









Sacred Waters Ritual

- Place one/several drops of the Sacred Waters on your palm and rub the hands together.
- Bring the hands to the heart for this is where everything begins and ends with love.
- Raise the hands SLOWLY up through the Throat, Brow and Crown centres taking the Sacred Waters to them and through them.
- Lift the hands above the head offering the Sacred Waters to the Heavens, the Universe, see the planets, stars shining and spinning overhead, the suns raging with heavenly fire.
- Bring the arms down either side of the body offering the Sacred Waters to all the layers of the subtle forms, the Etheric, Mental, Emotional and Spiritual.
- At the feet offer the Sacred Waters to Mother Earth seeing them drip down your fingers into the rich soil, carried deep into the planet through your own root system.
- Now SLOWLY bring the hands up introducing the Sacred Waters first to the Root, the Sacral, the Solar Plexus and finally back to the Heart centre.
- Hold the Sacred Waters here and offer them from and through the heart to anyone you know and love who is in need of their energy.
- Raise your hands to your nose and smell, deeply drawing them into your soul.

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The Sacred Waters may be used for anointing, to bathe and whilst earth healing.

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