



Welcome to the

*Lake  
Meditation  
Relationship*

- with -

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## **Lake Meditation — Relationships**

To discover the emotional impact and influence connected to your immediate relationships, the following Lake Meditation exercise may help.

### **The Lake Meditation — 15 Minutes**

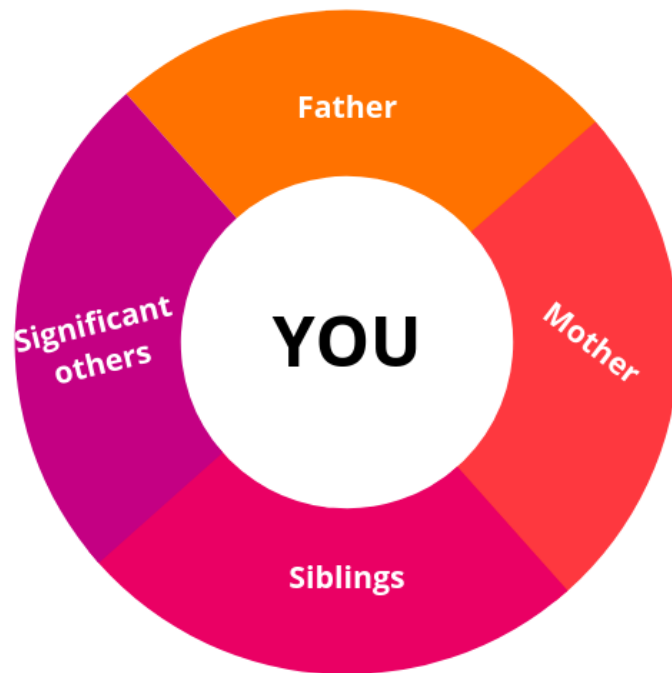
Play some soft music—something that does not hold an emotional charge for you. Get comfortable. Know that you are safe, powerful, and courageous. You are completely grounded, strong, and calm.

Imagine that you are at your favorite lake. The water is calm, the sun is shining, and there is no one around. You walk into the water a little way. As you gaze into the water, you see an image of yourself.

- What do you see when you look at yourself?
- What feelings do you have?
- What stories do you tell about yourself?
- Are you wearing a mask, or do you see your authentic self?

Your image now disappears.

Come back to shore for a moment, and capture your impressions by journaling them.



You walk back into the water a little way. As you gaze into the water, you see an image of your father.

- Can you be yourself when you are with your father?
- What does he expect of you?
- What feelings do you have?
- What masks do you wear when you are with him?

The image of your father now disappears.

Come back to shore for a moment, and capture your impressions by writing them down.

Again walk back in the water. As you gaze into the water, you now see an image of your mother.

- Can you be yourself when you are with your mother?
- What does she expect of you?
- What feelings do you have?
- What masks do you wear when you are with her?

The image of your mother now disappears.

You're back on the shore. Capture your impressions by making a note of them.

Walk in the water a little way. As you gaze into the water, you see an image of your siblings and/or significant other. Be with them one at a time—each brother, sister, and significant other—anyone who has had significant impact on what you think of yourself. The significant other could be a step-parent, aunt, partner, co-worker, and/or boss.

- Can you be yourself when you are with them?
- What do they expect of you?
- What feelings do you have?
- What masks do you wear when you are with them?

The image now disappears.

Come back to shore for a moment, and capture your impressions by writing them down.

And one last time you walk into the water a little way. As you gaze into the water, you see yourself again.

- What feelings do you have?

Say, “Thank you. I love you.”

Your image now disappears.

Come back to shore for a moment, and capture your impressions by journaling them.

At the lake, dip your hands in the water, and wash your face and arms. Take a deep breath, walk out of the water, and return.

Take another nice, deep breath.

While doing the Lake Meditation exercise, did you see some positive, uplifting images? You may have discovered that you are a strong, powerful woman/man.

Did you open your heart to your father, mother, sibling, and significant other?

You stood in your beauty and your majesty, and that feels great.

Some of the images you saw at the lake may no longer hold any emotional charge for you. Just by looking at them, the emotions attached to them have dissolved like the images in the water.

Most often, the Lake Meditation exercise manifests a mixture of both positive and negative images and feelings. It can provide a mirror for who we are and how we perceive ourselves. Revisiting our relationships can make sense out of the past and break limiting beliefs that we may have formed about ourselves and others. It can be the first step in dismantling the barriers that have been holding us back from our authentic selves. The purpose is healing, not traumatizing.

What are you feeling now and why? Take a moment to hold yourself in love, compassion, and joy.

How do you feel?