

ACTIVITY WRITE-UP #2

Name of Activity: Waterfall Meditation

Type of modality	Relaxation
Type of play	Solitary/ parallel
Interaction pattern	Intra-individual
# of participants required	one
Equipment/supplies	body/mind waterfall or source of running water
Facilities required/environment	Quiet space with running water
Precautions	Can bring up a lot of emotions but can also be very relaxing

Directions

1. Find a peaceful waterfall where you won't be bothered by other humans
2. If you are unable to get to or find a waterfall, feel free to improvise by using water running in the bath tub or any source of running water
3. Before you begin, begin to notice any feelings or senses you have flowing through your body (e.g., heart beating, breathing, ability to move, any pains you may have, as well as any worries or thoughts clouding your mind)
4. Also, it is important to know that this is an ancient Buddhist technique for relaxation and you should not expect yourself to be able to clear your mind immediately or be a master at meditation in one session. This will take practice! Be patient.
5. Water symbolizes purity, clarity, and calmness, and it gently reminds us to cleanse our minds to attain the state of purity
6. Place yourself by the running water (or if at a waterfall, sit as close as you can to it or under it without the pressure being too much on your body) in the most comfortable position for you; most popular is to sit with your legs crossed, sitting up straight, and crown (head) held high
7. Begin with slow deep breaths and then let your breathing pattern return to normal as you focus your attention to the sounds of nature around you
8. Let the hum of the rushing water help clear your mind of stresses and worries.
9. Thoughts and judgments will continue to flow into your mind, but let the sounds of the rushing water wash them back out
10. This session can last as long or as short as you feel is necessary. An ideal session would be at least 20 minutes of peace and quiet so you have enough time to refocus your mind both during and after the meditation.

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	N/A; maybe the use of legs to get to the waterfall (mind?)
Movement	Manipulating, moving on different surfaces, standing, stretching, swimming (if you want)
Physical	Balance: Dynamic sitting; Balance: Static sitting; Flexibility, Gross muscle coordination, Active Range of Motion: Lower extremities
Cognitive	Arousal/Alertness; Attention: Focused attention, selective attention, sustaining attention; Cognitive flexibility; Concentration; Initiation, Insight, Judgement; Orientation: Person, Place, Topographical; Problem Solving: simple; Thought: Abstract though
Social	N/A
Perception	Auditory function; Visual function
Communication/language	N/A
Self-care	Washing/drying oneself
Psychological/emotional (possible)	Joy, guilt, pain, anger, frustration

How to Simplify the Activity

Imagine yourself at the waterfall; listen to a waterfall guided meditation; meditate in bathtub or under the running showerhead

How to Make the Activity More Complex

Hike to a remote location where you have to adventure to the waterfall

Other Comments