

Waterfall

relaxation meditation

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Breathe in and out, slowly and deeply...

Draw your breath right down into your belly, allowing the lower lungs to fully expand, and then breathe out slowly and completely...

Release every last bit of air and allow it to be expelled from your lungs before taking in the next breath...

Draw each breath deep into the body and hold it for a moment, allowing it to reach every part of you, before releasing it fully...

Focus your attention on your breathing as you continue to gently and deeply draw breath in and then release it fully... ... drawing your breath in, holding it and then releasing it fully...

breathing in and out, gently and deeply...

Now, imagine yourself in a beautiful rainforest...

All around you are lush, green plants, and colourful exotic flowers in bloom...

Their scents hang in the air...

Breathe in deeply all the wonderful smells of the rainforest...

Listen to the sounds of the birds and insects, and the rustling of the leaves... ...

Now you can hear the sound of rushing water, and you look around you to see a beautiful, vibrant waterfall tumbling down from high rocky outcrops...

You walk towards it and find a place where the water is falling, like a shower, into a shallow lake...

The water looks so cool and inviting, vibrant blue in the sunlight, and you decide to step into the edge of the waterfall...

It is cool and refreshing, as it gently flows over your body...

A symphony of nature, cleansing and relaxing you as it tinkles and trickles over and around you...

You feel calm and happy, with waves of peacefulness washing over you...

As the water cascades down your body, it begins to relax...

This sensation spreads from your head, all the way down to your toes...

Feel the top of your head relaxing... ... your forehead and temples and jaw loosening...

... feel the tension easing from your neck and shoulders, releasing all tightness... ...

feel the softness and ease in your upper back... and chest... in your lower back... and

abdomen... ... feel these waves of relaxation spreading down your arms and legs, all the way down to your fingers and toes...

Like a shower, this beautiful running water washes away your aches and pains, leaving only softness, ease and flexibility...

Your body begins to feel as free and fluid as the water around you...

Breathe slowly and deeply, focusing on how tranquil you feel...

Enjoy the harmony of your surroundings, as this beautiful healing water gently cascades down your body...

Here, in the waterfall, there is nothing but peace and serenity...

As you stand in this calming and cleansing water, observe the thoughts that flow into your mind... and notice any worries or difficult emotions that may surface...

As you notice these, let them drift out into the flowing water and let your waterfall wash them, and all their residual energy, right off you...

Release all your concerns into the cleansing water, so that any mental or emotional muddiness and confusion can be washed right away, allowing you to see all situations clearly and objectively... ..

As you stand in the cleansing waterfall, know that you can return, in your mind, to this peaceful space of clarity, any time you feel overwhelmed or confused by a situation...

Know that you can release your concerns to be washed clean by these healing and relaxing waters, leaving only the clear truth of the situation, and a total awareness of your full competence to deal with it, easily and efficiently... fairly and objectively...

Now, imagine a beautiful, pure white shaft of light flowing down from above and entering your body through the crown of your head...

Allow this light to move steadily down along the centre of your body, connecting with and energising each chakra... passing down through the centre of the head... the throat... the heart... the stomach... the lower belly... and the lower pelvic area...

Allow this shaft of beautiful grounding light to continue down along your legs and out through your feet...

Allow the light to flow deep into the earth, like a sturdy tap root, anchoring you strongly to your home base...

Imagine the earth delivering beautiful nourishing and grounding energy back up through this root anchor, to your feet, up through your legs and into your body... all the way up through your crown...

You are now nourished and grounded, supported strongly by your universal flow from above and beautiful earth energy from below...

Now, allow your mind to return to your body in the present, bringing your attention back to the sounds in this room...

Wiggle your toes and fingers, and then gently begin to move parts of your physical body...

When you feel ready, open your eyes and be fully here and now...