

# Shower Meditation

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Some days, it seems like there's just not enough time to do everything our busy schedules demand of us. In fact, some days we barely have a chance to take a shower, so you might be saying, "Who has time for meditation?" The answer is: You do! Unless you're reading this on one of those "non-shower" days, and then you'll have to choose another meditation, or at least take a *Mindful Minute*. This mindfulness shower meditation is easy and invigorating, and it allows you to check two items off your to-do list!

1. Start by turning off the lights in your bathroom (if it's daytime), or dimming the lights, if possible (if it's nighttime). If you don't have dimmers, light some candles to provide soft light.
2. Turn the shower on and set the water to a comfortable temperature. Step into the shower stream, close your eyes, and let the water wash over you. Notice the path of the water flowing over your body from your head down to your toes.
3. Listen to the sound of the water and picture yourself in a beautiful rainforest with a light rain washing over you and renewing your senses.
4. Concentrate on the feeling of the water on your skin: the pressure, the silkiness, and the temperature. Feel the soothing warmth and sense the tension in your muscles melting away. Visualize all of your stress and anxiety swirling down the drain!
5. Next, implement your usual bathing routine, and while doing this, breathe in the scents of your cleansing products. Let the aromas lift your spirits. Lather your shampoo and massage it into your hair while you focus on the present moment. Maintain your mindfulness as you continue with your routine (conditioner/soap/body wash).
6. While showering, envision the dirt, negativity and weight of the previous day being washed away and disappearing down the drain. As you let the water renew your mind and body, you will feel lighter, happier, and ready to face a brand new, positive day!