

Water Meditation

Preparation:

Find a quiet space and hold a glass of water in your hands. Notice its weight, temperature, and texture.

Focus on the breath:

Take a few deep breaths to ground yourself and centre your attention.

Sip mindfully:

Take a small sip of water, paying close attention to the sensation of the water in your mouth. Notice its temperature, taste, and how it feels as you swallow.

Feel the water's journey:

Trace the water's path down your throat and into your body. Notice any sensations as it travels.

Continue with each sip:

Continue to sip the water slowly, bringing your full awareness to each sip and its effects on your body and mind.

Cultivate gratitude:

Reflect on the journey of the water from its source to your glass. Appreciate and be grateful that you have clean water to drink.

Return to presence:

As you finish the glass, bring your attention back to the present moment, noticing how you feel and carrying this mindful awareness into the rest of your day.

