

A person is seen from behind, sitting in a meditative pose on the edge of a rocky cliff. The cliff is covered in some green moss and small plants. Below the cliff, a lush green valley unfolds, with a winding road and a small cluster of houses. In the background, majestic snow-capped mountain peaks rise against a blue sky with scattered white clouds. A few birds are visible in flight. The overall scene is serene and inspiring, suggesting a connection with nature and inner peace.

Mountain Meditation

Grounding Meditation
Written by Jon Kabat-Zinn

A person is sitting in a meditative pose on the edge of a steep, rocky mountain cliff. The person is silhouetted against the bright sky. The background features a vast mountain range with snow-capped peaks and green valleys. The sky is blue with scattered white clouds and a few birds flying. The overall scene is serene and majestic.

Mountain Meditation Audio File

<https://palousemindfulness.com/meditations/mountain.html>

A person is sitting in a meditative pose on the edge of a steep, rocky mountain cliff. The person is facing away from the viewer, looking out over a vast, mountainous landscape. The mountains are covered in patches of snow and green grass, with a winding road visible in the valley below. The sky is filled with clouds and a few birds are flying. The overall scene is serene and majestic.

Mountain Meditation Script

<https://palousemindfulness.com/docs/mountain-meditation.pdf>