

Connecting with the Power of AIR

ASSIGNMENT ONE – Meditate Air

Your activity today is to listen and participate in the Air Meditation that we've recorded for you, found on the Air Lesson Page.

Feel free to do the meditation multiple times if needed to really feel the connection with the element of air.

Take some time to reflect and write down what Air has to teach you.

- 1) What were the images and thoughts that you noticed were most significant when you were performing the meditation?
- 2) Did you feel any shifts in your body or awareness during the meditation? Were you more aware of certain parts of your body than others?
- 3) Notice throughout the day, the different ways air “shows up” for you. This could be a visit from a bird at your house, unexpected gusts of wind, or unexpected conversations with someone, or hearing about an idea that has been on your mind.

Have fun today connecting with the element of Air. Go outside and feel the breeze on your face (even if just for a minute or two if weather is an issue.) Feel the essence of Air! You can refer to the Air “cheat sheet” to help you recognize the nature of Air.

