



Shamanic Reiki Master Teacher and Life Empowerment WATER Spiral

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WATER Spiral July, August, and September *Flowing and Unfolding*

The WATER Spiral is about: Balance and Fluidity, Flowing with Our Feelings and with the River of Life – Opening the Heart and being compassionate without getting lost in our Feelings.

After the spring yawning, stretching, and breathing (in the Northern Hemisphere) into our stuck places in order to expand, the WATER Spiral invites us to go deeper to open our hearts and to flow – to explore and embody our feelings, yet in a balanced way, informed by being rooted in the breath and by the continuing support of our foundation, the EARTH Spiral.

This is a time to appreciate the element of the Earth's waters – opening to the intelligence/spirit of the Water within us and of the Earth. As we do so, it's important to understand – and the Water Spiral invites us to this – the threats to the Earth's Waters and how our own state of being and consciousness can clean our inner water consciousness – as well as purify our external water bodies on our planet.

The seasonal time for those of us in the northern hemisphere is one of heat, increased activity, and ripening growth. We are in the Summer Solstice energy. For those in the Southern Hemisphere, we are in the Winter Solstice energy, when the light promises to return, as we dive deeply into our hidden places to tap the deep waters of feeling and richness. Regardless of what hemisphere we live in, during the

WATER Spiral, we may find an opportunity to thaw some of the waters that may feel frozen within us.

As you journey through the WATER Spiral, please:

1. Honor Lunar Cycles per manual (find documents practices in your SRMT Library on the website)
2. Honor the Solar Cycles per manual.
3. Deepen your connection with your Altar. Re-read the EARTH and AIR Spiral outlines and keep connecting with those foundational practices! It is time to flow more fluidly with the presence of our personal Spirit Guides and to allow a deeper flow of exchange with the Spirit Guides that direct healing energies through us, and which impulse us through the electrical system of our water body membrane.
4. Read books of your choice, preferably focused on Water. These can be shamanic books, such as Sandra Ingerman's *Medicine for the Earth*. Or, books such as Masaro Emoto's books on water crystals, and others that have an environmental focus on water. *Fast Moving Water – Images and Essays from the Hoh River*, is a Water Spiral book, for instance.

The main reference books and chapters for the WATER Spiral are below – please DO read these, as they will keep you in the flow and entrain your mind to flow with goodness and possibility despite the chaos that can play out socially, and they also are full of great practices you can apply for yourself, and in your work with clients:

Shamanic Reiki SR Review Chapters 1 - 3, 11

The Good Remembering TGR Chapters 8

Shapeshifting into Higher Consciousness SSHC – Read what interests you

Speaking with Nature SWN – Chapters: Artesian Spring & Mist, Glacial Silt, Lady of the Sycamore

Healing with Form Energy and Light HFEL – Tsa-Lung Practice and pages 43 & 44.

5. Continue connecting with your Sacred Place; invite this relationship to feed and support you.

6. Continue to journey to your Spirit Guides or connect with them in alternate ways per the Tele-gathering (and hand-out) about guides and stones.
7. Practice *camaying water*, spraying water as you blow with the breath of spirit. Over time you will develop a fine spray of water and be able to *camay* water over your clients during healing sessions. In the meanwhile, practice on your plants, or outside – or a willing friend! (The word ‘camay’ comes from the Quechua tradition in the high Andes. Camay loosely translated means to ‘blow with the breath of spirit’, in this case, water. Ecuadorian healers also camay with air and fire.)
8. Drink water mindfully, infuse your water with the Reiki symbols and bless and speak with the water. Work consciously with Moon Water – you may try the variations. Make offerings through singing, sprinkling flower petals or saying prayers – to waterways such as rivers, creeks, lakes, ocean.
9. Keep establishing a powerful relationship to the Shamanic Reiki Spiral, as well as to Reiki itself.
10. Journey with the Element of Water. Do the Journey to the Elements in SR, focusing on experiencing and merging with Water. Offer blessings and love to the Earth’s water bodies!!!
11. Breath practices that we have experienced with the Grandmother Tree Gatherings such as the micro-cosmic breath that will prepare you to pass attunements, and the Light Breathing Practice (SSHC) followed by Tong Len variation of taking and sending in SSHC. Continue to deepen your relationship to these.

In addition, contemplate the Water element in as many ways as you can: watch videos about Water and animals and plants, the nature beings of the seas and lakes and rivers, daydream and journey into Water, read books, draw and journal, breathe consciously and feel the Water being that you are, and when outside by bodies of water notice its currents and movements and colors and reflections, and immerse yourself in water as much as you can in the warm months, allowing it to cleanse and energize you. Speak with and make offerings to the Waters. Let the Waters speak back to you. This will change your life!! It will support you so well through whatever unfolds in life, in your inner realm, or in the outer social and environmental arena!

Also notice – what the Water element evokes for you and how you see and experience it play out within and all around you.

Move as Water and invite fluidity to the deep waters of your feelings, as expressions of the Water element.

How does it feel to bring EARTH, AIR, and WATER together now – allowing more fluidity and breath in your bodily movement in order to allow feelings to flow through like Water, without blocking them and also without indulging them; just allowing them to flow? Feeling the intelligence of their flow, remembering that tears are salty like the ocean and many say that humanity evolved from oceanic beings – some indigenous groups say that humanity will someday return to embodying as an oceanic being.

