

Swim through it

Practise this fish meditation whenever you're feeling stuck. By Jill Lawson

It is believed in the Hindu tradition that Hatha yoga was spread from the teachings of an unsuspected messenger: a fish. The story is about the Hindu god Lord Shiva, and his goddess wife, Parvati. While resting on a lonely island, Shiva told Parvati the coveted secrets of yoga.

Unbeknownst to Shiva, a fish was listening in on the conversation and heard everything. Rather than condemn or kill the fish, Shiva decided to make it a master and a teacher, enabling it to spread the message of yoga to the rest of the world.

A fish is also said to be one of the many avatars of Lord Vishnu, the Hindu god known as the preserver of the universe. Lord Vishnu, as a fish, saved a boat full of people, seeds, and animals from a great flood by dragging the boat through turbulent waters and onto mountains of safety.

Upon becoming enlightened, the great Indian sage Ramakrishna Paramahansa said: "Then I jumped into the ocean and became a fish. I saw that I was swimming joyfully in the ocean of Sat-chit-ananda." (eternal bliss consciousness).

Many other religions or philosophies look to the fish as a symbol of divinity. In Christianity, the fish is a symbol of faith and abundance. Pagans see the fish as a symbol of fertility. In Buddhism, the fish symbolises happiness and freedom as it swims through the boundless ocean of mindfulness.

If you are ready to embody a mystic messenger, sacred avatar, or simply take a journey through the boundless ocean of your own mind, the following fish meditation will help you explore your own divine possibility.

Sit in a comfortable position, free from distractions. With your eyes closed, imagine you are surrounded by a deep and dark colour blue. Allow this quieting hue to envelop all of your thoughts, and notice how it muffles internal chatter.

Now, imagine warm waves of soft undulating waters around you. See these waves flowing past you. Feel as if you are streaming throughout an expansive and all-knowing ocean, free from worry or concern.

Next, merge your awareness with the immeasurable and cosmic quality of the deep, dark ocean. Like a fish, travel far and wide through the waters of abundance and feel blessed by supreme knowledge and pervasive consciousness. Swim toward freedom and happiness, and let the ocean of mindfulness permeate your entire being.

Whenever you are feeling stuck, without purpose, or burdened by the struggles in life, practise this creative fish meditation and get back to feeling inspired. Dive into the mystical waters of your sacred potential.

