

## **Magical Waterfall Meditation**

Settling into the space, close your eyes.

Listening to the sounds around you now.

Becoming more aware of your body

Becoming more aware of your breath

Listen to the natural rhythm of the breath

Feeling the sensations of your breath

Breathe in deeply.... And fully exhale, letting the breath go

Breathe in deeply....and exhale

And now along with me

In...and... out in...and out...in...and out

Now in your own time

Notice the pause between each breath

Now, allow your breath to flow, continuously, like a slowly moving river, imagine your breath flowing, in and out

Feel the breath flowing in and out through the nose

Feel it flowing through the throat

Feel it flowing in and out of the chest

Feel your stomach rising and falling, whilst you deeply inhale and exhale

In and out

In and out

Allow one deep inhale and one full exhale and allow your breath to settle to a more natural rhythm.

It is okay now just to be here. Nothing else to think about. Leaving your day behind you.

Feel the surface you are sat on. Feel yourself releasing into it, letting go of any tension.

Sinking deeper and deeper, you are safe here.

Have an awareness of your skin, feel the temperature of your skin

Feel a warming glow radiating from the Earth beneath, slowly radiating through your entire body. This sensation brings a sense of calm and serenity. You are completely safe and completely at peace.

Take your attention to the top of your head and as you breathe out feel it releasing any tension

Now follow my voice as I guide you through relaxing the rest of your body

Relaxing the back of the head...the left side of the head, the right side of the head, the forehead, the eyes, the cheeks, the nose, the upper lip, the bottom lip, the chin and the jaw.

Feel the whole head relaxed.

Relax the neck....and the shoulders.

The upper right arm, the elbow, the forearm, the palm of the hand, the back of the hand, and the fingers.

The upper left arm, the elbow, the forearm, the palm of the hand, the back of the hand, and the fingers.

Feel both arms relaxed.

Feel the chest relaxing, feel the breath here for a moment. Each out breath taking you deeper within.

Feel the whole of the stomach relaxing, feel the breath here for a moment.

Feel the top of the back... follow the spine down to the lower back,

Focus on the waist... and the hips

Feel your upper right thigh relaxing, the knee, the shin, the calf muscle, the ankle and the foot.

Feel your upper left thigh relaxing, the knee, the shin, the calf muscle, the ankle and the foot.

Feel both legs relaxed.

Feel the whole of the front of the body relaxed, the whole of the back of the body relaxed. The whole body relaxed.

Take your attention to the space where your physical heart lies and feel a sensation of love within. Feel this sensation spread out through the whole of your body. Transforming the way you look at everything. Fear is just a manifestation of the mind. Love is the feeling we should strive for in whatever we do.

Your arms and legs are becoming heavier..... Feel yourself sinking into the surface you are on. Sinking deeper...deeper.... your whole body is feeling heavy.....

Continue to notice the breath breathing in... and out..... Breathe in relaxation and breathe out any tension. Visualise the tension leaving your body with every out breathe. Draining away.

Take your attention to a grassy field. Looking around at the luscious green hills and the beautiful blue sky, you take a deep breath of fresh air. You take off your shoes and begin to run through the grass, letting your inner child free. The sun shines brightly, warming your skin and every step you take is cushioned by nature. You hear an intuitive whisper within, guiding you towards a gate. As you approach the gate, you slow down your pace. You open the gate with a childlike curiosity and carefully close it behind you. Hearing the vague sound of running water, you begin carefully descending down a steep muddy path. There are trees either side of you and you grab onto branches, to feel more supported. You watch every step you take being very careful. The lighting becomes darker. The sound of water becomes clearer and as you touch down at the bottom of the slope you slowly raise your head, looking straight at a waterfall, which heads into a pool below it. You again notice that the lighting here isn't as bright as the field above as you stand surrounded by tall mossy limestone walls. The sun trickles through the trees above, as the branches gently sway. The ground is moist but solid enough to walk on. You stand in awe of the beauty that surrounds you. You feel as though you have discovered a hidden secret place. You step towards the waterfall and splash the clean water on your face. It is so refreshing after the climb down. The water falls from a high place and you notice your hair and skin getting slightly damp but it doesn't bother you. As you step back, the sun slowly moves over the waterfall. To your amazement, a rainbow forms in the droplets of the waterfall. You feel so blessed to be experiencing this. You feel a strong emotion in the centre of your being and recognise this emotion as pure fulfilment. You are very happy here. You feel very safe. You sit down on a rock by the pool and breathe so easily. In this place you feel connected to everything. You realise that being in nature is a form of meditation and that you don't need to be anywhere special to access that. You feel completely at peace. As the day draws in, it is time to leave this place and you begin climbing up the slope, this time with ease and you stop half way up to take one last look

behind you. Feeling grateful, you continue upwards, leave through the gate and close it behind you.

You are feeling calm and nurtured, and you can return to this state whenever you need to in order to feel calm and at peace. Keep with you this feeling of relaxation while you slowly return your awareness to the present. Keeping your eyes closed for a few moments longer, notice the surface you are on. Notice the feeling of your clothing against your skin. Turn your attention to the sounds of your environment around you. Feel your mind and body reawaken as your awareness of your surroundings increases. Take a deep breath. Taking all the time you need. Only when you are ready, open your eyes.