

What Is National Rain Day™?

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NATIONAL RAIN DAY

National Rain Day was founded on the 8th May 2007 by John McCallum and initiated by a group of like minded people, following John Howard's call for Australians to pray for rain. At this time many parts of Australia were in the midst of a severe drought. On the inaugural occasion people from all around Australia at, stopped at 11 am (Eastern Standard Time) for a moment to acknowledge the sacredness of rain, visualise rain falling on them, soaking the earth, nourishing life, filling rivers and waterways and feeling a sense of gratitude, thanks and love.

It is the intention of the founding members that National Rain Day should be remembered on the 8th May each year and people around our beautiful land hold rain sacred, live in gratitude for it, visualise it and direct it in appropriate quantities to where it is required. It is their hope that we hold this vision from one National Rain Day to another and celebrate our beautiful land in this way in each and every day.

The focus is on offering love and gratitude for the water on our beautiful country Australia.

We can learn from the first Australians of this land, who danced for the rain and when it came they would dance again in thanks and celebration. We can embrace our nation, our community's, our families, friends and neighbours and importantly our young in honouring and offering gratitude for the sacredness of rain, our rivers and waterways. Too often it does not suit us when it rains so we energetically turn it away with our curses, disappointment and frustration. We are learning the premise that the consciousness of each one of us creates our world. This means we can change the world. When we collectively offer love and gratitude for water then we will experience the balance and harmony of healthy waterways and catchment areas. So to celebrate National Rain Day we invite the people of our nation to:

"LOVE OUR RIVERS"

Our rivers are the life blood of this beautiful land of Australia, when we picture them full and flowing and giving life to all that is in them and around them, we are honouring the balance and harmony of all that sustains us

Many of the rivers in Australia have been and some are still in trouble. There has not been enough rain in some places to fill them or they are being affected by excessive irrigation and unsustainable agricultural practices, so they are not flowing freely and lovingly and supporting all that depend on them. This means nature is suffering and in places dying, our water catchments are affected and there is not a balanced agricultural equality.

Now we can change this... because when we think, meditate, imagine and create pictures, stories, images etc of what we love... then what we love to happen will happen.

Here are some ideas you can adopt to support National Rain Day:

1. Initiate a "Love our Rivers" creative campaign in local kindergarten and primary schools. The collective imagination of young children is extremely powerful. Invite them to draw, paint, create models, write stories or poetry, sing or recite etc, expressing the emotion of loving our rivers. This can be timed to hold an exhibition or event on the day. Some of the work can be used to create calendars or postcards, which if titled "Love our Rivers", will keep the energy vibrant longer.

2. At 11.00am Eastern standard time on the 8th May (or any other day you may choose to gather), gather in communities, in social groups, with family and friends or if it can only be you just be there, at a place where there is water, the sea, a river, a lake, reservoir, dam, pond etc. Offer audible love and gratitude by just telling the water I /we love you and thank you for your life giving essence that sustains us. It is more effective if you are comfortable holding hands in a circle. Visualize all the waters of Australia being connected and are receiving the love and gratitude you are offering. Hold that energy in peace and silence and know that you are creating balance and harmony and bringing profound healing and energizing to our waterways.

3. If it is difficult to get to a waterway place a glass of water on a table and repeat the same thing as above.

4. If you wish to focus on specific areas that are still being affected by insufficient rainfalls then at 11.00am Eastern Standard Time on the 8th May (or your chosen day), repeat the process we introduced on the inaugural National Rain Day (see "Visualisation"). That is individually or in groups, gather together, give love and gratitude for water and our waterways, state the area you wish to focus on and listen to or recite the visualisation prayer available on the web site (click on the "Visualisation" tab and scroll down to the "Prayer of Visualisation"). Hold the energy knowing that you are inviting balance and harmony to the area. So let us all, the people of this land join in with a rain song. "I invite everyone who resonates with this to share in the experience in which ever way they can and hold the vision that our land will enjoy balance and harmony, our crops nurtured, forests and land honoured, our waterways, catchment areas, reservoirs, rivers and lakes reach fulfillment.

"Collectively we can bring peace, abundance, balance and harmony to our land for future generations".