

1. Meditation description

Find comfortable position with your body that you will remain for some time. Try to keep your spine straight that the air flows through your spine and keeps you fresh not to fall asleep during the meditation. Make deep in-breath and long out-breath, supporting the body to relax, feeling how the air enters the body and flows inside releasing all the tension, all the blocks and pains. Just letting the breath to make the body more alive, more refreshed and healthy. Take some time to do your individual deep and long in-breath and out-breath in your own rhythm.

Visualize that you carry the river inside of your body, see how your inner river flows, how it goes through different parts of your body. Your body consists of 75% water, just imagine how this water moves through you.

- Where is the source of your river? From where it starts? What is the center in your body?
- What is the colour of your river? Is it dark or light?
- What is the temperature? Is it warm or cold?
- How deep is your river?
- Imagine if your river has waterfalls, in which parts of your body they are?
- Are your waters surrounded by the field of flowers? Are there amazing views or more abandoned places?
- Do you see some obstacles for your waters? Are there stones? How big are they? Is there sand? Is it soft or hard?
- Are your waters polluted? In which parts of your body you feel polluted waters? Can you clean your waters with visualization? What do you need to do for it?

Research each part of your body where your river flows and follow it.

Follow the wisdom it shows you, follow the information it gives you and heal the parts of your body with that water. Just let the river to wash all the tension, all the negativity, all the blocks so you can feel more free and alive, feel more connected to the inner river of your body.

Take your time to do your individual work.

When ready slowly bring back your attention to this moment, to this space, start moving the parts of your body, hands, feet. Warm up your hands by rubbing them and gently touch your eyes, warm them with your palms and when feel ready open your eyes.

2. Drawing on hands

Take your time and feel the experience of the meditation. Afterwards look at your hands and research the lines you have on your palms. Do you see the rivers? With the colorful pencils/marker highlight the lines which you feel to reconnect. When you are ready with your hand lines you can walk around the space and meet other people of the group put your hands next to theirs and see how your palm lines

reconnect with each other, you can try to do it just with one or two or the group of people, feeling the experience and taking your time.

3. Drawing on small papers

After fulfilling the hand drawing experience copy that lines from your palms to the small papers, then walk around and merge your papers with each other to see if your lines connect and in which parts. Taking the time and feeling the experience.

4. Drawing on big paper

A big long paper is given to participants where they are invited to freely express themselves and draw the rivers they have within, they found out on their palms and in connection with each other.

Participants create a big group drawing passing to the paper their full experience and each of them is invited to find their safe space and draw their sacred part of the river they represent themselves, thus with the individual rivers recreating a big one river for the whole group.

5. Afterwards discussion can be lead for deepening the experience and reflecting on the main insights.