

Take A Walk Through The Park

As you settle into your position for Savasana today, begin by bringing awareness to your breath. Begin to deepen and slow your breaths. With each exhalation, let your body settle deeper into your mat. Bring your concentration to each large muscle group. Allow each one to release completely.

Let us take our minds on a walk through the park. As you walk, notice the temperature of the slight breeze. Feel the warmth of the sun. Inhale. Exhale.

Gaze to your left. Do you see the leaves flowing in the breeze. Bring your gaze to the sky over those trees. What color blue is your sky? Are there any clouds? Watch them as they change shape and float by.

Notice the position of the sun. Feel the rays as they beam down to you. Continue walking.

Look down at your feet. Feel the walkway beneath them. Notice if it is level or not level. Feel your foot as your heel, then arch, then toes touch the ground beneath you. Feel the air as you release your foot from the ground and switch to the opposite.

Bring your gaze directly in front of you. See the faces of those coming toward you. Notice something beautiful in each face you see... their eyes, their hair, their beautiful smile.

Are there any dogs walking on your path through the park? See their loving faces smiling brightly enjoying their day.

Bring your gaze over to your right. Notice the flowers in the park. See their vibrant colors as they flow in the breeze.

Notice the color of the leaves on the trees. Can you see the very top of the trees as they meet the sky? Roll your gaze down the branches, then the trunk of the tree. Notice its stable body planted firmly in the ground. Notice its size. How many years must this tree have been here for it to be so big? Let its stability extend to you as you feel the firmness of each step. Continue to walk.

Bring your focus to the sound of the breeze. Notice how the sound changes if you turn your head. Follow the breeze as you watch it extend to material items, rustling someone's newspaper, lift someone's hair, help a ball to roll, move the fur of a dog, help the birds to fly.

Take your gaze to those birds. Isolate one and watch it soar, effortlessly. If you listen closely, you may be able to hear its birdsong. Watch with your gaze until the bird is out of sight or has landed. Close your eyes and see if you can hear all the birdsongs. The tone, their sweetness, singing for all to hear. Open your eyes and try to see each bird by following its song. Their sweet peaceful birdsong.

Bringing your walk now to a place for you to sit or rest, and just listen to the peaceful sounds in your park.

(Silence no speaking)

(When you are ready to close the meditation, begin with the next words...)

Slowly begin to bring some awareness back to your body. Wiggle the fingers and the toes. Take a big inhalation and on the exhalation feel free to open your eyes.

(Continue with your class closing as you prefer. Or use my example.) Example:

When you feel ready, return to a comfortable sitting position. Bring your hands to Anjali Mudra to your heart center. Let the peace and grounding of this meditation and your practice today carry you through your day today and everyday. Peace. Namaste.