





**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 it's powerful radiance with a deep breath of air,  
breathing in through your nose.

When your lungs are filled with it's 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 it's place as the suns  
radiance is transformed for a moment.



