

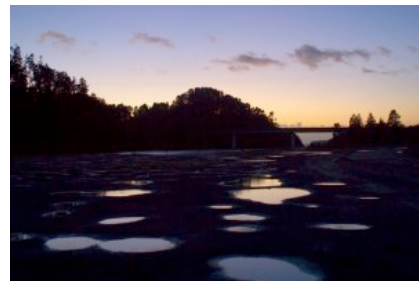
Cellular fluid and the quality of being *A Somatic Meditation*

The fluid inside our cells shows us about “being.” As you read this, become aware that your body is made up of billions of living cells.

- Imagine one individual cell. You could visualize it, imagine yourself as one big cell, or zoom in on one of your billions of cells.
- There’s fluid moving outside the cell and fluid passing through the membrane, but pay particular attention or imagination to the fluid inside the cell.

Seems “out there”? Consider the chemistry of a generalized cell. The fluid inside is unique, having a different make-up than the fluid outside the cell. This fluid isn’t moving toward or away from anything—eventually it will, but in this moment it simply exists, within the cell membrane. This is the place of rest on a cellular level, the place in our bodies that demonstrates a quality of simply *being*.

- Have you ever seen a lake or puddle of beautiful still water? Focus on this image for a moment.
- As you do so, notice how your limbs and torso feel, the quality of your breathing, and your state of mind.
- Know deeply that there is nowhere else to go, there is nothing else to do. Just be here.



Now consider a situation in which you tend to feel stressed.

- Imagine yourself in that situation for a moment.
- Notice how your limbs and torso feel, the quality of your breathing, and your state of mind. Has it changed?

From this place, take yourself back to the still waters of cellular fluid.

- Spend a moment here in the depths of stillness. All is well. One way to use this meditation in daily life is to use the pathway you have just experienced whenever you need to find this calm place.
- Another way to use this meditation is to bring this cellular quality with you into life situations. So now, invite yourself to embody this peaceful cellular place as you again imagine yourself in the stressful situation. Finding this possibility in your imagination will help you find it when stressful situations arise.

Know that you have this pathway and quality available as an option in your daily life. Know you have the wisdom inside every cell for relieving stress and for healing.

Affirmation: There is nowhere else to go, there is nothing else to do, but just to simply be here.

Picture from www.ics.uci.edu