

SIT LIKE A MOUNTAIN

Sit down,
and sit like a mountain!
Descend,
acquire gravity,
take root.

Meditation is not a takeoff, but a landing,
a rediscovery of one's ground, and one's roots:
it is to be present with all one's weight, in stillness.

To sit like a mountain is to alter one's experience of time, for
nature's rhythms are very different from our habitual ones.
Eternity is behind you and eternity is in front of you.

From *Compassion and Meditation: The Spiritual Dynamic Between Buddhism and Christianity* by
Jean Yves Leloup