

Homework

Reflections Initiations by Water

Class 1: Your Aquatic Nature

Water, our aquatic nature, is the truth element in each of us. The other elements—Air, Fire and Earth—do not have the “heart charge” that Water does. Your heart center is mission control of your life. It is paradoxically the strongest, yet most vulnerable part of your nature. It’s also the part of you that you know the least.

Opening prayer:

Why are we so hypnotized by water? Are we looking at some part of ourselves in constant motion? Perhaps inner waves that rush to the shore of the boundaries of the flesh of our body make us sense the pulsing of our inner being; storms that erupt with violent rain make us imagine a cleansing of our toxic emotions and calm seas somehow communicate to us that our spirit has somehow found peace, if only for a day by the seashore. We crave the company of water. And we are as mysterious as the depths of the water, like the ocean. We are deep and we are shallow; we are crystal clear and yet so dark as to appear terrifying. Like the ocean, we are ice cold in parts and deliciously warm in other places. We are filled with tropical colors and wondrous inner creatures as well as predators capable of attacking our prey. We are an ocean in human form.

“Lord, how clever You are to disguise all life to look different but be the same. We only think we are separate, but we can sustain that illusion for only so long. If I allowed the water in me to become mist, I could travel anywhere and blend into any life form. I could sense the consciousness of the birds and all the aquatic creatures, the plants and all the animals. I could break through the illusion that the heart beating in me is different than the heart beating in every other living creature. All I need do is melt through the ice of illusion that keeps me frozen from contact with all creation. Lord, help me not to fear encountering that amount of love. Hover over me now and always.”

Your practice for the week

- Examine what you have frozen inside yourself. Name three truths about yourself that you don’t go near, that you have put on “ice”.
- What muddies your waters?
- How do you darken spaces for yourself so that you can’t see clearly?

Meditation

If you express a truth to yourself, for example, “that’s not right for me”, that one emotional truth can shift your entire life. Even if you revert to your previous thinking, you will perceive that old world differently. This marks the moment that your interior world is having more and more authority over your exterior world.

Focus on one truthful thought this week that your heart tells you is “right for me”.

Closing prayer:

“Lord, finding the truth in all ways – especially in myself and in my life – is the most rigorous

task of all. An encounter with even the smallest truth changes the whole of my life – it always has and it always will. I used to believe some things would go on forever, but the truth is that nothing is forever – except the cycles of life and death and all that is eternal. I used to believe that life was a long journey but the truth is that it is a day-by-day experience, and perhaps even moment-by-moment. It is an illusion to believe I will be here tomorrow. And yet knowing that truth makes me want to live more fully, more deeply each day. It did frighten me once but now it inspires me and fills me with more love and gratitude for everyone and everything in my life. Grant me the courage to embrace truth in all ways as I have never once regretted letting go of an illusion, though in the moment many times it was painful. And yet the bliss of flight from the weight of deception is like nothing else. Hover over me, Lord...now and always.”