

Dawn Beach Meditation

You stand barefoot where the sand meets the tide. The horizon glows in soft coral and gold. Waves move toward you and return again, steady and patient. Feel the cool morning air across your skin as the day slowly awakens. Allow your body to arrive fully in this moment. Begin by rolling your shoulders slowly back as you inhale for 5 counts. Lift your arms overhead and feel the chest open to the sky. Hold gently for 2 counts as the first light touches the water. Exhale for 6 counts as you lower your arms and fold forward slightly, letting your head and neck soften toward the sand. Pause for 1 count in stillness. Rise again slowly as you inhale for 5 counts, imagining the horizon lifting your posture upward. Let the breath move like the tide — in and out, rising and returning. Repeat this flowing sequence for several cycles, allowing breath, movement, and morning light to become one rhythm. Now stand quietly, hands resting over the heart, breathing naturally as the sound of the water surrounds you.

Gratitude Reflection

*What is gently beginning in my life today?
What am I ready to welcome with the rising light?*