

## **Watching the Water Flow**

Earth Spirituality Reflection

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Sitting on the beach and watching the water flowing, I feel most grounded in nature. Piping Plovers scurry around on their tiny legs; the wind blows, and I feel perfect.

The water is such a majestic body, and so inviting. As I wade in, I feel the energy of the water move me down the estuary. As I stare up to the sky and watch the shifting clouds, I feel truly safe, not only safe, but connected to the Earth, connected to the spirit of our planet.

I float down the creek and I see sea creatures emerge from their hiding spots. I am amazed by the way the crabs move so intentionally, and the fish so majestically. As I float I feel full, slowly drifting further and further down the creek.