



What's your water meditation?

Native American water song

Ne-be Gee Zah- gay- e- goo
Gee Me-gwetch -wayn ne- me – goo
Gee Zah Wayn ne- me- goo

translation:

Water, we love you.
We thank you.
We respect you.

Dorene Day
Waubanewquay, Marten Clan

Buddhist

Water comes from high mountain sources.
Water runs deep in the Earth.
Miraculously, water comes to us and sustains all life.
My gratitude is filled to the brim.

Thich Nhat Hanh

Hindu

May the waters flow peacefully; may the herbs and plants grow peacefully; may all the divine powers bring us unto peace. May the rain come down in the proper time, may the earth yield plenty of corn, may the county be free from war. The supreme Lord is peace.

Hindu Prayer

Celtic

Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the infinite peace to you.

Gaelic Blessing



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Gaelic Blessing



What's your water meditation?

Jewish

You visit the earth and water it,
you greatly enrich it;
the river of God is full of water;
you provide the people with grain,
for so you have prepared it."

Psalm 65:9

Islamic

"... We made from water every living thing.
Will they not then believe?"

Surah Al-Anbiyyah (the Prophets) 21:30

Christian

Praised be You, my Lord, through Sister Water who is
so useful, humble, precious, and pure.

St. Francis of Assisi

A Message from the Fraser River

The places I have been
are all connected by water
Water connects us all
It is between us
It is within us
Every cell
Love Water
And the love will flow between us
within us
Love water
And the love will flow
between us
Love water
And allow it to connect us
Allow it to heal us
and all the laces we have been

Amber Van Den Biggelaar



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