

Ideokinesis Meditation of Lake

Find a space in the room that feels comfortable for you.

You may sit, stand, or lie down, whatever allows you to feel most at ease.

This is a quiet space, a space where you will not be disturbed.

Notice how your body settles, and allow yourself to arrive, in your own time.

Gently bring your attention to your breath.

As you inhale, you are nourished.

As you exhale, your body is relaxed.

Inhale – nourish.

Exhale – release.

As you continue breathing, notice how your body is supported, by the back of a chair, or the ground beneath you.

You are supported.

And see if you can allow your weight to rest a little more into the chair and into the ground.

Soften your back and relax the jaw.

Let your shoulders fall heavy.

Imagine the head growing light and tall, long neck, and long fingers.

Keep feeling that soothing rhythm in your breath.

Now begin to picture a lake in your mind.

It may be a lake you've visited, one you've seen in a film, or a lake that exists only in your imagination.

Take a moment to see it clearly.

Look closer at your lake: its shape, its size, the way the water moves.

Observe how the lake is always changing.

As the sky shifts, so does the surface of the water.

The lake reflects everything around it: clouds, birds, sunlight.

During the day, it mirrors the sun. At night, the moon.

When the weather is calm, the lake is still.

When wind stirs or rain falls, the surface ripples, even roars.

No matter what happens above or around the lake, the water remains itself.

Steady. Deep. Calm.

Begin to notice what lies beneath its surface:

A capacity to hold, to reflect, to endure. A quiet energy. A restrained, surging undercurrent.

That same energy lives in you.

The power of inclusiveness, calm, and stability have always existed deep within the lake – waiting for you to bring them to the surface.

With each breath, feel that inner current.

Let your breath expand into your body.

Feel the subtle rise and fall.

Whatever sensations or images arise, allow them to be just as they are.

Now, in a moment, you'll begin to hear sound.

As it comes in, gently bring your awareness outward again.

Take your time. There is no rush.

When you feel ready, begin to open your eyes, slowly, carrying the presence of the lake with you.

The meditation script above was originally authored by PauseLab and later purchased, translated, and adapted by Rose Xu. For this performance, the script was narrated by Ify Onyekonwu, with sound processing by Natalia Quintanilla Cabrera.



Amniotic by "Rose" Ziyu Xu

DXARTS Fall Concert: *Hum Under the Riverstone*

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