

Find yourself in a comfortable seated position. You can use whatever position makes you feel comfortable, whatever makes you feel at ease and it is completely pain-free. If you need even more support, sit on a meditation cushion or even on a chair. Sit up nice and tall, put your hands on your legs, keep your shoulder relaxed, close your eyes and breathe deeply.

Take a moment to appreciate this moment, this time to explore your emotions, your feelings, your inner voice.

Now close your eyes....

Imagine you are out for a long walk into nature... you are walking and walking, and you can feel nature all around you... visualize a green meadow ... of the greenest color that you like the most... visualize an extension of green grass that extends to a nearby forest... you see the green grass... the green reflections of the sun on the meadow.

You extend the look towards the forest, and you see leaves of all the possible green tones... it's relaxing... very relaxing, the sun is reflecting in the green leaves of the trees, and a myriad of delicate shades of green are formed before your eyes, echoing each other, creating a green three-dimensional space... it is beautiful, and you enjoy it.

You breathe calmly... pure air, full of the oxygen produced by the trees of the forest, you find yourself breathing a green, relaxing air... with each breath you relax more and more... you listen to the sounds of nature, a sound passing between the leaves of the trees, it is relaxing, very relaxing...

You hear the sound of the wind in the leaves and relax ... more and more. You stop for a moment observing the green meadow, the old centenary trees, their beautiful leaves...

Now you hear a sound... while walking, you hear it closer and closer... it's calming, relaxing... it's water.

It's a canal that passes in front of you. Be aware of your rhythm, of the flowing water... the water is crystal clear... it flows... over and over again...you walk by the river following its natural flow.

Observe the canal barges floating and passing by.... They sooth your soul as you imagine these are your worries, your fears but they are going away...

Feel how you enter the river, but you don't swim. You immerse yourself in it and let your body float without making any movement. Let the river carry you in your imagination...

Feel how the river modifies its flow and increases and decreases its intensity. Be still although the rhythm of the river changes.

Feel your breath and try to keep it as deep and stable even if in your imagination the river flows faster and faster.

Stay like this for a few minutes and slowly recover the consciousness of your body. Start moving your arms and feet and slowly open your eyes. Sit up slowly.

Now you know what it feels like to float and flow in the river of life. Take this feeling to all your daily actions and thoughts.

Now you see a beach on the horizon, and you walk to get there... you follow the stream and its flow, and at its pace, you get there...

Visualize the small beach nearby the canal... the blue sea... the golden sand... you lie on the sand, and it is delightful... the energy of the sun accumulated in the grains of sand penetrates your back, relaxing you...

You feel that accumulated heat and how it spread in your back... it's relaxing... it's very nice... it's a delicious sensation... the blue sea... the blue sky without clouds... the sound of the wind on the leaves of the trees behind you...

The sun strikes your arms and you feel the warmth... more and more... the sun warms your chest and your legs... your legs... they sink heavier in the sand... relaxing you more and more... you hear the rhythmic and balanced sound of the waves that seem to rock in this calm blue sea... under this precious blue sky... you hear the sound of the wind... you feel the canal waters becoming one with the sea... listening to its flow and its energy expanding and expanding... you become aware of your body and mind resting relaxed... more relaxed.

Now you are ready to seal your practice with a gentle bow.

Namaste