

# Waterfalls



- Imagine yourself standing by a waterfall. What can you see? Hear? How does it feel?
- Is there a waterfall in your life at the moment? Is it thundering down on you? Do you feel overwhelmed? As if you're drowning?
- Or is it beautiful, refreshing and inspiring?
- Take a moment to acknowledge any feelings of being overwhelmed, or to appreciate the moments of peace and beauty in your life.
- A river may start as a waterfall, crashing over the rocks, but it doesn't stay that way for ever.

**“Many a calm river begins as a turbulent waterfall, yet none hurtles and foams all the way to the sea.”** *Mikhail Lermontov.*