

I got this exercise from one of my Qi Gong teachers, Dana Iova Koga. This is a modified version.

This week I hope you can find some time to watch clouds*.

Here are some suggestions, you can also discover your own ways of doing it.

If you have a safe & comfortable spot, lie down on the ground and watch some dynamic clouds moving across the sky. Or sit in a chair. Or stand at a bus stop. Or watch from a cafe window. No agenda. Agendas aren't very cloud-y.

Sit in your favorite seated meditation posture with open eyes, allowing the clouds to be in your soft vision.

If the cloud activity in your area seems slow, or you've got a busy day, find a particular piece of sky, and check in on it periodically throughout the day, every hour or every few hours. Preferably by going outside, but also fine to do it through a window if need be.

If you have children in your life, you can do this with them, which might turn into the game of finding shapes in the clouds.

You could be watching the clouds while free drawing with one hand, looking at the clouds, not the paper.

After some time with clouds you could do the Cloud Hands exercise or any other movement you feel like doing it. Just don't try too hard at it.

*Or if you are in the Bay Area, you can also do this exercise with fog!