

More Inspiration & Ideas

The Power of Celebrating Water

Connection through water, with nature and each other, fosters well-being, through a regenerative and healing relationship, encouraging the flow and exchange of energy and knowledge. Consider making more of an impact by following some of these suggestions:

- Actively cultivate a sense of curiosity/care/communication/collaboration through creative interactions with the river (e.g. song, music, poetry, arts and crafts workshops or installations).
- Demonstrate vulnerability: create an impactful ceremony to demonstrate your anger, grief and sadness at the state of our waterways and your love for all life.
- Explore: physically get to know your local waters (the source, wells and tributaries) to engage with and care for your local waterway.
- Research: look at wider connections, the history of the local waters and collect local stories and images.
- Consider your catchment area, sewage treatment works, landfills and other sources of pollution. How can you bring awareness of all the different sources of pollution to this waterway?
- Presence: Be present around waterways and feel the energy and power they can give to you.

Here is an example [running order](#) for the Ceremony for the River Wye.

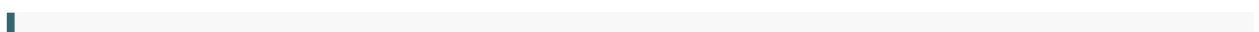
Words & Inspiration

<https://www.youtube.com/embed/LOJ27gEM8hQ?autoplay=1>

Word Cloud created from [The Symbolism Of Fish: Exploring Different Cultures And Meanings](#)

Fresh water is precious and finite | All life depends on it

Our waterways are the arteries and veins of the earth. If we pollute those waterways, life will die.



“Nothing on this planet had so forcefully hammered into her the ultimate value of water. Not the water-sellers, nor the dried skins of the natives ... Here there was a substance more precious than all others - it was life itself and entwined all around with symbolism and ritual.” - Frank Herbert, Dune

“Thousands have lived without love, not one without water.” W H Auden, First Things First

Although issues are faced in multiple facets of water, some communities may prioritise different areas, such as flooding or pollution.

Community

- Engage other river / water user groups to build a community of stewards.
- Lead walks, clear litter / blockages.
- Consider joining a [water testing group](#).
- Offer [Science Street Talk](#) to other groups.
- Share research to strengthen knowledge and connection to the waterways.
- Post on social media, highlighting local pollution issues.
- Discuss the change you want to see to the waterbodies you care about.
- Read about [other ceremonies](#).

Art & Creativity

- Create artwork
- Write or read poetry
- Make mandalas
- Chant / sing to rivers / make music (more on this below)
- Use Sound Bowls

https://www.youtube.com/embed/NOyP07_I50g

Puppets/Masks/Costumes

- Make a 'big splash' in your local media with colourful [puppets, masks and costumes](#).
 - Welcoming the [River Wye Ceremony](#) [YouTube 5min] at Herefordshire Council featuring Wye River Goddess puppet.
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