

WINTER MEDITATION- WATER

FROM YOUR HOME OR WHEREVER YOU ARE TODAY,
GO OUTSIDE WHERE YOU CAN BE IN CONTACT WITH THE EARTH.
OPEN YOUR EYES TO SEE ABOVE, BELOW AND ALL AROUND YOU.

Look around the land that you are on. Breathe in the air that is always present for you and walk for a minute or two as you look for a green leaf.

Once you find it take it in your hand and observe the colors, hues and textures that are unique to this particular subject.

Then break the leaf in half and press it into your hand.

Feel the moisture and perhaps the spread of moist color on your hand.

Water is still present in winter!

NOW SLOWLY READ THE FOLLOWING BULLETED STATEMENTS AND REFLECT ON EACH.

*Water came from this plant's roots.

*Roots were fed by rain.

*Rain runs to the creeks,

To the rivers,

And eventually to the oceans.

*Energy from the sun causes water to evaporate.

*This *invisible* vapor rises to the atmosphere.

*The vapor condenses into clouds.

*The clouds once again, shower Earth with water.

*WHAT A MIRACULOUS CIRCLE OF LIFE OUR CREATOR HAS GIVEN.

*Close your eyes, breathe naturally and be in the presence of the Divine and say...

*BELOVED CREATOR OF WATER, WHICH QUENCHES THE THIRST OF ALL SPECIES, LET ME BE CONSCIOUS OF LOVING AND PROTECTING THE WATER OF LIFE.

*STAND OR SIT IN THIS PLACE FOR A FEW MOMENTS AND SENSE WHAT YOUR BODY, MIND AND SPIRIT ARE FEELING AT THIS TIME. AMEN