

Be a Bottle of Water

.....source unknown (adapted and modified by Amy Fox)

There was once an inspirational speaker who was giving a talk about mindfulness and towards the end of her talk she said, "I want each of you to take this idea with you today as you go out in the world and all the challenges that are there...Be a bottle of water, not a bottle of soda."

The crowd was silent and confused. Finally one man spoke up and asked, "What do you mean, 'Be a bottle of water?'"

The speaker smiled and continued, "Each of you is already a bottle. What's inside each of us are our emotions and reactions to the world and people around us. Life will rattle you. People will piss you off and let you down. Things and people will shake you from time to time.

If you shake a bottle of soda...what happens to it when you go to open it? It explodes, right? It's messy. And whether it's sticky soda residue or us dumping our emotions out into the world, it ends us disrupting our inner peace.

But, if instead we can be a bottle of water, if we can recognize that the only things outside of us that have power over us are the things we give power to, then no matter how much we're shaken, our calm state of mind remains."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

Take a moment and notice how you've arrived. What's in your container in this moment? If life were to shake you, what would come out? Anger, frustration, impatience, sadness? Happiness, joy, love?

Start to connect more deeply to your breath. Begin to breathe around what's inside. Create more space for how you want to feel.

DURING CLASS

After Telling the Story

When the mind is clear, when we are like a bottle of water, we are able to show up more present and aware.

Where is your mind in this moment? Where can you come back to your breath?

Every breath is an invitation to fill yourself up with what you need.

When life gets tough, what spills over?

Life provides the cup, YOU choose how to fill it.

CLOSING CLASS

The only things in life that have power over us are things which we give power to.

This week, offer yourself permission to find your breath because with awareness comes choice and that is where your power lies.

EXTRAS

A great take home for your students is to invite them to do Morning Pages. Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. This stream of consciousness allows the mind to "dump" thoughts and free up space in the mind, giving way for more clarity and peace. They can be about anything and everything that crosses your mind—and they are for your eyes only.

To learn more on Morning Pages, see [Julia Cameron's website](#).