**EV1 – The WATER JAGUAR Spiral**

July, August, September

*Flow and Unfold*

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The WATER JAGUAR Spiral opens you to the deep well of feelings and a fluid notion of self that will support you in your evolving work this year, and beyond.

The Four BALAMS – JAGUARS – were the first beings on Earth.

JAGUAR in the MAYA Tradition equates to – STRENGTH, POWER and ENERGY.

**WATER JAGUAR** – ENERGY OF THE WATER, GUARDIAN OF THE SOUTH, THE COLOR YELLOW

In the WATER JAGUAR Spiral, we deepen our fluidity and ability to evolve beyond fixed ego identity.

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 spring yawning, stretching and breathing into our stuck places in order to expand, the WATER JAGUAR Spiral invites us to go deeper to open our hearts and flow – explore and embody our feelings, yet in a balanced way, supported by the foundation of the breath and the Earth element.

This is also 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 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, high 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. We may find 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
2. Honor the Solar Cycles per manual.
3. 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!
4. 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.
5. Keep establishing a powerful relationship to your feelings and shadow issues.
6. 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!!!

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 and speaking with and making offerings to the Waters. 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 JAGUAR, AIR JAGUAR and WATER JAGUAR 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 return to being an oceanic being.

Self-design an experience and 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 JAGUAR and AIR JAGUAR Spirals to fully embrace the WATER JAGUAR Spiral. You may need to revisit these. You may see that you need to get a lot more serious about aspects of the EARTH JAGUAR Spiral to continue deepening with breath ad spirit to support your WATER JAGUAR Spiral immersion.

As we move into the WATER JAGUAR 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 work where the focus is not about ‘me’.

Now is the time to go even deeper into relationship with your Dark Moon Wisdom Ally.

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, rain water, 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.

We also *camay water* - a cleansing process we can bring to our work with clients, and we offer our clients (and us) a glass of fresh water at end of 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.

Remember - water is a mirror, and we are water. Our cells are water. Our cells and consciousness are impacted by environmental, 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 the water.

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!

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.

Take full advantage of your:

Peer Connections

Calls with Rob and Stacey

Tele-Gatherings and Ceremonies

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Download documents for your WATER JAGUAR Spiral library.

**Remember that your WATER BODY listens to and takes in, whatever you 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 become stuck and dense and ‘symptoms’ can occur.**

The WATER JAGUAR 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 opening, 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!!