

## **Beach Meditation.**

Today I would like you to leave here feeling at peace, removing any stressor and anxiety that impact your space. We are going to travel to the space of peace and content.

Bringing awareness to your breath while the stressors and anxiety escape from your body washing away with the tide. We will begin with a dim light and music.

Find a position that makes you feel the most comfortable and relaxed. Whether you are sitting comfortably or laying down. Close your eyes, picture yourself at the beach, what does this beach look like to you? Can you see the sun's ray of light as it reflects on the water? Can you smell fresh air or flowers? Take a second to find your perfect beach.

Once you are there take a deep breath in through your nose and exhale out from your mouth. Allow your breath to travel down to your belly and sit there till the count of 4.

Inhale 4321 Exhale, one last time, big inhale in until the count of 4321, exhale out through your mouth. Now focus on the sound of the waves, Try to feel even more grounded...more into this moment...more present than you have ever been. Feel your body become relaxed as you feel the warmth of the sun kissing your skin. You can hear music from the distant, you see dancing, you see laughter, and watch as other beings embrace their inner child. You smile because you can recognize that, making you also feel like a young child, that innocent child, that care free child that lies within you.

You can feel that warm wind blow through your hair and you watch the waves hit the shore, pushing a white light of energy toward you, and washing away anxiety and negative energy that lingered with you. You take another deep breath taking in that light, letting it invade all the spaces in your body. Focus on the breath as you inhale

1234, and exhale 1234, inhale 1234, exhale 1234 again deep breath through the nose  
1234 and exhaling through the mouth 1234

Focus on the sand as you dig your toes into it, the sand is so white and soft. feel the grains of sand fall through your toes, reminding you that It's ok to let go, and with another 3 breaths that is exactly what you do. Letting go. Letting go of worries and being current in this moment. Take a big deep breath (1234) and let go. (Exhale 1234)

You take a drink of life right now and you can taste the fruit beverage on your lips as you sip away your worries. Feel that content in your body just as you feel that sun. Stay right here in this moment for a little bit longer, as you are aware it's time to leave now. Taking another big deep breath in. Y

ou are ready to say good-bye to this heavenly place and you bring your awareness back to the room. Noting this moment can always be returned to as you need it, the dancing strangers' wave by to you and you come back to your body. And when you are ready open your eyes, feel your hand and feet and you come back to the room.