

The Fountain

The Fountain is a calming visualization that's a lot like the *Fourteenth Breathing Theme*, (the *Sponge*). It's a great way to relax quickly or to get to sleep at night when you're worrying about your yoga lessons. Try it often even before you're practicing at Green Level by using it for a relaxation at the end of your routine. In this way, you'll be very familiar with it by the time we start using it as part of your larger practice.

Getting Started

- Settle into a comfortable position – just as if you are going to do the *Third Breathing Theme*, step-by-step relaxation.
- Take a few breaths to settle into place.
- Take a moment to enjoy breathing in and out. Feel your body sinking down and letting go each time you breathe out.

Once you're feeling settled and more focused:

- Start taking a little longer to let go of your breath.
- Feel your body relaxing even more deeply with each breath out now that you're giving it longer to let go.

Now you're ready for *The Fountain, Priming the Pump*

Imagine you are a fountain and that your body is the center tube for this fountain.

At your feet is an endless pool of water, or light.

Take time to feel the water warming your feet, or
Take time to imagine clouds of light nestled up against the soles of your feet.

As you breathe in, imagine that you are drawing the water / light up into your feet.

As you breathe out, feel the water (or light) soaking into your feet, penetrating every cell, bathing every muscle in warmth.

Next time you breathe in, draw more water / light into your feet. Feel it traveling up into your lower legs.

As you breathe out, the water / light is soaking into the muscles of your lower legs. The tension in those muscles dissolves. They feel heavier.

Continue in this way, moving the water up higher and higher, until you've brought it up the entire length of your body. Remember to pay attention to your:

- knees
- thighs
- hips and bum
- spine
- body
- chest and shoulders
- arms
- head
- specific areas of your face
 - your forehead
 - your eyes
 - your jaw

By the time you reach the top of your head, you will feel completely full of water or light.

Now you're ready for the Full Fountain:

With your next breath in, imagine drawing the water / light in through your feet and up along the entire length of your body, up to your head and, now, up through the top of your head. It bursts out of the top of your head and tumbles down all around your sides.

You are now a fountain. With each breath in you draw water / light up along the full length of your body. With each breath out, it tumbles down all around you, back down to your feet.

Try this for 3 – 5 minutes and you'll feel like falling asleep!

Shorter Version of *The Fountain*.

Once you're well practiced at *The Fountain*, you can go straight into the full Fountain, without taking time for the first, 'Priming the Pump' stage:

As you breathe in:

- Draw the water / light in through the soles of your feet
- up along the entire length of your body
- out the top of your head

Breathing out the water / light tumbles down all around you, back down to your feet.

Repeat with each breath.

Do this for a few breaths any time during the day and it will help you feel calmer.

You might like to include this as the Relaxation at the end of your normal yoga routine. Or do it at bedtime to help you fall asleep. It works wonders!