

INTRO TO “RIVERS”

Rivers are a source of nourishment to vegetation, hydration to all that come to drink from it's bounty, home to many creatures, play for kayakers and rafters and a place to reflect and meditate. There are many reasons one may find themselves on the banks of a river.

If we look at what they may symbolize there are numerous symbolic meanings for Rivers. Some examples are the flow of time, Borders, Boundaries, Mirrors, the Subconscious and Persistence.

In thinking of Rivers as Borders, they have served as natural borders. Borders between states, countries and can act as a natural Border between countries and continents that may separate one civilization, or realm from another. In this aspect, crossing a river symbolizes leaving a familiar place behind in order to enter into and experience an entirely new one. Crossing a River, in many ways, symbolizes Adventure.

Many explorers, hikers, migrating wildlife have been faced with a wide or fast moving river than has altered the course of their journey and served as a Boundary, thus limiting their reach or altering their stride. In this instance crossing a river is like crossing the line and represents boldness, defiance and destiny.

Rivers as Mirrors can show up in a smooth calm River symbolizing reflection, pensiveness and meditation. As a mirror it displays all that is above it. It reflects Mother Nature's current mood in the surroundings of that space, as well as, the tranquil stillness of the Infinite far, far above.

Chinese Feng Shui tells us that the calm section of a river provides the greatest amount of Chi, or vital energy, and is an ideal place to build a home. Here the Waters are quiet, peaceful, relaxing and soothing. This part of the river has a distinct calming effect on the body, mind and spirit. It is at this location that the River's Waters are also the deepest. Symbolically, deep water represents the Subconscious. That deepness is also where our deepest thoughts, innermost feelings and our imagination reside. It is this point of the river that symbolizes our spiritual ability to "submerge" ourselves into a meditative state that enables us to reflect upon the wonder and beauty, which is both high above us and deep within us.

Rivers can carve mountains into canyons. All it takes is time and Persistence. The Grand Canyon is a magnificent example of this. A River serves as a priceless metaphor, which teaches us that, with patience and persistence, we too can wear away any obstacles that block our Path or impede our progress.

** Excerpts from Joseph Panek*

PLAY ACTIVITY

As described in the intro section, a River has so much to teach us in its silent persistence. Are we flowing with the current of the river, sitting on it's banks learning a reflective lesson or perhaps caught on a protruding rock or idling/swirling in one of it's eddies.

What relationship do rivers have in your life?

Envision yourself at your river. Where are you in relationship to your river? Are you clinging to a branch along the banks? Stuck in an eddy or on a rock? Is it temporary or have you been there for a while? Or are you flowing freely in it's current, around all of the rocks and obstacles, not getting attached?

What are you doing in your physical, emotional and spiritual realms that contribute to your sense of flow?

1. Draw yourself in your flow as it appears at this very moment. In all of it's glory...good bad indifferent. An honest assessment. What does that look like?
2. Now, take a moment, breathe...breathe some more as you think about what you would like to look like in your flow. Go Big! Bold! Brilliant! And put that down on paper. What does that look like? How does it feel?
3. Step back and look at the two pictures. What do you need to transform yourself into that new flow? Physically, Spiritually and Emotionally. Come up with at least one action step that takes you in that direction and write that in big, bold, brilliance on your picture

**YOU ARE ENTITLED TO THAT FLOW
WORTHY OF THAT FLOW AND
FULLY CAPABLE OF OBTAINING THAT FLOW!**

PHYSICAL FLOW ACTIVITY

<https://youtu.be/LAY7C3wd0us>

MOVING FORWARD

We hope you have found some insightful gems in your personal journey through these past 6 weeks.

Our intention for this course is to create the space for nourishment through self-reflection, giving you tools to identify and strengthen your inner wisdom to follow your Purposeful Path.

We know that life presents distractions. What do you do when you round a corner and see a rock wall where you thought was a rolling hill, or a gust of wind blows dirt in your eyes or a cute little puppy dog takes your attention elsewhere? When you feel yourself getting off balance we hope that you refer back to B.A.A.L.L. and pause, take a moment to Breathe Ask Allow Listen and come from that place of Love.

We chose “Purposeful” with the intention that we become more purposeful in listening to our internal wisdom as we pay attention and interpret the signals and signs that show up in our path. We look to be more present, that we are purposeful in the direction and choices we make to be authentic and true to our Big Bold Badass Selves!

As a note, this class will be available until March 17th so that you are able to continue utilizing these tools and finish at your own pace.