

August 2023

# WATER

THROUGH THE  
LENS OF  
WONDER

WHAT ARE WE  
THIRSTY FOR?

Presented by Stop Breathe Believe® & Dianne Morris Jones



# Dances of Water

by Roger C. Jones

Eyes wide & focused  
we view the marvel  
of a river plunging  
amidst her course,  
captured by the  
thunder of the  
tumbling river, we  
wonder why she  
departs from her  
relaxed & bending path,  
the force of the falling  
water pummels  
the landing far below,  
exploding and spreading  
in air water droplets  
in starburst fashion.  
The river then collects  
herself and returns to a  
docile state,  
as if bowing after  
a rousing performance.

Humbled, we relinquish this marvel  
to others, and we meander on,  
seeking more dances of water.



**Nature invites us to be more open to beauty – to breathe in the beauty. Nature invites us to breathe in awe and wonder.**

**This month I invite you to join me in contemplating various images of water. We will consider the forms of water, the inspiration of water, ways to play in water, what we see when we look at water. I am grateful for you to wade into this journey of water with me.**



## DAY 1

“The thirst in our souls is the attraction put out by the water itself.” – Rumi

How might our soul thirst for water today?

Photo taken in Anchorage, Alaska.





## DAY 2

“Look at the sea, great and wide.  
It teems with countless beings,  
living things both large and  
small.” – Psalm 104

How might our soul thirst for  
water today?

Photo taken in Anna Maria,  
Florida.





## DAY 3

“In the recurrent rhythms of tides and surf and in the varied life of the tide lines there is the obvious attraction of movement and chance and beauty. There is also, I am convinced, a deeper fascination born of inner meaning and significance.”  
– Christine Valters Paintner

How might our soul thirst for water today?

Photo taken at Lopez Island, Washington.





## DAY 4

“All praise be Yours, my God,  
through Sister Water, So useful,  
humble, precious, and pure.” – St.  
Francis of Assisi

How might our soul thirst for  
water today?

Photo taken in Lubbock, Texas.





## DAY 5

“The Way God Approaches the Soul: I come to my beloved as the dew on the flower.” – Mechthild of Magdeburg

How might our soul thirst for water today?

Photo taken in Monet's Garden, Giverny, France.





## DAY 6

“Water is everywhere and in all living things; we cannot be separated from water. No water, no life. Period. Water comes in many forms – liquid, vapor, ice, snow, fog, rain, hail. But no matter the form, it’s still water.” – Robert Fulghum

How might our soul thirst for water today?

Photo taken at Lake Louise, Banff, Canada.





## DAY 7

“As long as I live, I’ll hear waterfalls and birds and winds sing. I’ll interpret the rocks, learn the language of flood, storm, and avalanche. I’ll acquaint myself with the glaciers and wild gardens, and get as near the heart of the world as I can.” – John Muir

How might our soul thirst for water today?

Photo taken at Yellowstone National Park, Wyoming.





## DAY 8

“May what I do flow from me like a river,  
no forcing and no holding back,  
the way it is with children.  
Then in these swelling and ebbing currents,  
These deepening tides moving out, returning,  
I will sing you as no one ever has, streaming  
through widening channels into the open sea.”  
– Rainer Maria Rilke

How might our soul thirst for water today?

Photo taken in Florida.





## DAY 9

“People need wild places. Whether or not we think we do, we do. We need to be able to taste grace and know again that we desire it. We need to experience a landscape that is timeless, whose agenda moves at the pace of speciation and glaciers. To be surrounded by a singing, mating, howling commotion of other species. All of which love their lives as much as we do ours, and none of which could possibly care less about us in our place. It reminds us that our plans are small and somewhat absurd. It reminds us why, in those cases in which our plans might influence many future generations, we ought to choose carefully.”

– Barbara Kingsolver, *Small Wonder*

How might our soul thirst for water today?

Photo taken in Breckenridge, Colorado





## DAY 10

“I would love to live like a river flows, carried by the surprise of its own unfolding.” – John O’Donohue

How might our soul thirst for water today?

Photo taken in Walnut Woods, West Des Moines, Iowa.





## DAY 11

“The human body is not a closed or static object, but an open, unfinished entity utterly entwined with the soils, waters, and winds that move through it.” – David Abram

How might our soul thirst for water today?

Photo taken in Gold Creek Pond, Snoqualmie Pass, Washington.





## DAY 12

“We need joy as we need air. We need love as we need water. We need each other as we need the earth we share.” – Maya Angelou

The value of community is priceless. The value of water is priceless. Throughout history, communities have formed and established life near water. This image was taken from above the charming valley of Pokhara, Nepal – the Himalayan mountains and the community seem to go forever amidst the beautiful Fewa Lake.

How might our soul thirst for water today?

Photo taken in Pokhara, Nepal.





## DAY 13

“Advice from a Geyser: Rise to the occasion, Stay active, Find your inner strength, Vent when you need to, Enjoy the quiet moments, Be faithful, Let off a little steam!” – Ilan Shamir

How might our soul thirst for water today?

Photo taken in Yellowstone National Park, Wyoming.





