

Falling Rain — Consolidation

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

How to Practice

Sitting still and relaxed, *now visualize and feel that warm, tropical rain is pleasantly showering down over your body from head to toe.* With your mind in a relaxed but focused manner, think of this rain coming down over your being.

Let your emotions feel the wonderful pleasure of this beautiful moisture bathing, refreshing your body. Try not to make any commentaries about this rain. Just enjoy mentally and emotionally this downward motion, from head to toe, of this warm, tropical rain.

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 the rest of your life.