**Outline for the Water Ceremony-2016**

**Supplies**

Each woman has a photo of the love and gratitude crystal from Dr. Emoto

There is a “sacred well” in the center of the room

Small Paper and pencil for each woman

Jar and lid (baby food type) with water in it

Keep in mind as you listen to this information…People are 90% water at birth; 70% water in adulthood; 50% water in old age. Also, about 70% of the earth’s surface is covered in water. The following is taken from the book, Hidden Messages in Water by Masaru Emoto. For further understanding of Dr. Emoto’s discoveries go to: <http://www.spiritofmaat.com/archive/nov1/cwater.htm> Everything vibrates at a different frequency…Humans 570 trillion times a second. Each individual has its own unique frequency. When you think of sound you can understand how vibrations move.

 Water has the ability to memorize a vibration frequency. Mr. Emoto wanted a visual of this. He used photography of water crystals. He discovered that different words affected the water creating unique crystals, consistently. He checked the crystalline structure of tap water vs. natural water vs. polluted water. He played music and exposed a photo of a beautiful scene to the water. The most beautiful crystals developed when the words love and gratitude were said next to the water. Negative words and slang disrupted the crystalline structure of the crystals.

These are the opposite waves/frequencies:

Hate-gratitude

Anger-kindness

Fear-courage

Anxiety-peace of mind

Pressure-presence of mind

**Introduction to Water Ceremony**: Now we are going to use this information about the power of introducing words, ideas, energy to water and the fact that our bodies and the earth are mostly water. The water of our blood will carry the energy from this water ceremony throughout our bodies. And when we pour our energized water on the earth, that energy will transfer the energy to other water of the earth and it will be carried further than we can imagine.

**3 parts of the ceremony:**

1. First each one of us will focus on nurturing our individual intentions

We’ll energize some water with words for your own intake. It could be your intention, or words to nurture an intension. Write the word or words across your photo of the love and gratitude crystal. Set your little jar of water on the photo and say the words into the water picturing or feeling their meaning. Spend a minute focusing on the water and when you’re ready, drink the water.

1. Then we will take in the love and gratitude of this group

Now we are going to focus on the sacred well we have set up in the center of the room. We’re going to spend a minute focusing our loving energy toward the water. You might think of the group as a whole with love and gratitude. Or start thinking of specific people with love and gratitude and direct tose thoughts and anergy to the water in the center….(pause)… Now we’ll use the ladle to pour some of the infused water from the well into our jars and drink this group energy. (Sing a water song while people dip and drink the water.)

1. Finally we will infuse the water with our hopes and prayers for the world and earth. We will go around the circle , each voicing our statement while focusing on the water in the center. When we have finished, we will dip up water into our jars that we can take home and pour into the ground or a creek to have our energy spread to through the earth. (Sing a water song as people dip the water).