

Finding Flow in your Life



When you are connecting to a concept and inviting a quality of experience to meet you it is important to explore the energy and essence through deeper channels of knowing.

A living metaphor, or guiding imagery that comes from within, creates connections in a mythic or imaginal realm. This is a sacred place that will bring you into relationship with the authentic self. Offering clarity, understanding and access to your deep needs and desires. This space activates a conduit of energy inviting you to travel with FLOW. This kind of mythic exploring is a living personal language that may be expanded with art and process, using image, symbol color and form to build relationship with the energies, unraveling old stories and discovering the new narratives that activate change. The experience of traveling your mythic path is practical magic, impacting the quality of your life, enriching your vision and actively inspiring the journey of healing and wholing.

Water as a Symbol:

We know our sacred waters, we dwell within them and feel them from the inside out and the outside in.

The waters within our bodies touch the waters of this world, connecting form to form and flow to flow. Our tears, like dousing rods move us and help us to find our way through grief. We understand our lives in relationship to ebb and flow, feeling the rhythms of movement or lack thereof. The extremes challenge us as we touch the stagnant pools, parched places and sometimes find ourselves flooded with discomfort and fear.

These inner landscapes offer the symbolic language of water, as a moving energy that is always a change agent in our lives. Water offers a reflection of the sacred, the scary and the mundane. Waterways offer us a way of connecting with our current stories and deep myths. Shamanic wisdom shares the concept of deep history; mythic rivers are the deep flowing conduits of collective information that flow to us and through us.

Our mythic rivers hold information beyond our knowing. The nature of these waters and their flow impacts our conscious connection and relationship with our current stories, the evolving self and our personal myth. Depths, environmental nuances, branches and tributaries of our inner rivers and waters represent the day to day experiences, informing and reflecting the ebb and flow of life, helping us to acknowledge what needs our conscious attention.



Sometime in the flurry of living, we forget to see, feel and move with the quiet ripples and gentle flow.

We recognize the language of water in all of

the sacred places that call us fourth, even through extreme feelings and fear. A deep cave grotto may lull us into communion with our darkness and our light, but the shock of capsizing in a stormy sea, the crashing, relentless flow of a torrential and swollen winter river, or the crisis of a tidal wave grief experience can feel destructive and flood us.



Waters of all kinds guide us through life. Life waters of the womb bring us to birth and they continue to flow through our dreams and into our long life, carrying us back to source. These guiding waters, of all kinds offer us source material and reflective understanding of life and how it can be met. Waters of all kinds find us in our art and life expressed through symbolic language, they are embedded in our psyche, vast sources of living imagery that reflect all that we already know or need to know better.

As element and symbol water is a guiding force. Distinctive bodies of water, 'waterways and forms' guide us in unique and powerful ways. They

speak to us of our primordial origin, and connect us to the physical and spiritual realms. Some of us hold a deep connection to the vast waters of oceans and others are called to the energies of clear mountain lakes and small tributary rivulets. For others deep pools and sacred springs, which are known to be conduits to the great mothers womb in cross-cultural myths, hold our soul connection. Water deities in every culture watch over the waters of these places, and we find ourselves called to the water through goddess, guardian and naiad.



Water as symbol, myth, lore and watery connections are both personal and universal. These waters flow through time and space, through the collective into our own psyche, bubbling up to the surface as archetypal qualities of reflection, flow, transformation, intuition and ritual blessing.



The symbol of water invites us to listen. We listen with our water bodies and align our breath with stillness so that we can hear the call of the waters.

We listen through our emotions, as feelings flow we ride the waves of stormy seas and find our way into new territories. We feel the effect of water or lack thereof in our environment, communities and the experience of others, moving us to respond in powerful and helpful ways.

Seeking our waters in art and life is an invitation to listen and respond more deeply to our own experiences and those that are calling us forth in life. To hear the call of the river is to hear the call of our own deep inner waters that flow in many directions. To feel the cool waters of a ritual bath, is profound because it welcomes us back into a sacred womb space. Anointing ourselves in the salty sea we enter into water to connect to our source, to our own inner wisdom, deep myths and divine purpose. We listen and respond to the language of water through conscious connecting, healing and moving in ritual, art-making and life-making, thus altering the direction of the mythic rivers and choosing the new ways that will define and refine our life journey.



Find the waterscapes that are moving in your art and life.

Listen:

Guided Journey with Water [Download]

<https://www.hightail.com/download/cUJYeW4rUzdGR0c5TE5Vag>

Explore:

- Create space for dipping in, getting wet, dancing in the rain.
- Find where you are you dry and thirsty for moisture.
- Notice where your body needs movement, lubrication, softening...
- Seek silence in the sigh of the oceans ebb and flow.
- Listen to the different rhythms of flow in your life.

Discover:

Notice what kind of moisture and movement is missing if you are experiencing a drought.

- Find the stillpoint between breaths, notice that the still point is its own deep pool, where you can dive deep.

- Splash in puddles and play.
- Under midnight moonbeams soak in a steaming hot springs.
- Find the waters that call to you.
- Create your waters with materials such as paint or collage, from this place of grace.



Finding Flow is a mytho-poetic expression of my journey with water energy, you may want to explore these ideas in your art and process:

Finding Flow

What are your
river stories?

How have you moved
within
and

through
your own life,

Navigating the deep,
dark,
nights.

Are you swimming upstream?
Sucked out through whirlpools and rip tides?

Where are your
borders and boundaries?

Depths below imagining
will carry you.

Seek the source
of your waters... how do they flow how far do they go?

When you have overtaken
your own edges
and do you remember what it is like

to loose your waters,

deep in the mud stuck in the depths ravaged with thirst dry and
parched...

Have you been emptied out? Or did you swallow your own waters
like a crazed Sekhmet

...seeking revenge

Birthing waters
they move back into consciousness
when you are
ready
to grow
and flow
again...

- Cat Caracelo



I invite you to explore your symbolic language in creative and depth process! Experience the potency of expanding the language of journey, expanding into a mythic life.

Connect with me, cat@catcaracelo.com, to explore your experiences. Free coaching session can assist you to expand your vision for clarity, healing, restorying and life design - explore the benefits of individual coaching, a year long journey process and professional training!

In Vision,

Cat ♡