



Linda's Tai Chi Weekly Handout November 28, 2021

Listen to the Rhythm of the Falling Rain



The simple and repetitive sound of water gives us the opportunity to rest our mind. There is something calming and relaxing about the steady sound of rain. It induces a state of mild meditation found in other natural moments like star gazing, watching the sunset, mist rising on the lake and the gentle rush of wind through the trees. A similar effect can be found in listening to ocean waves or the bubbling sound of a brook. The pitter patter of rain not only calms but has the capacity to bring out our inner creativity.



Peace,

*Linda*