

# PAUSE PLEASE! THERE IS MAGIC IN THE SHOWER!

By Manuela Rohr



Instead, to continue to think of the million things on my to-list or my despair I step into my **to-be list** once the water is turned on. I love to *wash* away the stories my body and mind cling to. I step into my senses and into the present moment on the spot. Water is a great metaphor to help me do that. It hasn't failed me. The success is in my smile.

🔗 **Stand facing the shower head** and allow the water to run down directly onto the back of the neck. Focus on feeling the water on your back for a few moments.

- 🔗🔗 Let your shoulders drop
- 🔗🔗 Let go of everything else you might be holding on to by relaxing your hands and your grip
- 🔗🔗 Take three deep breaths - feel yourself breath
- 🔗🔗 Listen to the water
- 🔗🔗 Feel it touch your skin. Feel the temperature of the water
- 🔗🔗 Smell the aroma of the soap
- 🔗🔗 close your eyes and feel. Cry or sing or smile.

Become super aware of everything you are feeling and experiencing in that moment. No judgment needed. Just being present!

**Take this peaceful moment with you in your day.**

🔗 I believe in visualization. When challenged during the day, I close my eyes, take a deep breath and visualize this moment.

Magic in the Shower will a charm you own.

🔗 "I DON'T SHINE IF YOU DON'T SHINE!"

Manuela

**PS: You can skip knowing that from my yogic life, but don't skip your charm.**

We have seven main energy centers in our body called Chakras. Another one worth understanding is an energy center right where the neck meets the head. It's called the Cerebellum Chakra. When this energy center is strong, it manifests as feeling in touch and inspired by our dreams. It lets us access our soul contract. Connects us to our intuitive voice.