

## *Singing and Walking in the Rain*

Choose your path and stay on it, to get into a kind of routine; then go up and down, rain or shine. A great opportunity to face the elements – go out even if it's raining, as long as we got a coat or an umbrella or something it can turn into a kind of singing in the rain experience. Can be very liberating, to just walk out into the rain, out of right attitude.



With a mind centred through meditation, we start to see the movements of the mind and their effects; what the results of the different mind movements are. In and out, opened and closed, tight and expansive. This is what we learn from.

I offer this for your reflection.

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