

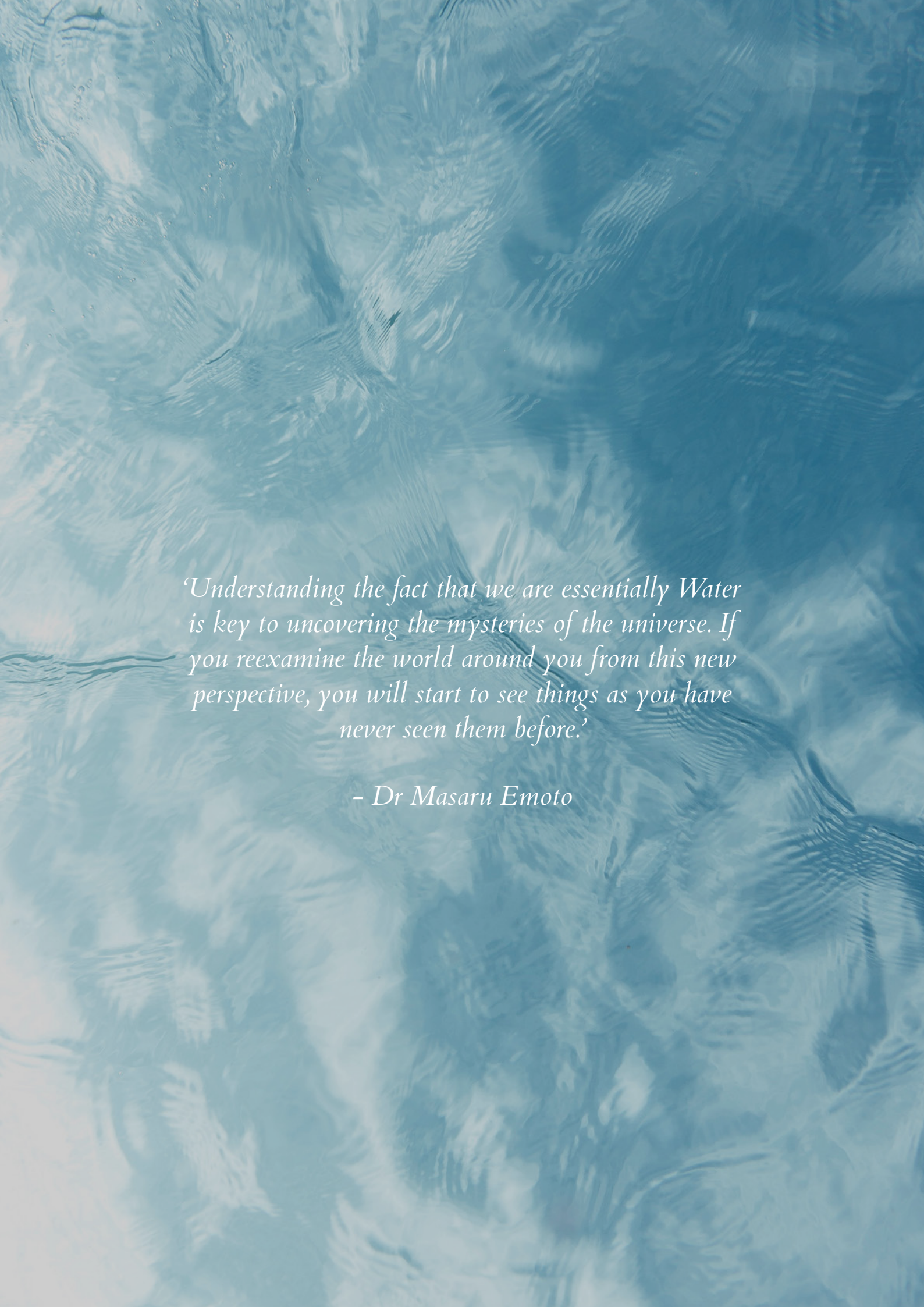


INNER TEMPLE MYSTERY SCHOOL



THE SACRED WATERS MYSTERY

with REBECCA CAMPBELL



‘Understanding the fact that we are essentially Water is key to uncovering the mysteries of the universe. If you reexamine the world around you from this new perspective, you will start to see things as you have never seen them before.’

