

The Watershed Podcast Episode 2 – The Power of Water

Reflective Questions

The Biger Family

In what ways have you experienced the therapeutic power of water?

Sarah Dickhudt

What does water symbolize for you? Why do you turn to water?

Have you ever had an experience with water which expanded what you thought you were capable of?
When might have water's power allowed you to access your own power and sense of agency?

Nathan Lamb

How does water play a role in the traditions or rituals of your culture?

How do you "bless" or give thanks to your water?

What larger meanings does water connect you to?

Janice Domke

Has water ever disrupted or brought unwelcome change to an area of your life? How did you move through that experience?

Terri Thao

What water-related folklore or beliefs are part of your traditions? Do your older relatives or community members tell stories where water is present? What role does water play in these stories?

What might have shaped the stories that you know about water? How might those stories impact you today?

Gabrielle Drapeau

Have you ever encountered a place that felt sacred to you, or is considered sacred by your culture? How did it feel to be within that place?

Have you ever felt into the energy being projected by a place? What did you feel, and how did you feel it?