

Connecting with the Power of WATER

ASSIGNMENT ONE – Meditate WATER

Your activity today is to listen and participate in the Water Meditation that we've recorded for you, found on the Water Lesson Page.

Feel free to do the meditation multiple times if needed to really feel the connection with the element of air.

Take some time to reflect and write down what Water has to teach you.

- 1) What were the images and thoughts that you noticed were most significant when you were performing the meditation?
- 2) Did you feel any shifts in your body or awareness during the meditation? Your food may have more flavor, as your sense of taste is associated with water. Your sense of “knowing” may be heightened as your intuition is amplified connecting with water.
- 3) Take notice of your dreams tonight, as they will be more vivid and plentiful.
- 4) Notice throughout the day, the different ways water “shows up” for you. This could be an increase of empathy towards yourself and others – you may feel more concerned about other people’s feelings or you may be more emotional yourself. You may notice and see more symbols of water (i.e. fish, dolphins, mermaids, sea shells, mirrors etc.) or you may notice the bodies of water around you.

Have fun today connecting with the element of Water. You can refer to the Water “cheat sheet” to help you recognize the nature of Water.