- Dr Masaru Emoto



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INTRODUCTION

Part One

THE SACRED WATERS MYSTERY

Welcome

Welcome to *The Sacred Waters Mystery*. Now we are going to dive deep into the incredible topic of Water. The powerful, potent, purifying and healing energy that is held within the waters of the world, the waters in mythology and the waters within ourselves. This module spans the depths of the oceans, travels the lengths of the rivers and takes us deep into our own human body as we get intimate with our own relationship to Water as Life.

When we talk about ‘Sacred Waters’, we are talking about *all* waters. Sacred Wells. Healing Pools. Lagoons. Seas. Oceans. Lakes. Streams. Canals. Waterfalls. Sweat. Tears. Amniotic fluid. Ice caps. Icebergs. Ice cubes. Rain. Dew. Puddles. Mist. Irrigation Systems. Saliva. The blood in your veins. Your cup of tea. Everything connected to water, and all that seeks life from it...which is *every living thing* on the planet.



Water makes life on Earth possible. The Sacred ingredient that invites all life to begin and to bloom. Water is a pivotal gateway into all life.

Visionaries such as Dr Masaru Emoto and Leonardo da Vinci prophesied that perhaps Water IS the intelligence that makes Life possible. For many years, throughout my work, I have spoken about an Intelligent Pulse that is woven through all of life. This mysterious pulse that is so intelligent that it tells the flowers when to open, the seasons when to come and go, babies how to grow and even the planet to spin.



After immersing myself in *The Sacred Mysteries of Water*, I believe that water may just be connected to this great Intelligence. Consider that we are sixty five per cent water ourselves (plants a huge ninety per cent!); and while we can go weeks without food, we will not last longer than three days without water. It is easy to recognise from this that water is deeply Sacred. And without a doubt essential.

In this module, we are inviting Water to be our guide to experience the Sacred in an embodied way. We will be experiencing different practices that serve as gateways for us to return to our own true nature, hear the voice of our soul, explore the unknown and, ultimately, reconnect with the Sacred Intelligent Pulse of Life that is woven through us all.

Is this why all of the world's great and ancient traditions use water in their Sacred practices? Is it this acknowledgement of water as Sacred that we must wake up to before it is too late? Any healer knows that healing is a return to wholeness. There are so many places of healing around the world that are intrinsically linked to water. Are they places of Sacred healing because through seeing the waters as Sacred, we are really seeing ourselves as Sacred, for we are primarily made up of water? And are the waters there healing because they have been frequented, prayed over and worshiped by pilgrims through the ages? Is it through attuning to these Sacred Waters that something is awoken and healed within us too?



In his book *The Hidden Messages in Water*, Japanese author Dr Masaru Emoto says, 'Water records information, and then while circulating throughout the Earth distributes information. This water sent from the universe is full of the information of life.' There are many ways for us to connect with this information as 'the human body is essentially water, and consciousness is the soul.' Perhaps it is possible for our consciousness to expand by connecting with our soul and the water in our bodies?

In most spiritual traditions, water is fundamental to spiritual life. It very often symbolizes fertility, rebirth, purification and divine generosity. There is something about the paradoxical power of water that contributes to both its power and purity. It can provide clarity in its stillness and it can create chaos and destruction within its power and storms. In some conditions it can help us feel protected, but in different conditions it can make us feel incredibly vulnerable. It can provide deep sustenance for our bodies and we can also drown in it. Honoring this paradox seems to infuse water with a greater sense of its Sacred ability to deeply heal and transform.



My journey with Sacred Waters began growing up on the Northern Beaches of Australia, literally toddling along the shores of the Pacific as I learnt to walk. My dad was a swimming teacher and at the age of eighteen months I was a water baby swimming in the pool. Later, after school, I would assist him while he was coaching older kids.

I've always been in a deep relationship with the ocean, often feeling it expressed something deep in me that I didn't know how to articulate. Looking back, joining the dots throughout my life, I've always been drawn to waters, especially now, having built my life in Glastonbury, the site of so many Sacred Water sources. My son learned to walk through the waters of the Chalice Well Red Spring... the Mystery of the Sacred Waters is so truly alive in my life. I'm looking forward to going deep with you as you explore your relationship with the waters and connect with their sweet, powerful, purifying, flowing, healing, life-giving energy.



