

Exercise sheet

OCEAN MEDITATION



- Close your eyes and take a moment to focus on your breathing and the sensations in your body.
- When you feel that you are well anchored in the here and now, imagine yourself in front of an ocean.
- Observe this ocean, the reflection of the sun, the waves, the sound of the seagulls. Focus on the smells that this ocean represents. Move closer towards the shore and sit on the sand or a rock. Now think about all the things you would like to control, all the things that weigh you down and that you would like to let go of. Imagine, with each breath, that you are putting these things into a box.
- When your box is full, close it and imagine a boat arriving in the distance. Watch this boat approach until it is close to the shore. Imagine yourself putting your box on the boat and then watch the boat as it moves further away until it is no more than a small dot on the horizon.
- Take a deep breath and see if you can feel some lightness.
- Open your eyes.

i This exercise is taken from Lisa Letessier's book, *Lies Between a Couple*, published by Editions Odile Jacob, 2018

