

Shower Meditation

A practice conducive to maintaining physical and emotional health.

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SHOWER MEDITATION

Every time you take a shower, visualize washing away your stress and anxiety. Concentrate on the feel of the water upon your skin. Envision the power of the water washing away your negative thoughts. Feel sadness, regret, anger, and depression washing right off of you. Let it all go down the drain. You'll start to feel lighter and much more clear.