

WHOLISTIC MOVING MEDITATION FOR LIVING YOUR LIFE IN FLOW

Practice this moving meditation at any time... shopping, housework, exercising, socializing, at work or at play. There is nowhere that this would not be suitable, but try it first in situations that you already feel comfortable in. Then expand it to all aspects of your life!

1. BODY

We are so often disconnected from our bodies, and live in our heads. When distractions and thoughts make up our reality, it is difficult to be present. This is an opportunity to fully be IN your body. First, become aware of your body: feet connected to the earth, the flow of energy up the spine, the air that surrounds and encompasses you.

2. BREATH

Next, become aware of your breath. As with all meditative states, connected to your breath is key to maintaining flow. Using breath is ideal as it is a tool you have with you at all times!

3. PRESENCE

Thinking of a past that has gone or a future that has yet to come is such a habit that it takes a great deal of practice and concentration to JUST BE. Exercise complete awareness of the present moment. No judgement. No plan. Just here, just now.

4. ACTION

This is where getting into 'flow' departs from traditional meditation. Once you have fully connected to your breath and body, your awareness is sharp, and you are fully present in the moment, take action. Disengage your brain. This is not a decision. This is a knowing. Allow yourself to be moved. Allow action to happen, rather than direction it, observe it.

5. MAINTAINING

The hardest part is staying in the present moment and not being pulled out of flow. But with practice, this state becomes more and more natural, and easier.

Practice this for just short moments at first, but eventually the goal is to live your whole life in flow, because then you would be connecting with powers and wisdom that go far beyond the ordinary.