

# Ceremony of the Change: *Searching for the Waters of Antiquity*



Path to your Secret Garden, a Very Special Meditation

## Shirley Ryan, PhD



*Category Spirituality*

Transforming, expanding, and raising  
consciousness to higher levels,  
while seeing more of the possibilities.

# Searching For The Waters Of Antiquity A Followalong Meditation Process

**Shirley Ryan**



## **Searching For The Waters Of Antiquity A Followalong Meditation Process:**

Searching for the Waters of Antiquity Shirley Ryan, 2018-10-13 NEW 2018 edition has a glossary Searching for the Waters of Antiquity a visual meditation was born into this world as a Ceremony of Change The book pulls together the very roots of change in a simple spiritual meditative practice that offers an innovative way to begin the process of change and de stress Join the hero of the story Tag a lost turtle who is looking for his spiritual center for balance and for renewal This follow along meditation is a serene read and the lushly illustrated book of primitive watercolor art feels exactly like a guided meditation into the inner self In this wonderful watercolor package that contains over 70 visuals that are soothing and comforting to the eye but a powerful and profound message of spiritual discovery in the guise of a three part story about a turtle named Tag The reader is drawn into the book s stunning imagery as the story progresses literally taking a simple and humble turtle named Tag on an extraordinary journey of outer discovery and inner self awakening The change involves many levels of exploration Tag who really represents the reader sets out to find the ancient waters of his ancestors but along the way he veers off into strange and mystical places places that open his mind and his heart to compassion love respect for all creatures understanding tolerance affection for life in all its aspects and forms wisdom and ultimately a true connection with the Source of All Things He is often frightened and unsure of the unknown path ahead but always Tag moves forward along the road willing to face the changes and challenges ahead Tag s journey is broken up into three sections or levels of growth if you will The entire book is meant to be experienced both a section at a time or as a whole in one reading Either way the reader is given an opportunity to learn and grow and experience what Tag is as he meets wondrous and mysterious entities including his own personal guide Ms Crane who help guide his way When Tag finally reaches the Tree of Life and comes face to face with the Source in its brilliance and glory his self awareness and connection to life all around him have increased from the obstacles challenges and questions he has encountered along the way One of the best things about this lovely and truly emotionally uplifting book is it s the use of questions usually directed towards the wise Ms Crane for these are the very questions we ourselves ask as we make our own way along the spiritual road to enlightenment The story is simple yet so very deep One must follow their own path on this journey of life Letting go of what we think we know in order to learn again is the way to develop the soul This is what life is for everyone has a ceremony of change awaiting them It is a peaceful journey to read this book and one you will take over and over again helping yourself to follow your own path and find your own garden of knowledge with flowing waters of antiquity to soothe you It was like BOOM Sarah read it out loud to Annie and I as we sat huddled around the book We all had this visceral experience relating to the very beginning passage We couldn t believe it it was like boom This powerful emotional moment that is just impossible to describe Such a gift we all felt it at once I immediately ordered 5 more books for gifts Bonnie K I wanted more I don t know how to describe the experience I couldn t put it down I read it from cover to cover and wanted more I would like to see a workbook so I can go into more depth around

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