



## Mindfulness Teacher Training Course –

### Stage 1, Week 1

#### The Well Meditation

Sitting or lying in a comfortable position. Bringing your attention to your body... Feeling the support beneath you... Noticing your breath wherever you feel it most vividly in the moment, with the air flowing in and out the nostrils... or with the rising and falling of the chest or abdomen... Simply following your breath moment by moment.”

If imagery is helpful to you, you may want to imagine a deep well... And imagining a pebble beside the well. ... picking up the pebble, feeling it in your hand.... The pebble carries with it a question ... and when you are ready, dropping the pebble into the water with the question that it carries... “*What brings you here?*” ... And noticing what answer or answers splash up.” Just sitting in silence and listening...“*What brings you here to begin training as a Mindfulness Teacher?*”

And now sitting in silence for a few moments

“And now, as the pebble drops deeper into the water, notice if any other answers reveal themselves from a deeper place within in response to this question, *What brings you here?*”

And when you’re ready, bringing your attention back to the breath...simply noticing the in-breath and the out-breath...and feeling the body sitting or lying here.... And when you’re ready, allowing your eyes to open...

