

Falling Rain Exercise: Grounding in Breath and Body



Why Practice This Tool?

The combination of gentle movement and attention to the breath creates more ease and relaxation in the body, creating stability and well-being. Practicing this tool primes our nervous system for relaxation and focus.

Steps:

While doing this exercise, you can imagine rain falling over and through you, clearing away any stress or tension that you might be feeling. To begin,

1. To begin, stand with your feet shoulder width apart (or sit with your feet planted firmly on the ground) and place your hands over your belly.
2. Take a few deep, natural breaths. As you inhale, feel your belly expand. As you exhale, feel your belly pull back into your spine.
3. Next, slowly move your hands down to your sides.
4. As you inhale, bring your arms up, relaxing your shoulders and turn your palms up to face the sky. As you exhale, bring your hands down in front of you, palms facing down. Continue for a few breath cycles
5. As you do this exercise, imagine a calm rain falling from the sky. Let the rain wash over you with each breath.
6. Continue until you notice greater calm and ease in your body and mind.
7. Notice how you feel now.

Check out this video for a guided practice: [Flowing Water Movement Meditation](#)



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