Self-design an experience and method of learning during this Spiral that honors the unique circumstances of your own time availabilities and the natural pace within which you best relate. For instance, you may find that you need to continue to deepen some aspects of the EARTH and AIR Spirals to fully embrace the WATER Spiral. You may need to revisit these. You may see that you need to get a lot more serious about aspects of the EARTH Spiral to continue deepening with breath and spirit to support your WATER Spiral immersion.

As we move into the WATER Spiral, we flow more smoothly with our own inner waters, so we are available to flow more potently in an outward way to support our client work. The focus is not about ‘me’ – beyond what our reciprocal exchange is, we can breathe and ‘flow with’ to support what our client is experiencing – our attention is placed onto our client work.

We deepen our capacity to be a ‘hollow reed’ – and remember that reeds FLOW with the air that blows through them and also sway with the water that surrounds them, as many reeds grow in water. Ultimately, the reed, of course, is rooted in the EARTH.

Water ceremonies are performed in every shamanic culture from Siberia to the Amazon and Andes – in participation with the spirit of lakes, sacred

springs, the ocean, rainwater, etc. You are placing Moon Water at the 3-day commencement period of the Full and Dark-to-New-Moons. You may want to add other rituals and/or ceremonials to your lunar honoring that also honors the inner and outer waters of everything on our Planet.

Again, we also *camay water* – a cleansing process we can bring to our work with clients, and we offer our clients (and ourselves) a glass of fresh water at end of the session with the suggestion for them to close their eyes and feel the water as liquid light touching every part of them internally. In nature, trees are water fountains. There is mist and atmospheric water. Contemplate that water is conscious, remembering underground water and lakes and rivers and oceans, how you use and relate with water, and how you can honor it and experience its aliveness.

We are 70-90% water depending on where we are in the life cycle. As Reiki practitioners, we can bless our food. We can also bless our water with the Reiki symbols (drawing them in the air over the water, imagining and *seeing* them in the water, blowing them into the water with our breath), by speaking words to the water that reflect beauty and harmony, singing, reciting prayers and so forth. This affects the energetic frequency of the water.

The effect is similar to Sandra Ingerman's work in *Medicine for the Earth* – proving that shapeshifting into our divinity can shift the PH balance of water making toxic water potable. The 'Essence' practices in the book *Shapeshifting into Higher Consciousness* complement this work and help us shapeshift into our divine self.

Again, most of you are also familiar with Masaru Emoto's work (mentioned above) demonstrating the conscious response of water to thoughts, words, projected images, and music. As in Sandra's work, where the PH balance of the water was proven to shift, Emoto's work documents that water molecules take on the positive or negative characteristics of what is projected onto them.

Remember – water is a mirror, and we are water. Our cells are water. Our cells and consciousness are impacted by the environment, as well as our own

thoughts, feelings, projections, etc. In turn, when we *shapeshift* our water consciousness, we impact the environment. Water is HOLY, bless yourself with WATER.

12. Journal your experiences and journeys. If you're short on time, a few words or a sketch suffices.
13. Continue good Earthing and Breathing practices and add any other practices that support you to breathe fully and deeply! Breathing fully charges your water-body consciousness!
14. Journey to our stone circle. Sink deeply into the Earth to connect with your roots, the Earth's roots, and the root systems of the trees – and all of our roots and fibers that are connected with each other in the insulated and protected spaces under the Earth – our Grandmother Tree.

Remember to travel up through the flowing Waters of the Grandmother Tree and follow her outward flow, as she and all trees are Water fountains, bringing weather and clouds and generously nourishing all life. When you look out to trees, plants, people, etc. – remember that everything is WATER; these are the shapes that water takes, we live in a WATER WORLD. Water is conscious!!!

Bring more focus in this protected and loving subterranean space to the nourishing Waters of Trees, all the living creatures and plants and waters of the Earth, and the Waters that comprise you.

15. Take full advantage of your:
 - Peer Connections
 - Calls with Stacey and Emily
 - Tele-Gatherings

Keep this document in your personal WATER **Spiral** library.

Explore what you like of the assigned reading chapters and continue to drum and rattle for your own journeys but also journey outside and with no drum or rattle – to the Waters, also speaking with your own Water-body. The water-body hears everything, and unlike the mind, it reflects only truth. Water also becomes imprinted with what it hears; it is a mirror. Tell your water body about light and beauty and life and love and vibrance and balance. When you work with people, remember that they are a sack of water – talk to this water body telepathically. It can hear what the conscious mind cannot.

Also remember that this WATER BODY listens to and takes in, whatever you and your client voice aloud. When authentic feelings are spoken and expressed, the WATER BODY becomes more luminous with the acknowledgment of truth. When genuine feelings are covered and when self-judgment or the demand to fit into externally imposed conditions is extreme, the water in our body becomes dull and stagnant which causes it to lose its ability to conduct the informational flow of light energy. In these places of stagnation, the energy becomes stuck and dense and ‘symptoms’ can occur.

The WATER Spiral is about *Flowing and Unfolding*. After we have grounded our practices and direction and planted tender seeds (and bring our energy deeper into the Earth as we plant our good dreams to incubate for winter) and energize our spirit and body with the deepening of the breath as the spring (and autumn for the Southern Hemisphere) breezes blow – we flow more with these energies as they also unfold in our Practicums.

We dedicate to an open, trusting as well as discerning heart – watering the good things and directions we have cultivated within us – for those we work with, and for the Earth and her Waters.

Again, we truly live in a water world. Our planet is comprised mostly of water, our bodies are water and every living thing that grows on our planet – animals, plants, trees, and us, are mostly water. Become increasingly aware of this as you move through your day.

Enjoy!!