

## FLOWERING LIGHT ~ KATE VOGT

Sit comfortably on the ground or on a garden bench. Rest the back of your hands on your thighs. Gently close your eyes.

Imagine yourself as a flowering plant. Relax your hips. Lengthen your spine upward as though it were a stem. Like leaves, allow your shoulders to gracefully release away from the neck like leaves.

Take 7 to 10 slow, even breaths through your nostrils. Feel the light of the day softly touching your eyelids and skin. With each inhalation, imagine your body absorbing the light. With each exhalation, release tension around your temples and the corners of your eyes, nose, and mouth. As the light penetrates more and more deeply let it spark the ever-present radiance in your heart.

Breathe another 7 to 10 smooth breaths. As you breathe in, invite the glow from your heart to slowly extend to the inner surface of your body. With each exhalation, relax and allow the rays to recede back into your heart center. Release any remaining tension around your chest, abdomen, throat, and back of the skull as though clearing space for your inner light to shine more brightly.

Sit quietly for several minutes. In this stillness, you are a flowering plant. When you feel complete, place the palms together in front of your heart and bow your head. Take 3 to 5 breaths. Release the backs of your hands back onto your thighs and slowly lift your head. Gently open your eyes to return to the garden of life.

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