

ALLOWING *The Light*

Feeling Stressed? Choose Contemplation

A Contemplative Practice for When You Feel Stressed, Constrained in Your Life or Need Something to Shift

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If you feel stuck, constrained, tensed or just feel that something needs to shift and don't know how, stop and go outside and start **watching the clouds in the sky**, during the day or at night (my personal favorite time to do it; if it is a cloudless night, watch the stars). And **lose yourself into that contemplation**, watching things constantly moving in the sky and space constantly being created.

If your mind is too active, take a few deep breaths, feel your feet on the ground, and then focus again onto the clouds (or the stars) in the sky.

You can also do this practice with **water** (in particular the ocean as it gives a similar sense of infinite space, but it can be equally effective watching a stream).



The first effect of this contemplation is to be calming, but you will quickly realize that it goes way deeper than that.

If you choose to repeat this practice every day, or at least on a regular basis, it becomes **easier to access it at any time during the day**: you just need to stop doing, get back to your breath and switch to observation mode. It does not have to take more than a few minutes, but it will help create space where there might feel that there is none. And space is often what is most needed within oneself for any type of shift to happen (a new way of perceiving, thinking, taking action, etc.).

Enjoy and for more context and additional input, [read this full post](#).