

Creativitree # 42

Take some time to pause and breathe with today's meditation activity...



Qi sticks pairs meditation

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Meditation is a great way to reduce stress and anxiety. As you do this activity concentrate on the 'now' and remember to breathe. Your mind will drift and that's ok, just acknowledge the thought and bring your mind back to the 'now'.

1. Find a partner and two straight sticks
2. Stand opposite your partner and suspend one of the sticks between you on the ends of your index fingers; one person's left hand and one person's right hand so the stick is held between you.
3. Elect one person as the leader. This person will make small movements in whichever direction and pattern feels right.
4. The other person will follow the movements so the stick does not drop.
5. When it feels right, the other person will take over, without any explicit communication (just done by a change in energy).
6. Try this activity with two sticks, one on each index finger
7. Close your eyes and repeat the above stages