

# Wave Meditation

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Everyday life is stressful. This meditation is designed for you to take a "mini-vacay" (as I describe in my book, **POSITIVIKEY: THE KEY TO HAPPINESS**) to a tropical beach paradise and let the stresses of your day be washed away with the waves.

Allow yourself at least five to ten minutes and find a place away from excess noise. If you wish, you can play soothing instrumental music to help calm you. Better yet, if you have a nature sounds app, playing wave sounds will help to transport you right to the beach. Sit on a soft surface (such as a yoga mat or blanket) with your legs crossed loosely, or you can lie down and really immerse yourself in the experience! The object is to relax as much as possible to bring tranquility to your whole body.

1. Close your eyes gently and begin by taking one deep breath in through your nose, holding it for a few seconds, and then releasing it through your mouth. Concentrate on inhaling and exhaling as fully as possible throughout the meditation.
2. If you are listening to music or wave sounds, synchronize your breath to the sounds. Try to breathe to the rhythm of the music or the waves. Whether or not you're listening to a soundtrack, remember to maintain consistent, rhythmic breaths.
3. Envision the waves crashing onto the beach, ushering in the smell of the crisp, salty sea air. You are just beyond the tideline, and you feel the mist of the cool water spray your toes. You feel a sense of renewal as the ocean reaches up to you, and you take in a deep breath of life-giving energy.
4. As the water retreats, you exhale fully and feel the weight of your stresses leaving you. The force of the tide is pulling the negative energy away from you.
5. The next wave that kisses the beach comes in even closer, this time washing over your feet and sucking them down into the sand. You inhale deeply and feel a sense of groundedness with the Earth.
6. As the wave washes back out to the sea, you breathe out even more stress and anxiety, and you realize that the ocean is cleansing you of all your concerns.
7. You continue to inhale and exhale in sync with every wave. With each one, you are energized more and more, and you are filled with a sense of renewal like never before.
8. The incoming waves fill you with hope and happiness, and the outgoing tide takes all of your troubles away. Breathe in and out as long as you like, as you rejuvenate yourself on your tropical beach getaway!