

Living Water MEDITATION



Field Heath
House School

**Heavenly Father
Open our hearts
To the silent
presence
Of the spirit
of your son.**

**Lead us into that
mysterious silence
Where your love
is revealed
To all who call.**

Opening Prayer



Ring the bell to start meditation time.





Close your eyes





Students take 5 very deep breaths while listening to theme mantra recited by adult.

Water – of - Life



While listening to the music with their eyes closed students join in by gently moving their hands from side to side indicating a slow wave movement of flowing water.





Students take 5 slow and deep breaths while listening to the mantra recited by an adult.

Water – of - Life

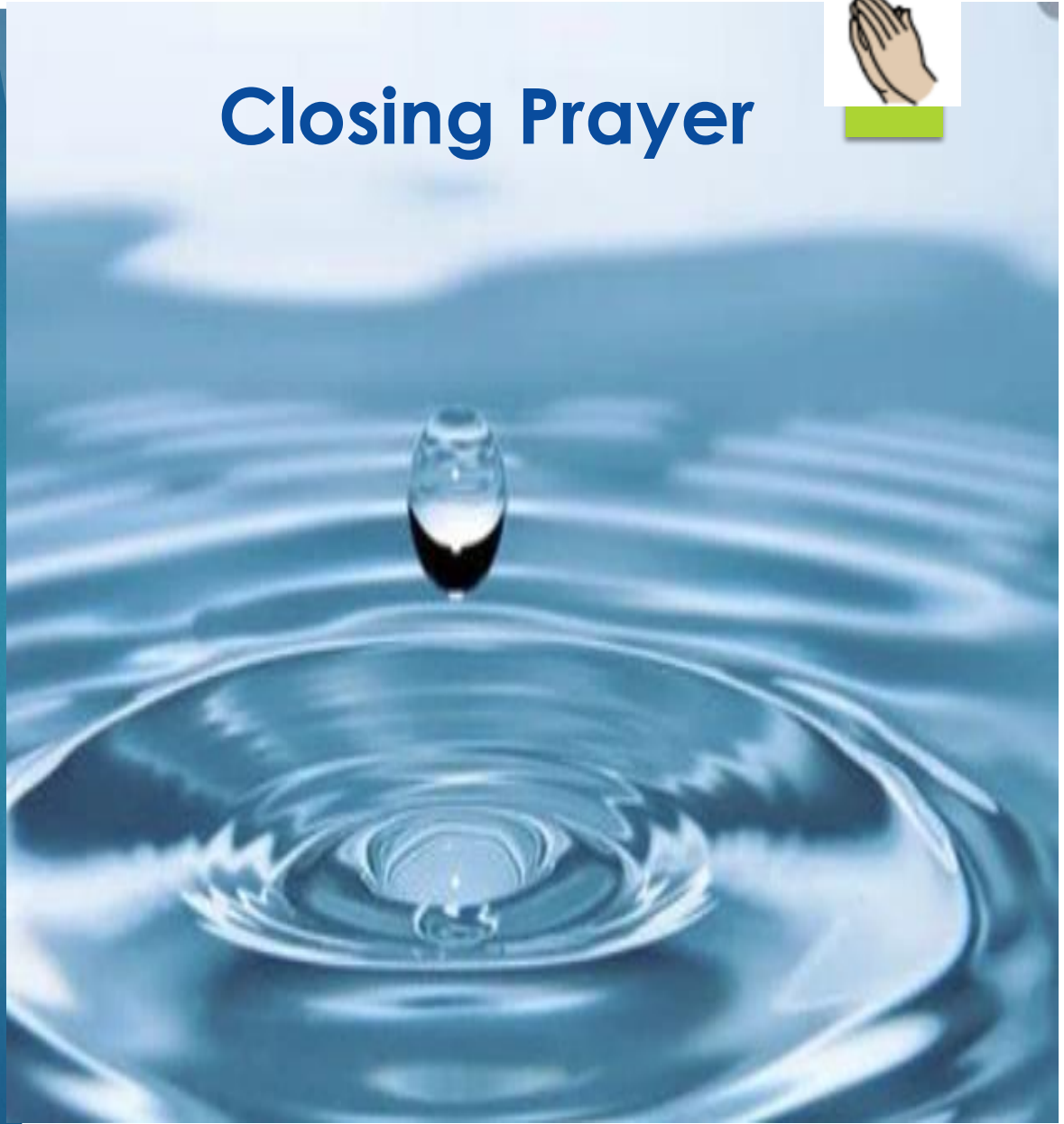


Closing Prayer



Dear God,
Thank you
for the gift
of water
which is life giving.

Help us
to use it well
and not to waste it.
Amen



Ring the bell to finish meditation time.



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