

Templates for Change

Ten Minute Contemplations ... Harmonising with Nature Series



The Element of Water



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TFC Presenter

Water makes up just over 70% of our planet's surface



And the oceans produces about 70-80% of the oxygen we breathe



Indeed, it is the life blood of the planet without which, very little could survive.



About 75% of the weight of a new born infant is water.
About 80% of the substance of trees is water



This contemplation is not so much about the physical attributes of water, amazing and inspiring as they are, but about some of the **qualities of Water**



And how we might connect to them ...to improve the quality of our life



Water keeps things clean and cool not only physically, but mentally and energetically too.



So, spending any time with water ...has a cleansing and cooling effect on our minds and energy fields.



Sitting by a pond or lake ... is a wonderful place for reflection...



for slowing down, stillness and peace



Or a visit to the sea shore is charging and energising.



The power of the ocean is immense

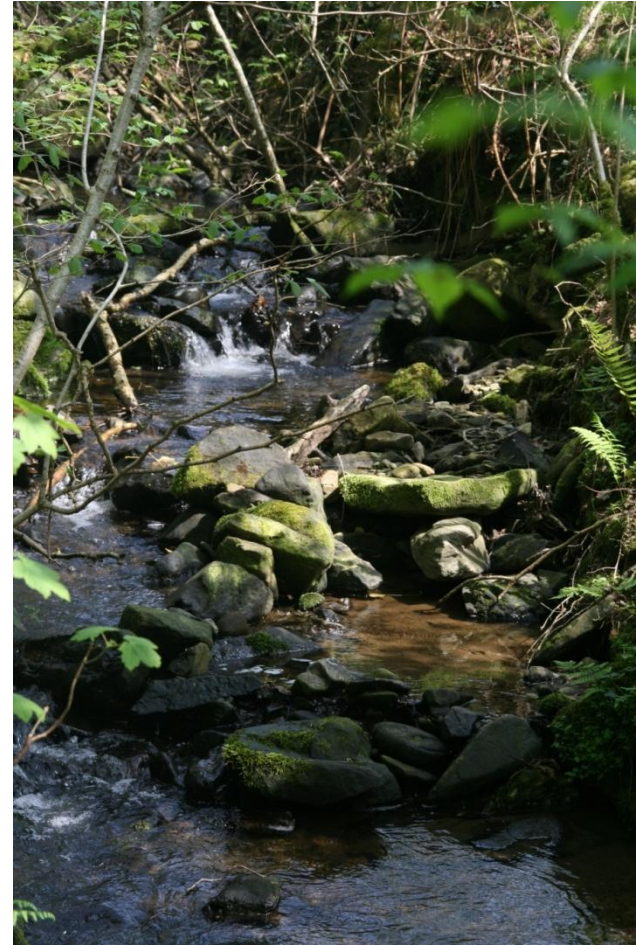
Walking by a river, is refreshing



and often promotes new thoughts, fresh ideas



A stream is constantly flowing, *always moving forward and* leaving the past behind ...standing beside, or even across, a running stream can help us leave behind the things we want to ...*it also cleans the aura, the electrical field around the body, and cools us down*



If you live in the cityyou might think this is all a bit remote
...though of course there are always places to find ...



Parks with lakes and duck ponds ... fountains in gardens, and shopping malls



Or even closer to home - there is the bath or the shower....



A bath has the properties of still water and a shower those of running water !



Water really is a great healing aspect to living ... being more conscious of it's qualities....



... can enhance our lives in all manner of ways !



I do hope you enjoyed the contemplation on water !



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