

Bird Watching

As you begin to settle yourselves into your space, let us begin by deepening and slowing the breaths. Try to elongate each inhalation and exhalation. Soften the face and the brow, relax the jaw. Slowly scanning the body and making a conscious effort to release and relax any areas of tension as you sweep the breath from the crown of the head slowly through the torso, legs and toes.

Picturing yourself in your favorite field. Is the temperature comfortable? Do you feel a breeze?

Is the sun shining? Walk yourself to the spot you like the best and settle yourself down. Looking up, do you see the sun? Notice it's position in the sky. Are there any clouds in your sky? Are they changing shapes?

Maybe there are some trees speckled throughout the field or just along the edge. Allow yourself to really see your surroundings. Notice the grass. Let yourself focus on a single blade. Is it still or swaying in the breeze? Bringing your gaze around, notice the trees, their shape, their leaves. Notice the leaves swaying in the breeze.

Notice the color of the sky. As you bring your gaze down, notice if that color matches any of the flowers in your field. Allow yourself to find just one flower and follow it as it flows in the gentle breeze. Watch it sway and then still. Notice all the colors of the flowers. Are they all the same, or different with speckles of blues, yellows, pinks, purples and reds throughout the field.

If and when you are ready, you can close your eyes and listen to the sounds of your field. Can you hear the breeze? Can you hear the leaves on the trees as they sway? Listen for the dragonflies wings, the bees buzzing on the flowers, the squirrel scampering....

Now bring your focus to the birds. Are there many? Try to differentiate between their birdsongs. Can you follow along to just one of their beautiful songs? Are they short chirps or long melodic songs? As you open your eyes, can you follow which song belongs to which bird? Are there many of the same type of bird or a large variety? Notice their colors. Do you see a bird the color of the sky? Do you see a bird the color of some of your flowers in your field? Bring your focus to one bird. Is it flying or is it just resting on a branch? Watch it open it's wings and stretch. Notice what your bird is watching.

Keeping this picture in your mind, I'll be quiet for a few moments while you rest in your Savasana.

(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.