

Visit a dammed river's lake (take a pen and paper.)

Friant Dam and Lake Millerton are one possible example in California.

Fill yourself (your shoes, hands, pockets, hair or...?) **with sand from its lake. Wade into the water, as you like.**

Take notice of what you feel here? heavy feelings, stuck feelings, interrupted flowing or something else maybe?

Closing your eyes is nice. Breathing is too. Try some imaginings, maybe the brief & clumsy movements of billions of scattered, sloshing grains - imagining you are one of these too, bumping around minutely with the lake water waving, but not going anywhere much. Just a slight circular swirling, slow water eddies you around.

Stay this way for as long as you like.

From here, in this stuck position, write a letter to the river - just whatever is on your mind.