## DAY 14

“My soul thirsts for you.”  
– Psalm 63:1

How might our soul thirst for  
water today?

Photo taken at Red Rock Lake,  
Iowa.





## DAY 15

“How beautiful is the rain!  
After the dust and heat,  
In the broad and fiery street,  
In the narrow lane,  
How beautiful is the rain!”  
– Henry Wadsworth  
Longfellow

How might our soul thirst for  
water today?

Photo taken in Salzburg,  
Austria.





## DAY 16

“A rainy landscape has a great charm for me; the dark tints become more velvety, the softer tones more ethereal. The country in rain is like a face with traces of tears upon it – less beautiful no doubt, but more expressive.” – Henri Amiel

How might our soul thirst for water today?

Photo taken in Monet's Garden, Giverny, France.





## DAY 17

“Some people walk in the rain; others just get wet.” – Roger Miller

How might our soul thirst for water today?

Photo taken in Dallas, Texas.





## DAY 18

“There are those who water  
The seed of light that no one  
sees. They are visionaries.”  
– Mark Nepo

How might our soul thirst for  
water today?

Photo taken in Mackinac  
Island, Michigan.





## DAY 19

“Consider also the grand spectacle of the sea, robing herself in different colors, like garments: sometimes green, and that in so many different shades; sometimes purple; sometimes blue.” – St Augustine of Hippo

How might our soul thirst for water today?

Photo taken in Nassau, Bahamas.





## DAY 20

“The physicality of the religious poets should not be taken idly. He or she, who loves God, will look most deeply into His works. Clouds are not only vapor, but shape, mobility, silky sacks of nourishing rain. The pear orchard is not only profit, but a paradise of light. The luna moth, who lives but a few days, sometimes only a few hours, has a pale green wing whose rim is like a musical notation. Have you noticed?” – Mary Oliver

How might our soul thirst for water today?

Photo taken at Lake Red Rock, Iowa.





## DAY 21

“A lake is the landscape’s most beautiful and expressive feature. It is earth’s eye; looking into which the beholder measures the depth of his own nature. The fluviate trees next the shore are the slender eyelashes which fringe it, and the wooded hills and cliffs around are its overhanging brows.” – Henry David Thoreau

How might our soul thirst for water today?

Photo taken at Snoqualmie Pass, Washington.





## DAY 22

“Deep peace of the running wave to  
you, of water flowing,  
Rising and falling,  
Sometime advancing, sometimes  
receding...

May the stream of your life flow  
unimpeded!

Deep peace of the running wave to  
you!”

– Celtic Prayer

How might our soul thirst for water  
today?

Photo taken in Portal of Mt. Whitney,  
California.





## DAY 23

“Nature is beautiful, always beautiful! Every little flake of snow is a perfect crystal, and they fall together as gracefully as if fairies of the air caught waterdrops and made them into artificial flowers to garland the wings of the wind!” – Lydia Maria Child

How might our soul thirst for water today?

Photo taken in Walnut Woods, Iowa.





## DAY 24

“Poetry is a fresh morning spiderweb telling a story of moonlit hours of weaving and waiting during a night.”  
– Carl Sandburg

How might our soul thirst for water today?

Photo taken in Carpinteria, California.





## DAY 25

“We looked into each other and realized that we all share the same river. It flows beneath us and through us, from one dry heart to the next. We share the same river... We may speak different languages and live very different lives, but when that deep water swells to the surface, it pulls us to each other.” – Mark Nepo

How might our soul thirst for water today?

Photo taken in Fall City, Washington.





## DAY 26

“Water is life’s matter and matrix,  
mother and medium. There is no  
life without water.”

– Albert Szent-Gyorgyi

How might our soul thirst for water  
today?

Photo taken in Paris, France.





## DAY 27

“Man is most nearly himself when he achieves the seriousness of a child at play.” – Heraclitus

How might our soul thirst for water today?

Photo taken in Ventura, California.





## DAY 28

“As I gazed, every color seemed to deepen and glow as if the progress of the fresh sun work were visible from hour to hour, while every tree seemed religious and conscious of the presence of God. A free man revels in a scene like this, and time goes by unmeasured.”

– John Muir

How might our soul thirst for water today?

Photo taken on John Muir Trail,  
California.





## DAY 29

“Say you are in the country; in some land of lakes. Take almost any path you please, and ten to one it carries you down in a dale, and leaves you there by a pool in the stream. There is magic in it....Yes, as everyone knows, meditation and water are wedded forever.”

– Herman Melville

How might our soul thirst for water today?

Photo taken at Maffitt Lake, Iowa.





## DAY 30

“The ocean is one of the delights for the human eye. The seashore is a theater of fluency. When the mind is entangled it is soothing to walk by the seashore, to let the rhythm of the ocean inside you. The ocean disentangles the netted mind. Everything loosens and comes back to itself. The false divisions are relieved, released, and healed.”  
– John O’Donohue

How might our soul thirst for water today?

Photo taken in Santa Rosa, Florida.





## DAY 31

“Man’s life is like a drop of dew  
on a leaf.” – Socrates

How might our soul thirst for  
water today?

Photo taken in Dallas, Texas.

