

WATER: The Memory of Emotion

September 18-20, 2026

Spiritual Traits: Water teaches **emotional intelligence, adaptability, grief, and intimacy**. It remembers. It cleanses, not by erasing but by flowing through. It asks us to stay permeable in a world that often rewards impermeability. Water whispers: **You don't have to hold everything, but you must feel it.**

Shadow Tendency: Overwhelm, enmeshment, manipulation, nostalgia-as-escape.

Where fire transforms through intensity, water shapes through flow. From the rushing rivers that carve valleys to the quiet tears that soften the heart, water has long been revered as a sacred element. It is life-giving, cleansing, and profoundly symbolic of the soul's journey. Spiritually, water embodies adaptability, surrender, and renewal. To immerse oneself in the presence of water is to be reminded of life's ever-changing currents and the invitation to flow with them.

1. Symbolism of Water Across Traditions

- **Purification and Cleansing**
In nearly every spiritual tradition, water is a purifier. Baptismal rites, sacred baths, and ritual immersions mark thresholds of renewal, washing away the past.
- **Life and Fertility**
Water nourishes earth, bringing seeds to life. Spiritually, it represents fertility of body, mind, and spirit—the capacity to birth new possibilities.
- **Flow and Adaptability**
Water teaches surrender. It moves around rocks, finds the lowest path, and never loses its essence. This flexibility is a lesson in humility and resilience.
- **Depth and Mystery**
Oceans and lakes invite us into mystery—the unseen depths of the unconscious, dreams, and soul. Water symbolizes intuition and inner knowing.
- **Emotional Presence**
Tears, like rain, are both cleansing and life-giving. Water reminds us that emotions are sacred carriers of release and connection.

2. Water as Teacher

Water whispers:

- **“Flow, don’t force.”**
- **“Yield, but do not lose yourself.”**
- **“Return always to your source.”**

In spiritual practice, water teaches us how to soften, release control, and trust the currents of life.

Who Should Come

This is an open workshop so spiritual explorers or those seeking deeper understanding of themselves are welcome.

Create your Space

Each person is encouraged to bring whatever stones or crystals that feel appropriate or necessary to support your process. Comfortable chairs and blankets to support you are suggested.

Meals

Dinner will be served on Friday night, Saturday- breakfast, lunch and dinner, Sunday breakfast and lunch

When and Where to Come **Show up on time**

Registration will begin at 12:00 PM on Friday, the 18th at Camp Asbury. The workshop will begin Friday at 3:00 pm running into the night, Sat-all day and into the evening, and Sunday 9:00 a.m. to 12:00 p.m. The workshop will be held at Camp Asbury, 10776 Asbury Rd., Hiram Ohio 44234.

For further information, kindly email Lisa Roll Kayser, kayseroll23@gmail.com or herb@onewhitehorsestanding.com

What to Pjay

The fee for the workshop is **\$395 if paid by August 18th. If paid after the 18th, the fee is \$495.** Payments can be made via Check or Zelle.

If paying by check, send a cheque payable to Herb Stevenson, 9796 Cedar Road, Novelty, Ohio 44072. Once paid-in-full you will receive info on your stay at Camp

Asbury.

Due to the workshop focus and the unique facilities, the attendance will be limited to 25 people.



Herb Stevenson

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www.onewhitehorsestanding.com](http://www.onewhitehorsestanding.com)