

Falling Snow — Consolidation

This *Consolidation Technique* helps to collect your thoughts, feelings and energies so that you may begin the journey of meditation.

How to Practice

Visualize during this time of consolidation cool, gentle, beautiful snow descending over your being from head to toe. Feel free to visualize and feel cool, gently falling snow as a technique of consolidation. Again, the point is to get the energy and awareness to consolidate throughout your being from head to toe.

For some people, cool snow is preferred to warm, tropical rain and you may be a snow person rather than a rain person! Make your choice, but enjoy this practice as it is one of the best and fastest ways to gather your awareness, to gather your being, for the journey of meditation, for the adventure.

Benefits

As you do this — with a little practice, hopefully — your energy, your vital life force, will start to gather and consolidate in your being. There will be a distinct clarity and a wonderful quality of wholeness, wellness. Also, you may find:

- You feel separate from your woes and struggles.
- Your energy, your awareness, is more focused.
- You become freer from old habits, old momentums which have been destructive to your life and well-being.

This is a fine way to prepare you for deeper meditation techniques. Also, this technique can be very helpful for the rest of your life.