



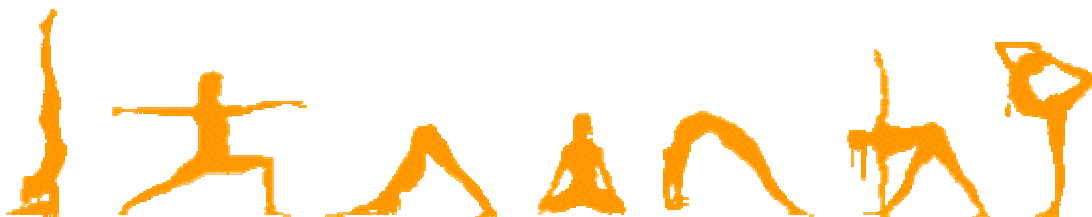
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**OCEAN FLOW  
BY CHRISTINE (CITRINĪ) WARE, Ph.D., E-RYT**

Om ...  
Earth meets water  
Heated by sun's fire  
Earth-water meet air-space  
Merge into the Ocean  
... Ah

The 4th of July... It is summer... The poem above came to me in this morning's yoga nidra... This time of year conjures images and memories of the Shore, the ocean, the beach, the waves. These are great yoga images. The sound of the ocean reminds us of the sound of the breath, and the sound of the breath reminds us of the sound of the ocean. The wind picks up near the shore: sound of the wind like sound of breath, sound of breath like sound of wind. Microcosm-macrocosm. When we bring this awareness to our breathwork, there is a merging of the inner and outer. Just as the body immerses into water, feel the body immerse in the wave of the Flows. The mind immerses in the breath. Breath flows over and through the mind, taking one deep into universal consciousness. Feel the waves of breath, of consciousness, of energy, of water, of waves... the eternal flow...



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