My prayer is that you journey through *The Sacred Waters Mysteries* with clarity and flow, and use the invitation to follow your own curiosity and intuition about what medicine, messages and gifts *The Sacred Waters Mysteries* has for you.

WHAT YOU WILL NEED FOR THIS MODULE

Getting organized

Here is a list of some of the objects that you may need for this module. Always try to source locally and sustainably where possible.

- △ **Candle for evocation**
- △ **Water or oils for anointing**
- △ **A bottle or vessel for Water such as a small bowl, cup or vase**
- △ **Collection of different Waters e.g. from rain, natural spring, river, ocean etc**
- △ **Water-themed altar items such as Water, oils, stones, flowers, cloth, candles, leaves**
- △ **Water-themed altar item for your *Inner Temple Mystery School* altar**
- △ **Device or speaker for playing music**
- △ **Pen or pencil for *Soul Inquiries***
- △ **Oracle Cards**

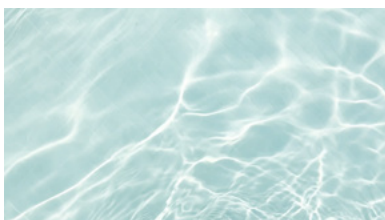
THE CALL OF THE SACRED WATERS

My journey with Sacred Waters

Water is a mysterious gift of nature. It is the liquid that makes Life possible. Life as we know it would not exist without this precious element. Life *only* exists where there is Water. We all began in Water. Water shapes our planet and impacts just about every aspect of our lives. We are Water beings. This is a Water planet. We consume it. We excrete it. We breathe it. We are it.

If we are devoted to walking the mystical path and weaving reverence into how we live, it is essential that we closely and honestly examine our relationship with Water. It is *the* Mystery that we encounter the most. It is in every living thing.

We physically cannot survive without it. It is an essential part of our daily rituals. And while Water is such an intrinsic part of who we are and how we live our lives, in most modern societies we have become so disconnected not only from the life-giving nature of Water but in seeing Water as Sacred. From having clean drinking Water on tap in your home, to seeing how the rains transform the landscape. From how fresh Water gives drooping flowers new life, to how the cup of warm tea enters and nourishes your body. How hot tears of rage offer sweet release and healing, to washing away the day in a shower.



I believe all Waters are connected. The waters of our bodies and the waters of the earth. I believe waters hold the codes of Life. I believe we can activate water with our prayers and intentions, just like we can activate our bodies with prayers and intentions because we ARE water.

I believe water is a conductor for the Intelligence of Life. I believe we can return to a deeper state of flow and reverence, by listening deeply to Water. I believe that water holds memory and that through working with water we can reach back through the ages and expand our consciousness as a planet.



Growing up on the northern shores of the Pacific in Sydney, Australia (Garigal and Gannagal land) Water was a huge part of my childhood. A water baby, I was in the pool every chance I could get.



After work, my dad taught swimming to other children in the neighborhood to pay the mortgage, and I was his proud assistant, diving in and demonstrating any time he needed. Surfing and body surfing through my youth, I was not afraid of the water or the creatures that lurk beneath, making my way all the way out past the breaking point and welcoming the huge waves and the power they brought. I would train to be a lifeguard and donate my time at one of the local beaches on my weekends and school holidays.

The moment I got my licence, I began a secret ritual, driving myself to my favorite places along the rugged cliffs of the northern Sydney coastline when the weather and waves were at their most unpredictable and fierce. Maybe it is the Scorpio Rising in me, but the ferocious, wild, unrestrained, messy, moodiness of the ocean met parts of me that I felt deeply but was yet to find words or ways to express.



Fresh out of university, when I got my first job as a creative, I discovered that it was nature that was my number one muse. Ideas were my currency and so I would wake up at the crack of dawn to walk along the beach before getting the hour long bus to work. Met by the rising sun, and the sand and the frothy cool sea foam at my feet, I'd ask the Water and the waves to inspire me, to speak through me, and they almost always did.

THE CALL OF THE SACRED HEALING WATERS

After immigrating to the UK, I began discovering the Sacred springs and wells of my ancestry. Before moving into the work I do now, I spent a decade walking above the underground Waterways of London, from Fleet Street to Muswell Stream passing forgotten Sacred wells such as St Bride's Well, Sadler's Wells and Aldwych Holy Well without knowing it.



