



Visit the place where a river
meets the sea & create a
triangular space for yourself to sit.

Watch water moving here
in the convergence....

between river blending way to bay

Soften your eyes, let
images enter in - like
photographs taken and stored to
your memory.

What/who is of value here ?

Visualize a party of community
members (of various degrees
of sentience).

With the community members in
mind, begin to allow
yourself some movements
just your body keeping good
company, like an unspoken hello...

a companion dance...keep
going as long as you like.