Water and spirit | Mare aux faisans

Inspirational texts

Mark, 1, 9-11

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. 10 Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. 11 And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased."

Matthew, 5,13-16

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Christian Bobin

The mind is to the body what the bee to the hive is: always outside, always on the adventure of a perfume or a dream. The spirit is at the forefront in the world. The flesh makes its honey with what the spirit brings back to it. The flesh feeds on substances taken by the spirit in the eternal world, the flesh feeds on purity and truth.

Tale of the river

Once upon a time there was a river that wanted to cross the desert to reach the sea.
But she couldn't. And even, this task quickly appeared to him impossible. Until the wind offered to wear it on its wings.
The river was then very afraid and refused at first: it was afraid to change or even to be changed!
But by dint of vain efforts, she resolved to accept the proposal of the wind.
The sun started to heat up stronger, the wind lifted it delicately in fine droplets, made it fly over the desert and fall again in rain until the sea.

Lamartine, the Lake

Lamartine: The- Lake

Laudato Si, 6

We have forgotten that "man is not only a freedom which he creates for himself. Man does not create himself. He is spirit and will, but also nature"

Quran, 39, 21

Do you not see that Allah sent down water from the sky, then made it flow on earth as springs and streams and rivers[38] and then with it He brings forth vegetation of various hues; then this vegetation ripens and dries up, turning yellow, whereafter He reduces it to broken straw? Surely there is a lesson in this for those endowed with understanding

Links to songs

Oceans (Where Feet May Fail) - Hillsong United - Lyrics - Zion 2013

Gospel Bible Songs - Wade in the Water [with lyrics]

Ensemble Vocal l'Alliance - Baptisés dans l'eau et dans l'esprit

Spread your fire by Community of New Way

Dena Mwana - Saint Esprit (Officiel)

Links to videos

The baptism of Jesus

« The Spirit, water and blood testimony (John 19:30-37; 1 John 5:5-9)

A video to help you explain a concept of spirituality: What Is the Point of Spirituality?

Ted talk by Radhanath Swami explaining how can we connect better with our spirituality and other people around us How to find a spiritual connection | Radhanath Swami | TEDxSquareMile

Questions for reflection

- ⚙ Have I changed in the last year, the last month? How? ˙Or˙ What ?
- ⚙ What are my roots?
- ⚙ How would I like to be in the future?
- ⚙ How does my mind help me make the right decisions in my everyday life?
- ⚙ Baptism is a purification of the heart and a rebirth in God, how does this water allow you to set out again towards this future "me"?

Activites

- ✿ Observe your surroundings.
- ✿ Imagine that there is water, what would be its course there?
- ✿ Look at the tree in the middle: imagine it every season. Touch the tree and imagine how far the tree takes root. Imagine the size of its roots.
- ✿ Take a deep breath, what smells do you smell? What do they arouse in you?
- ✿ Take photos or draw things that you founded here and was inspired by.
- ✿ Relaxing sounds to relax and explore your thoughts

    8 Hours Relaxing Nature Sounds Calming Birdsong Sound of Water Relaxation Meditation