Rebecca in Thailand 2008

The first time I was deeply aware of the healing vibration of Water was on a tidal island near Phi Phi Island in Thailand. Time seemed to stand still and I experienced what I can only describe as deep peace, union and awe. This same feeling returned some years later on my first visit to Bath, the largest city in Somerset, England, named after its Roman-built baths.

This feeling was deepened even more some five years later when I traveled an hour further west to Glastonbury, known as the Ancient Isle of Avalon. Glastonbury is a town steeped in great Mystery and home to two springs that pilgrims travel to for healing: the Chalice Well and the White Springs.



The Chalice Well, Glastonbury, UK



Rebecca at The Chalice Well, Glastonbury, UK

There are many other lesser-known springs and wells throughout the UK that you can go to for fresh water, even today. Little did I know at the time, this town, home of these Sacred healing waters, would call me home to it years later and my son would learn to walk wading in the waters of the red and white springs. It was on this first visit to the Chalice Well that I heard the call of the Goddess loud and clear. Across the road in the darkness of the white springs, I deepened my connection with the Black Madonna and the Celtic Goddess Brigid, Danu, the Cailleach and many more.

MEETING THE CREATURES OF THE DEEP

In 2016, I was invited to Tenerife to swim with the dolphins and the whales. My mind was blown, humanity humbled and my heart stretched wide open as I came face to face with these peaceful beings of the deep. Again that deep peace was touched from head to toe in these Waters. Time seemed to expand and get very still as the Waters brought me another unitive experience.



REMEMBERING THE WAY OF THE SACRED WATERS

Upon moving to Glastonbury, I started developing a grounded reverence and appreciation for Water as Life. Watching people who had chosen to live truly with the earth, walk to gather their water each day from the wells, opened my privileged modern mind and I began to see how I had taken so much of my life – especially the access to fresh Water – for granted. I began walking to the well with my son each day, we would fill up our bottles and I would let him play with his toys in the trickling stream of the white springs.



Rebecca blessing her son at the Lions Head at the Chalice Well



Glastonbury was once surrounded by water. When the Romans invaded they would drain the levels and the Isle of Avalon was no longer an island. However, the way I feel on this land is how I feel when I am around water, and so I feel that the land holds that memory in it in the trees and the soil. Or perhaps it's the water within the soil and the trees that holds that.

THE WATERY WORLD OF THE MOTHER

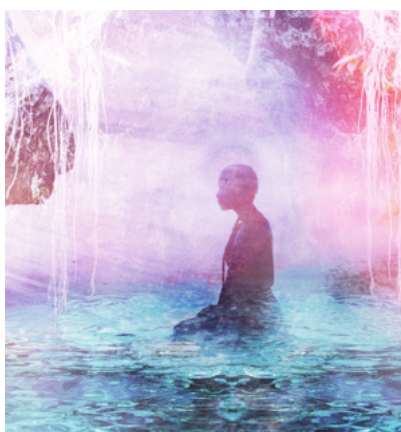
When I was pregnant with my son, I found myself developing a deeper relationship with the waters of our body and the watery world of the Mother. As he grew within me, it blew my mind that we all gestated in the amniotic waters of our mother. It made me question, what is it that tells the baby how to grow? What is it within plants, animals and humans that tells us how to grow too? And what role does water play in that?



Upon birthing my son into the world by water birth, my waters did not break and he came into this world still in his protective amniotic sac: a water birth within a water birth! Known as a veiled birth, through this experience I was shown how we really do come from Water.

THE SACRED WATERS OF THE EARTH: A UNITIVE EXPERIENCE

The most Sacred experience of my life happened in 2017 in a studio in Hammersmith, London. It was completely unexpected, deeply mystical and would take many years to integrate. I was a week deep into my kirtan teacher training. After days of devotional chanting I stepped into the middle of the workshop circle and I could feel that something auspicious was about to happen. I went into what I can only describe as an altered state, with no clue that what was about to happen would forever change me physically, emotionally and spiritually.



