



FROM SURRENDER TO SELF · AMAL LANA

Small Water Practices

Bring the teachings home



Eight simple practices drawn from the teachings of *Surrender to Self*.
Each takes ten minutes or less. A bath counts. A glass of water counts.
So does a creek, a spring, or the rain.

At home

A bath, a sink, a single glass.
Choose one practice for the
week and return to it.

At the springs

Bring one practice into your
soak. Practices 1, 3, 4 and 8 are
made for warm water.

With others

Families, book clubs and grief
circles can share a practice
and talk about what came up.

For your soak

Drink water before and after. Soak in short rounds and rest between them. Follow
each spring's posted guidelines, never practice alone in deep water, and check
with your doctor first if you are pregnant or have a medical condition.



1

PASSAGE ONE · THE FEAR THAT OPENED THE WAY

Let go of the wall

In a bath, a shallow pool or a warm spring, rest one hand on the edge and breathe. When you feel ready, lift your hand and let the water hold you for three slow breaths. Notice what was holding you all along.

“Fear is not the opposite of healing ~ it is often the doorway to it.”

2

PASSAGE FOUR · PERFORMING WUDU

A ritual before what matters

Before a hard conversation, a prayer or a new beginning, wash your hands and face slowly, the way Amal's father did before prayer. No words are needed. Let the water mark the moment as sacred.

“Water remembers what we were taught before the world told us to forget.”

3

PASSAGE FIVE · CONVERSATIONS WITH THE WASBAND

Find your living water

Once this week, go to water that moves on its own: a creek, a spring, rain, the ocean. Stay ten minutes. Ask yourself where in your life you have kept things too still.

“Real life ~ like real water ~ must flow.”

4

PASSAGES SIX & TEN · FLOATING TO SAFETY, FLOATING STILL

Let yourself be held

In warm water, float with support: a pool noodle, a rolled towel behind your head in the bath, or the hands of someone you trust. Do nothing for five minutes. The rest is the practice.

“Rest is not laziness ~ it is the most radical act of trust.”

5

PASSAGE NINE · SACRED SIPS

One sacred sip

Before you drink water today, pause. Hold the glass with both hands. Take one slow sip and let it be a receiving rather than a task.

“Healing doesn’t arrive in floods. It comes one sacred sip at a time.”

6

PASSAGE TWELVE · THE EDGE OF SILENCE

Stay beside someone

Sit near water with someone who is struggling. Don’t fix, advise or fill the silence. Simply stay for ten minutes, and let the water do the talking.

“Presence is the most powerful medicine.”

7

PASSAGE TWELVE · THE EDGE OF SILENCE

A letter to someone you’ve lost

Write a few lines to someone you have lost. Read them aloud near water: a lake, a creek, even a bath. Let the water hold what words cannot.

“Let the silence say what words cannot.”

8

PASSAGE THIRTEEN · THE TURNING TIDE

Open your hands

Name one thing you are still gripping. Say it aloud, or whisper it to a leaf and set the leaf on moving water. Then open your hands and watch it go.

“Every time you have opened your hands ... something was already waiting on the other side.”