JUST DRUID

SOLAR SIGH

The sun stares from above, feel yourself rooting to the spot. The atmosphere is suffused with the intensity of its energy. Solstice - the sun stands still.

Take in its powerful radiance with a deep breath of air, breathing in through your nose.

When your lungs are filled with its heat, take another quick breath in, feeling yourself expand even more.

You hold this breath in for four seconds. The moon, which is meditating on the suns strength, rises on the horizon.

You and the moon sigh as you breathe out the energy of the sun through your mouth, slowly sighing until your lungs are empty.

You are left with a coolness in its place as the suns radiance is transformed for a moment.