

## **I'm the river and this is my story**

I'm the river, the flow of water.

I'm on my way to my destination, the big ocean, the home of rivers.

I'm eager to meet my friends who are on the same journey.

A journey that starts from the peak of the snowy and chilly mountains;

The journey that is full of fun and a few useful lessons.

Come along with me on a new adventure that perhaps you've never even dreamt of before.

This journey reminds me of a race,

but in this, I do not compete with others.

I simply experience joy by remaining focused on my task.

The task of spreading kindness and compassion,

by giving away my water to all the lives on this planet Earth.

My crystal clear water is nourishment to all of you.

It's a roller coaster ride;

Sometimes bumpy, that makes me scream!

Sometimes wild – which makes me curious...!

Sometimes soft, that makes me relax.

I feel all the emotions in this.

Emotions that help me to be fearless in search of new paths.

I'm constantly running without stopping.

Every day I find myself in a new place.

Flopping into the forest between the trees.

Sleeking into the mystical woodlands.

Flowing into the tiny, friendly villages.

Every place is a new experience for me.

As I'm rolling over and over,

I'm taking with me some lovely memories:

The singing of birds;

The giggling of children;

The sipping sounds of giant animals.

All the sounds are still echoing in my serene ears.

But!... as I make my way into the crowded, noisy city;

I find myself in danger – created by this troublemaker known as pollution.

That's sadly affecting my crystal clear water.

I can see the colour of my water changing as I pass through many places,

I see the nutrients in it disappearing along the way,

The water that I gave to the children living in valleys

is not the same anymore for all of you living in the cities.

I am thinking of ways to overcome this challenge.

But, can I make it alone?

Perhaps, I need your help in this!

You and I together can stop this harm.

Your little steps towards preserving the water can help me

in continuing my journey to reach to my final stop.

Sometimes, I wonder how things will work without me?

The fishing, the farming...the small and big lives...

How will they survive?

My water is an essential element in everybody's life.

Water makes the Earth alive. Water makes you alive.

Water brings a smile to the face of a thirsty child.

Therefore, water is life!

And this is why,

I want to survive; I want to live on this beautiful planet with you.

I want to use my magical power to clean my water for you.

I want to see you smiling and playing by my side.

I want to see the vibrating energy of joy around you;

the luxury of breathing pure, fresh air that is sadly disappearing day by day.

I am selflessly spreading natural goodness to make you feel good and healthy.

Rather than chucking waste, like plastic into me

try to give me your heavy baggage of worries and fears instead,

your obstacles in life.

Put them all in an invisible sac and give it to me.

I will take them far away into the big deep ocean.

They will be immersed in there forever.

I am the river and this is my story.

So let's start a new journey to save and preserve our water.

Let's use it mindfully because every drop is precious.

Let's celebrate our good fortune to live on this planet, Earth.

Let's celebrate the treasure of having Mother Nature as our protector.

Because you and me;

Everything and everybody;

We are nothing but a tiny part of our creator – Mother Nature.