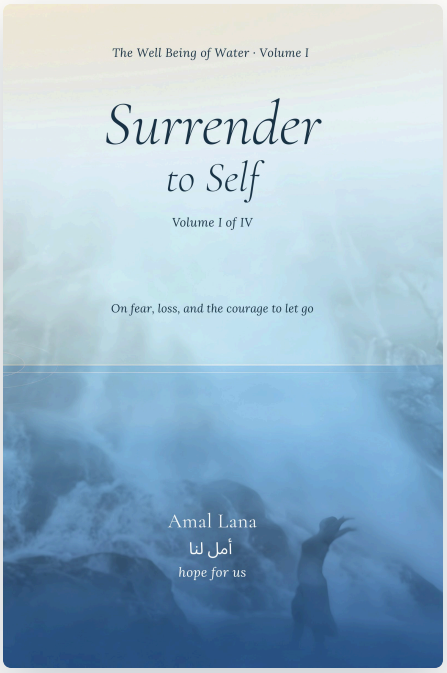
A FREE COMPANION TO THE BOOK

Reader's Guide

for readers, book clubs, grief circles & healing spaces



The Well Being of Water:

Surrender to Self

Amal Lana أمل لنا

HOPE FOR US

Welcome to the water

"The teachings and reflections at the close of each passage are offered not as conclusions but as invitations. Water never tells you what to think. It simply shows you where you are."

Amal Lana, Author's Note, p. 5

Each of the thirteen passages in *The Well Being of Water: Surrender to Self* closes with a Water Teaches teaching and a Reflection. This guide gathers them in one place, with their page numbers and room to write.

Reading alone

Read one passage, then sit with its reflection for a day before you write. There is no wrong answer.

Book clubs

Read the passages before you meet. Open each gathering by reading one Water Teaches aloud, then let each person choose a question.

Grief circles & healing spaces

Share only what feels right. Silence is a full answer. Some passages touch on grief, loss and trauma, so go gently.

A suggested rhythm for groups: four gatherings

One	**Passages 1–3**	Fear, the current, and what was never ours
Two	**Passages 4–6**	The sacred, the living water, and being held
Three	**Passages 7–10**	Leaping, becoming, receiving, and rest
Four	**Passages 11–13**	Building, presence, and the turning tide

PASSAGE ONE

The Fear That Opened the Way

WATER TEACHES · p. 34

Fear is not the opposite of healing ~ it is often the doorway to it. The water has been waiting patiently on the other side of every fear you have ever carried.

REFLECTION · p. 35

1. What fear have you been holding so tightly that your hands have forgotten what it feels like to open?
2. What might the water be waiting to show you on the other side of it?

PASSAGE TWO

Pulled by the Current

WATER TEACHES · p. 49

Surviving is not the same as living ~ and the thirst that rises from our darkest moments is the compass that leads us home.

REFLECTION · p. 49

1. What has tried to pull you under that actually left you with a deeper thirst?
2. What is that thirst ~ even now ~ pointing you toward?

PASSAGE THREE

What Was Never Mine

WATER TEACHES · p. 74

Loss is not an ending ~ it is a summons. What is taken from us often reveals what we were never meant to carry. And what we plant with love always finds us when we need it most.

REFLECTION · p. 74

1. What have you lost that was actually making room for something truer?
2. And what have you planted ~ in love, in faith, in hope ~ that might be waiting right now to lead you home?

PASSAGE FOUR

Performing Wudu

WATER TEACHES · p. 88

What is sacred cannot be shamed out of us. It can be hidden, buried, silenced ~ but water remembers what we were taught before the world told us to forget.

REFLECTION · p. 88

1. What did you know was sacred ~ before someone taught you to hide it?
2. What would it feel like to perform that ritual again, quietly, with no one watching?

PASSAGE FIVE

Conversations with the Wasband

WATER TEACHES · p. 101

Anything kept too still, too controlled, too sterilized eventually loses its charge. Real life ~ like real water ~ must flow. And the moment you choose the living water over the managed one ~ everything changes.

REFLECTION · p. 102

1. Where in your life are you accepting the appearance of peace instead of the real thing?
2. What have you sterilized in yourself just to be accepted ~ and what would it feel like to let it flow again?

