

# Bridge Meditation



The **Bridge Meditation** is a practice to remind you to let go of your efforts to control things and accept the flow of life. If you live near water, such as a stream or river, you can do this practice in nature to help you experience the energy of flowing water. But you can also just visualize this entire exercise with your eyes closed.

1. Stand on a bridge that crosses the water and face downstream, so you can see the water flow away from you (or imagine that you are standing on a bridge over water.)
2. Take 3 deep breaths.
3. Imagine releasing all of the things you can no longer control or that no longer serve you into the water. Watch them flow away from you until you feel lighter inside.
4. Then turn to the other side of the bridge and face upstream.
5. Imagine that the water flowing toward you is washing you clean and bringing you new and unexpected blessings to replace what you have released.