

A SEVEN-DAY PRACTICE / ENGLISH

The Water Protocol

Let it move



A feeling can arrive without becoming an instruction.

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01 / READ THE TERRAIN

Let it move

A day can fill with feelings that never receive a name. You move from message to task to conversation, then reach evening with a weight you cannot sort. Water offers a small interval between feeling something and deciding what to do with it.

A question to carry

What is present, and what needs a boundary?

- You need time to register what a conversation left behind.
- You are answering before you know what you feel.
- You want a small way to give a feeling language without explaining your whole life.

The figure beside this element

Yemaya accompanies Water in the Magia Botanica map. The figure has living religious contexts beyond this guide. This practice is an original exercise in noticing feeling and movement, rather than a reconstruction of a traditional ceremony.

Use this guide as an optional reflective practice. An element is a starting point for attention, not a diagnosis or a fixed identity. Change position, shorten a step or stop whenever you need to.