PASSAGE SIX

Floating to Safety

WATER TEACHES · p. 120

Safety is not something we find outside ourselves ~ it is something we remember inside ourselves, often in the moment we finally stop trying to hold everything together and let something larger hold us instead.

REFLECTION · p. 120

1. When did you last feel truly held ~ not managed, not maintained, but held ~ by a person, a place, or something greater than yourself?
2. What would it take to let yourself be held like that again?

PASSAGE SEVEN

Diving In

WATER TEACHES · p. 133

Courage is not the absence of fear ~ it is the moment your soul refuses to let you stay frozen one moment longer. And sometimes the bravest thing you will ever do is climb back up and jump again.

REFLECTION · p. 133

1. What leap have you been standing at the edge of?
2. What would change in your life if you stopped waiting to be ready ~ and jumped not once, but three times?

PASSAGE EIGHT

Becoming Water

WATER TEACHES · p. 143

Transformation doesn't always arrive as lightning. Sometimes it comes as mist ~ gentle, quiet, and undeniable. And sometimes the bravest thing is not the leap but the staying ~ lingering in the current long enough to become something new.

REFLECTION · p. 144

1. Where in your life are you still resisting ~ still panicking, still sinking faster because of the fight?
2. What would it feel like to stop, find something solid to hold, and let yourself rise?

PASSAGE NINE

Sacred Sips

WATER TEACHES · p. 159

Healing doesn't arrive in floods. It comes one sacred sip at a time ~ in the small, quiet moments when we finally allow ourselves to receive. You don't need to explain your thirst. You only need to open your hands.

REFLECTION · p. 159

1. What is life trying to offer you right now that you keep rushing past?
2. Where have you forgotten what it feels like to truly receive ~ one sacred sip at a time?

PASSAGE TEN

Floating Still

WATER TEACHES · p. 172

Rest is not laziness ~ it is the most radical act of trust. You do nothing. And yet you are held. And sometimes the most healing thing you can do is simply arrive ~ exactly as you are ~ and let the water say yes before you've explained yourself.

REFLECTION · p. 172

1. Where in your life do you believe you must keep moving to be worthy?
2. What would happen if you stopped ~ just for a moment ~ stripped away everything you've been hiding behind ~ and let yourself simply float?

PASSAGE ELEVEN

What the Water Made Me

WATER TEACHES · p. 187

We are eternal souls wearing temporary bodies ~ and water is the element that helps us remember what we truly are. And sometimes the most healing thing we can do is build a place where others can remember it too.

REFLECTION · p. 188

1. Where in your life have you been so focused on surviving that you forgot you were also a soul?
2. And who in your life has been quietly holding something for you ~ waiting for you to come back and build it?

PASSAGE TWELVE

The Edge of Silence

WATER TEACHES · p. 200

Presence is the most powerful medicine. Sometimes the most healing thing we can offer is simply to stay ~ to hold the threshold, witness the crossing, and let the silence say what words cannot.

REFLECTION · p. 201

1. Where in your life is someone or something asking not to be fixed ~ but simply to be witnessed?
2. What would it mean to offer your full presence ~ without agenda, without fixing ~ just staying?

PASSAGE THIRTEEN

The Turning Tide

WATER TEACHES · p. 211

Surrender is not the end ~ it is the beginning of the journey you were always meant to take. Every time you have opened your hands and released what you were clinging to, something was already waiting on the other side. The water has always known this. Now ~ so do you.

REFLECTION · p. 211

1. What is the current asking you to release right now ~ the thing you are still gripping, still fighting, still refusing to let the tide take?
2. What would become possible if you opened your hands one more time?

Keep the current going

About Amal Lana

Amal Lana, whose name means “hope for us” in Arabic, is a Licensed Massage Therapist, aquatic bodyworker, water aerobics instructor and herbalist with four decades of practice. She lives in Northern Arizona, where she is building Waves of Hope, a warm-water healing center where access is not determined only by what someone can afford.

Copies for your group

Book clubs, retreats, spas and healing spaces can order copies through the wholesale page, printed to order and shipped direct.

The Deep Current

Amal Lana’s free weekly letter of writings and teachings from the water, on Substack.

thewellbeingofwater.com

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Made of Water. Filled with Hope.

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