

2. Rain Breath and Affirmation

Meditation:

If you feel comfortable, close your eyes and just begin to connect with your breath. Notice how the breath feels in your body. Notice how when you inhale the breath is cool and as you exhale the breath is warm, inhaling cool air and exhaling warm air. Continue breathing and noticing this for a few moments. Now, as you inhale slowly raise your arms forward and up to the ceiling. As you exhale, reach your arms forward and down, wiggling your fingers like the falling rain. Repeat. Inhale raise your arms up slowly, and then exhale, gently letting your arms fall down as your fingers make little movements like falling rain. Breathing in raising the hands, breathing out, letting them fall.

Affirmation:

“I can choose to be present to what is happening right here, right now.”