## **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 critters, 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 <u>Rivers as Borders</u>, 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 <u>Boundary</u>, 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 <a href="Subconscious">Subconscious</a>. 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 <u>Persistence</u>. 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.