

The Mindful Path - Soar - Eagle Meditation

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"May you soar on eagle wings, high above the madness of the world." - Jonathan Lockwood Huie



In the endless, clear blue Colorado sky, I watched an eagle float with barely a movement of its wings. This effortless flight is caused by thermals. Thermals are generated when the sun warms the earth and indirectly heats the air closest to the ground. This causes the air to rise. Soaring birds can use this rising air to gain elevation and remain aloft for extended periods of time without flapping their wings.

For some, summer becomes a chaotic blend of travel, obligations, home projects and even frantic vacations. As I watched the eagle, I was inspired to ponder what creates life's "thermals?" What enables you to have the ability to effortlessly glide? It's easy to get obsessed with the task of human-doing rather than the more intentional task of being. If we can learn to cultivate and ride our "thermals," this will allow us to have more energy, happiness and vitality.

Eagles are known for their keen eyesight. They are ever present and watching. The skill of actively observing our lives can sharpen our focus and vision. A broader perspective can allow us to accept life's challenges with unshakable courage, determination and confidence. Our life can be more than flapping our wings and expending energy that isn't creating meaning.

Koa Halpern has written the meditation for this month. "Set a timer for your meditation period if that would be helpful. Sit in a comfortable spot and close your eyes or soften your gaze. Take three deep breaths in and out, relaxing your body more completely with each exhale. Gradually, picture yourself from an eagle's view. Gently bring your attention to any hopeful and happy thoughts about your life. Allow these thoughts to fill you with positive energy and let your spirit rise. If your thoughts become clouded with worry or distractions and you begin to descend, breathe deeply and allow the thoughts to pass before rising once again. Allow your steady breaths to relax your mind and body for 10 to 20 minutes. Envision the outstretched wings of an eagle. When finished, gradually open your eyes and bring your attention back to ground level. Try to think about life elevated from worries and concerns. What thermals can you use to soar?"

You may also enjoy this free, 20-minute video - Eagle Meditation: www.youtube.com/watch?v=A4-IwvYA5HA

As we enjoy the warmth of summer, I hope you have the opportunity to focus on what creates those natural and purposeful "thermals" in your life. Summer is the perfect time to cultivate relationships and experiences that elevate our joy and purpose. May the people, activities and thoughts that allow you to soar come to you in abundance.

Marilyn Halpern is the founder and executive director of Aspen Care Services. The locally owned business provides medical power of attorney, care manager and professional guardian in the Denver Metro area. For more information visit - www.aspencareservices.com Photo credit: Dick Vogel