

Waterfall meditation

(for stress release)

Imagine an underground river
flowing strong and gentle,
pure and crystal clear.
The air flowing with it
is fresh, clean, and vibrant
with life.

Let the river rise and
enter your body
at the base of your spine.
Let the river flow up your spine
carried by your in-breath.

As it passes by your belly
let your belly expand to
receive the cleansing waters.
As it passes by your ribcage
let your ribs expand
to receive the vitalizing
water and air.
As it passes by your heart
let your upper chest open
to receive its gift of life.
Allow the river to cleanse
your body, soul, and spirit
of stress and anxiety
as it passes through you.

As the river reaches
the crown of your head,
let the strong and gentle
flowing waters receive
sunlight from the daytime heavens
and starlight from the deep night sky,

Then let the sparkling waters
fall with your slow out-breath
passing down the centre line
of the front of your body. Slowly
breathe out through your mouth.
Let the waterfall pass through
your upper chest which
releases and relaxes,
your lower ribcage as it
releases and relaxes,
your belly as it
releases and relaxes.

Let the flowing water
stream down your legs
and through your feet
back into the deep earth
which receives everything,
cleanses and revitalizes.

Can you hear the waters stirring
and the river flowing
and the deep rumbling rhythms
of the Earth breathing?
Be one with them and
be at peace.

Deborah Foster