

# Lotus Flower Meditation

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The lotus flower has many symbolic meanings in Buddhism, including spirituality, peace, serenity, potential, good fortune, faithfulness, compassion, love, purity, wisdom, growth, awakening, rebirth, and enlightenment. The achievement of any of these ideals most often comes as a result of overcoming adversity, and the lotus flower is a paragon of rising above challenges.

This meditation provides the opportunity for you to personify the lotus flower and experience the stages of growth from darkness to enlightenment. Begin by sitting in a comfortable position on a yoga mat or blanket with your legs crossed loosely, or in a chair with your feet flat on the floor. Loosen your shoulders and arms, letting your hands rest on your thighs, palms up or down. Close your eyes gently and relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, just breathe and follow the instructions.

1. Envision yourself as a lotus seed buried beneath the mud in a pond. All you can feel is mud and weight upon you, and all you see is darkness. Breathe in, breathe out.
2. Far above you, there is warmth and light and air. You long to be there. It will be a difficult journey, but you are not disheartened, because you have faith in yourself. Breathe in, breathe out.
3. With determination, you anchor your roots deep into the earth and push your little stem up through the heavy mud. Breathe in, breathe out.
4. You move slowly toward the surface, pushing against the resistance and weight of the muddy water. Breathe in, breathe out.
5. With perseverance, you keep progressing toward the light until suddenly, you pop out of the water! You feel the warmth of the sun upon you, and your lotus bud begins to grow upon your stem. Breathe in, breathe out.
6. You've risen above the impurities beneath you, and now you are ready to blossom. Your lotus bud expands, growing larger and larger until finally you burst open into full bloom. Breathe in, breathe out.
7. You are now a beautiful lotus flower, released from all of the impurities of your previous circumstances. You soak up the warmth of the sun shining down upon you and feel grateful that you didn't give up on the path to your destiny. Breathe in, breathe out.

Just as the lotus flower grows out of the mud, so too can you blossom into your most beautiful self and revel in the joy of your surroundings. Know that from the darkness of fear, anxiety, insecurity, low self-esteem, and pain, you can rise into the light and bloom with untainted beauty. This is your awakening and enlightenment. Namaste.