

Homework

Reflections Initiations by Water

Class 3: Aquatic Health and Personal Life Challenges

Opening prayer:

The ocean is a perfect metaphor for life – always in motion, never the same, soothing and healing, at times frightening but always compelling and hypnotic, stunning and reflecting the light of sun while hiding a community of aquatic life below the surface. It's Neptune's domain. The water speaks to us in its own language, in a voice and presence that is organically enchanting. Its voice has always been exquisite to human beings. I am captivated by the language of water. Whether I hear the rain pounding on my roof or waves beating against a shoreline in a steady rhythm, or the sound of water flowing over rocks in a stream, I always pause to listen to it. I love the sensation of those sounds blending into my body. I can sometimes feel my heartbeat calming down, adjusting to the pulse of nature – my nature aligning to the rhythm of mother nature. The fragrances of water enchant me but my favorite is the scent of snow forming in the air... snow approaching the area, white water filling the clouds preparing to release white flakes to the world below. That fragrance is filled with a sense of anticipation, warning, excitement – water words communicated through the atmosphere. Snow is coming ... get ready.

“Lord, who says You do not speak to us? Your language is a poetic one, a mystical one, a natural one. How can it not be? Your language must be a universal one. Nature is a perfect disguise for You. I am realizing more and more that as I spot You in nature here and there, little by little, I am seeing You everywhere and in everything. I am also discovering something else – a deep and rich happiness has taken a hold of me and it will not leave. It is a natural happiness, a bliss that just is. Maybe it's because I see You in all things and accepted the way life is. And I know, no matter what the day brings, You are present in the natural order of life and in the intimacy of every prayer. Hover over me, Lord, and all your blessed creation.”

Your practice for the week

“Follow your intuitive hit outward.” As Caroline said, "When you have an intuitive hit, take that emotion, close your eyes, and say 'why did I pick this up?' (especially a negative hit), then pay attention to how many negative hits you get over positive ones in your emotional field. If you tend to be more negative than positive, dark water vs clear, what is the water you swim in?

- Name three emotional corsets that bind you.

Meditation

Vulnerability doesn't mean weakness. In fact, “it is strong redefined.” Think of those who still manage to be happy although they are going through something difficult in their lives. It shows they have a capacity to take the events of life and not have to hold onto wounds to show others how deeply they have been affected. Consciousness is a far bigger field in life than a single definition of a word

Closing prayer:

“Lord, all life is You in some form. More and more I desire not just to be of service but to nurture life. Nature is so healing. It is we who have grown unaccustomed to the gentle sounds of the Earth. We walk through the quiet of a forest for a day and think we have experienced peacefulness because we are separated from noise – but not because we have encountered the soul of nature. Finding that sacred passageway to the soul of nature takes more than a walk through the woods because it is truly a walk with You. Hover over me, Lord, now and always.”