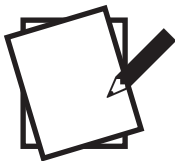




For ages, humans have involved water in our lives. Water permeates our oldest religious narratives, from the godly mating waters of the Babylonians to the creation stories of the Abrahamic traditions. Before we could be formed from the earth, the earth was formed from the waters. Our ancestors looked to water for wisdom in the sacred spring of Delphi. Or they went on pilgrimage to holy rivers. Some created rituals for purification and transformation that have been handed down through generations, remarkably unchanged. As modern seekers, we've added our own practices and rituals. One day we might soak in hot springs, another day surf rolling waves. **Water purifies. It refreshes. It makes here and now sacred.**

WRITE



Using a piece of white ritual paper, write a letter expressing your grief.

SUBMERGE



Place the letter into a bowl half-filled with fresh water.

SWIRL



As you swirl the bowl gently, your words will be taken into the water.

BREATHE



Sit for a few minutes, honoring your feelings.