

27 The elements: water

Key words: letting go, purification, emotions

The stream nearby brings the element of water to us. We can feel it run through our whole self, purifying our thoughts, bringing us emotions we forgot about.

We needed this inner cleansing, this relief and this freedom. We can feel that we can let go of what is no longer needed. We can let ourselves go with the flow, trusting in the process.

We close our eyes and envision a soft stream running through our whole body from head to toes, washing away all the residues of past battles, pains and wounds. It's a deep, clear, clean river that then goes into the ground to tell the collective we are now ready to feel again.

Each of our inner doors is now open. We can welcome and accept whatever or whoever comes with peace. We follow the flow, letting go of resistance. If it's meant to come, then it will come. We can choose to be ready and at peace by then, or to be exhausted by this endless refusal to do anything other than what we have planned.

Our path doesn't belong to us, we chose to take it, but it never was ours. It only offers us opportunities to grow, to go further. Each step is ours, it's true, but the ground doesn't belong to us, nor does the grove and its inhabitants. We are just passengers of the flow, and as soon as we accept it, everything seems easier. We still can make choices, as they offer themselves to us. We can decide to stop, to get out, to go back. Opportunities will still appear, as well as obstacles, because each direction is a path in itself.

So we surrender to the flow of life, and let water purify us from what needs to be, then rest, welcoming our emotions, our peace... Tomorrow will be a brand new day, a brand new start.



You need to let go of what you don't need anymore.

Go nearby a water place, a lake, a river, the ocean, and let the water sing its song to you. Dive into the peace it brings to your soul.

Envision a stream running from your head to your toes. It goes in each corner, cleaning your body from the negativity you kept within.

Let water soothe you, replace those old wounds by a fresh new energy.

Let the shower take away the dirt, the pain, the draining parts of your day. Feel it run on your skin, bringing you life and hope.

Let go of what is a burden for you. It was never yours to hold. You can put it down, and choose to run freely with the flow of life.

Welcome your emotions, let them tell you how much they missed you. And start anew. You are cleansed. And you deserve it.