

HANDOUT 10

ANCHOR AT THE BOTTOM OF A STORMY SEA

- Start by sitting comfortably, taking a few breaths to ground and center, using the practices of sound, touch points, the breath, or loving-kindness phrases.
 - Visualize a boat anchored in a deep harbor. It is a tranquil, sunny day, and the water is still. But then the wind shifts suddenly. Dark clouds roll in, and the wind and waves start to batter the boat.
 - Watch as the storm intensifies, bringing high winds, driving rain, hail, and enormous waves.
 - Now imagine that you can drop below the waves, perhaps in a diving bell or in scuba gear, and bring your attention to the boat's anchor at the bottom of the ocean. Allow yourself to rest here, seeing the storm and wind and waves high above you.
 - Even though the storm is raging, see if you can find some spaciousness and stillness at the bottom of the ocean.
 - Allow yourself to rest here, finding a quiet, still point in the midst of the storm.
 - When you are ready, take a few deep breaths, stretch, and slowly open your eyes. As you return to the stormy surface, remember that you can return to the stillness whenever you need to.
-

This is a supplementary resource to *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy* by Susan M. Pollak, Thomas Pedulla, and Ronald D. Siegel (Guilford Press, 2014). Copyrighted material. Permission to reproduce this handout is granted to purchasers of this book for personal use only. An audio recording is available at www.sittingtogether.com.