and
another part knows how to let go... adapt... and continue drifting deeper...

All of those rhythms working together now... naturally... safely... effortlessly...

Excerpt from The Inner Landscape
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