
FLOWING WATERS OF JUSTICE A GUIDED MEDITATION

Introduction:

Welcome to a special journey of the mind and heart. Find a comfortable and quiet place to sit or lie down. Close your eyes and take a deep breath in, filling your lungs with fresh air. As you exhale, let go of any worries or thoughts that might be swirling around you. Now, imagine a beautiful world of flowing waters, where justice is like a river that nourishes everyone equally.

Body:

Imagine yourself standing beside a crystal-clear river, with its gentle ripples and soothing sound. This river is a symbol of justice, just like water that sustains life for all. Picture the riverbanks covered in vibrant flowers and tall trees, a harmonious blend of colours and life.

Becoming One with the River:

As you stand by the river, take a moment to feel the ground beneath your feet. Imagine that your feet are sinking into the soft earth, connecting you to the very heart of nature. Feel the energy of the Earth, just like the way water connects all living things. With each breath you take, imagine that you are becoming one with the river and the world around you.

Sending Ripples of Kindness:

Now, think about how water travels across the land, bringing life and sustenance wherever it goes. Imagine that each act of kindness you do creates a ripple, just like when a drop of water falls into the river. See those ripples spread outwards, touching the lives of others. Think about how your actions can make a positive impact on the world and help create a more just and fair society.

Exploring the River's Path:

Visualise yourself stepping into a small boat by the river's edge. Gently push the boat into the water and hop in. As you float along the river's current, imagine that you're exploring different parts of the world where water justice is needed. See places where people don't have clean water to drink or enough water to grow food. Feel a sense of empathy for those who face these challenges.

Planting Seeds of Change:

Now, imagine that your boat brings you to a beautiful island with fertile soil. In your hand, you hold a handful of seeds, each representing an action you can take to promote water justice. Picture yourself planting these seeds in the earth with care and intention. As you water them, envision them growing into strong, healthy plants that symbolise positive change and a fairer world for all.

Sharing the Flow of Justice:

As you continue to float down the river, see yourself approaching a gathering of children from different parts of the world. Each child is holding a small container, waiting to collect water from the river. In your heart, feel a sense of unity and connection as you offer your help in filling their containers. Experience the joy of sharing and giving, knowing that together, we can ensure that everyone has access to clean and abundant water.

Conclusion:

As you slowly bring your awareness back to the present moment, take a few deep breaths. Feel the gentle rise and fall of your chest, just like the rhythmic flow of the river. Know that the seeds of change you've planted during this meditation will continue to grow in your heart and mind.

When you're ready, open your eyes, bringing with you the sense of unity, empathy, and determination to make the world a better place through water justice. Remember, just like water, your actions have the power to create a beautiful, flowing world of fairness and harmony.

