



## The Water Meadow

I had a really hard day today,  
Some important things did not go my way,  
I came home and sat down on the porch,  
My head afire as if a torch.

I close my eyes and think of tranquility,  
I search for answers with humility,  
My mind goes wandering over the hill,  
I know I can, I know I will.

Before me I see a stream flowing,  
And a flowery field in the sun glowing,  
I let myself go and lie beside it,  
Hoping that the water does its bit.

“Flow water flow across my brow,  
Flow water flow and show me how,  
Flow water flow and wet my dirt,  
Flow water flow away my hurt.”

I feel the ointment soothe my brain,  
And begin to remove the throbbing pain,  
And suddenly my lungs fill with air,  
My eyes now open, my senses aware.

I spread my arms and point my toes,  
And along this pathway the flow goes,  
Ridding my body, freeing my soul,  
I go with the magic and release control.

I raise my head and push myself up,

And reach on over and fill my cup,  
And drink of the fountain that never dries,  
Sating my thirst, halting my cries.

Oh my, how I love this planet Earth  
Whose arms reach out around my girth,  
Pulling me into its wonderful womb,  
Assuring me life can now resume.

So welcome to Earth Church,  
Lie down in your pew,  
Here the water flow  
Will purify you.