

A Walk on the Beach

As you begin to slow and deepen your breaths, picture yourself on your favorite beach. Slowly begin walking.

As you come from behind the tall grasses walking toward the water, notice the temperature of the sand as you step. Notice the soft sand as it envelops your feet as you walk. Notice the temperature of the air. Is there a breeze? Listen as the wind blows to its sound as it sweeps past you and around you. Listen to the sounds of the water, as the waves gently crash into shore. Are you alone on your beach? Are there any other beachgoers? Listen to the sound of the birds. Can you hear the sound of their wings as they gracefully fly by?

Pause your walking. Close your eyes and feel the warmth of the sun. Can you feel its rays? Notice its position in the sky. Is it sunrise? Sunset? Middle of the day?

Continue to walk. Take a look over to your right side. Follow the shoreline as far as your eye can see. Are there houses? Rocks? A pier?

Notice the color of the sky. Notice the color of the water. As you gaze far from shore, can you see the point at which the sun and sky meet? Are there any clouds in your sky? If so, what shapes do you see? Are they floating by slowly or is the wind carrying them swiftly?

Looking straight out in front of you. Can you see any fish jumping? Can you see the point at which the wave begins to break? How clear is your water in that wave?

Look off to your left. Do you see any tall grasses swaying in the breeze? Are there any beautiful beach flowers flowing?

Look down to the sand at your feet. Can you feel the change in the temperature as you get closer to the water? Is it firmer? Cooler? Are there any rocks or shells on your beach? Or is there smooth sand only?

As you reach the water, feel the temperature as you step in. How does it feel in contrast with the air? Walk into the water as far as is comfortable for you. Feel the water as it changes your body temperature. Pause in the water. Feel the waves as they gently crash into the shore. Feel the pull of the sand as the water swiftly moves back out to sea. Notice the ebb and flow of the ocean. How clear is your water? Can you see clearly down to your feet?

Stay where you are on your beach or feel free to walk back to the edge of the water. Allow your body to relax down to the sand. Lying back or remaining seated, gently close your eyes. Feel the water, the breeze, listen to the sound of the ocean, of the wind, of the birds.

I'll be quiet for a few minutes while you rest in your Savasana.

(After a few minutes of quiet.)

Beginning to bring some awareness back to your body and your breath. Bringing some movement back as you slowly wiggle your fingers and your toes, your arms then the legs. Remaining as you are or when you are ready, transition yourselves to a comfortable seated position. Bring your arms into Anjali Mudra into 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.