

Waterfall

Key words: self care, to relax, to recharge

There is another space in ourselves where we can dwell and relax: the waterfall. Here is the opportunity to take care of ourselves, to relax, to recharge our soul and body.

The waterfall purifies us with its cool water, offers us a deep cleanse. We just need to let it do its magic, to let the water flow take our worries away. The pond allows us to have a relaxing and purifying bath, we can let go of all the heaviness of our daily life.

We can then rest on its shore, cradled by the song of water and birds hidden in the foliage. We can let our mind wander watching the shadows playing with the cliff designs or the riddles in the water, the soft grass caressing our relaxed body.

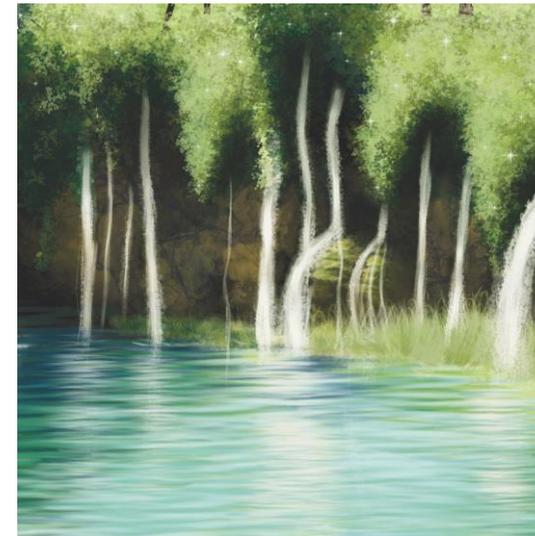
Here we can meditate and let our soul freely find the answers it was looking for. Here we can perceive what was hidden because of how busy our life was. It's a place of peace, where time has no incidence.

Here, we can empty ourselves of tension and let the waterfall refill us with serenity, peace and confidence. We can feel the harmony again with our whole self.

This secret and sacred place is within us when we need to cleanse the negativity from our outer life, when we need to get back to ourselves, when we need to adjust and find the harmony within again.

We can stay there until we feel that peace runs again in our whole body, when our thoughts are serene, when we feel confident again.

Then, after a last look at the water falling joyfully, we can get out and resume our journey.



The waterfall symbolize the need for us to relax, to cleanse, in order to be able to see what needs to be seen, to hear what needs to be heard, to feel what needs to be felt.

Our life brings lots of distractions, of negativity, of stress. We may not notice how toxic it is until we feel drained, empty. This is the perfect time to enter this place. The waterfall within is meant to deeply cleanse us, to allow us to be open again to what comes at us.

The time has come to take care of ourselves. To have a bath, to light candles, to put some soft music on, or to play it, to relax, to meditate, to draw, to write, to do whatever brings us peace and serenity.

The time has come to reconnect with ourselves, to let our body, our mind and our soul to fuse again into the being we are.

We can take the time we need to empty ourselves from whatever weight we held and to fill our being with clean, peaceful energy.

This is a time of self care, a time for us to pamper our body, our mind and our soul. We deserve it.