My body – standing fully present in the center of the circle – began to move in a repetitive way as I experienced my soul traveling to a pool of Sacred healing Waters in an ancient cave in the very center of the earth. The Waters were deeply soothing, nourishing and healing. They were fresh and sweet and seemed to resemble the untouched vital Waters of the Earth that supply virgin springs and other Waterways, as well as the Watery world of the mother; the Waters of the womb that we all journeyed from.

All around me were the Ancient Grandmothers of the Earth, ancestors of us all. Above me, the entire cosmos. Cradled, soothed and held in the arms of the Great Mother, Goddess, Mother of us all, I was shown all of the souls of the Earth entering from the left with a breath in, and leaving from the right with a breath out. All of us enter through the Sacred Waters of the Mother and the Earth held here by our breath. The Ancient Grandmothers sang their ancient songs in repetition, as if they had been singing since time began. I am told by my peers in the room that I was singing these ancient songs too, in languages and melodies that were foreign to me and yet came flowing through. Some of the words were recognised, others felt ancient and 'lost'.



I saw how the songs of the Ancient Grandmothers imprinted the Waters of the earth with wisdom, tender encouragement and healing. As if they were and are reaching out to us through this unbroken song that can be accessed through the Waters.

I saw with the deepest of compassion how difficult the human experience can be. Truly the extremes that come with being human, from the agony to the ecstasy, the deep love to the deep grief, the tragedy and the sheer beauty of life on this magnificent planet. The Sacred Waters felt feminine and bounteous. They represented life itself both around us and within us. And I felt how they are calling us to return to our sensual true natures.

It was the sweetest, most tender, sensual, intimate, Sacred experience of my life. One that would leave an imprint within me that would change me forever. Since that unitive experience with the Sacred Waters, they have never left me. The experience is etched into my heart. And from that day on, the Ancient Grandmothers, the Great Mother and the Sacred Waters have been present every time I create and teach.

The more I explore the great Mystery that is Water, the more certain I am of its intelligence. Perhaps it is Water that truly holds the codes of Life both on Earth and way beyond?



*May we hear the song of the Ancient Grandmothers
imprinted in the Waters of the world.
Through connecting to the Waters, may we attune to the Great Intelligence of Life.
May we honor all Waters as Sacred, both around us and within us.
May we protect the Sacred Waters of the Earth
so there is plenty for all now and forever more.*

AN INVITATION

My prayer for *The Sacred Waters Mysteries* module is that together we deepen our relationship with all of the Waters in our lives. From our morning shower to appreciating a Sacred spring, from quenching your thirst to working with Water on your altar. From developing a relationship with Water near you to how you bathe every day. May the Waters bring clear messages, healing and flow to you.



THE CALL OF THE WATERS

Your journey with Sacred Waters

Take some time to reflect on your connection and journey with Water. Maybe you have been in conscious connection with Water for many years, or perhaps this is a new beginning for you.

Explain your journey with Water so far. How has Water been present in your life? What memories do you have?

What does Water symbolize to you? What do you know about it? Do you see it as a Sacred guide or as something Sacred? Or is this something new for you?

How have you interacted with Water today?

As we slowly walk our way deeper and deeper into this Sacred Waters Mystery, it's helpful to get clear on the many, many ways Water is present in our life and our world. Make a list below of all of the ways you have interacted with Water today. Here's a few to get you started: Shower, coffee, washing hands, washing clothes, washing dishes, washing food, the Water in food, brushing teeth etc.

How have Sacred Waters shown up for you in your life? This could be physically, symbolically or spiritually.

Where are there Sacred Waters in your neighborhood or city? Are there wells, lakes, rivers or oceans you can visit?

Have you ever visited a Sacred Water site around the world? Have you worked with Sacred Waters in any other way? e.g. cleansing, purification, anointing, bathing, baptism, Water gazing etc.

With Sacred Waters as your guide, is there an area of your life that you would like to focus on during *The Sacred Waters Mysteries Module*?

SACRED WATERS MYSTERY TEACHINGS

An exploration of history, folklore and myth

Water is one of the mysterious gifts of nature that ignites and supports life on Earth. Water is a source of sustenance, a means of transport, a recreational space, an element for cleansing. It's also a Sacred vessel for initiation, purification, anointing, healing and ceremony. Water is an element that has long been infused with Sacred blessings and rituals and recognised the world over as a source of healing. Water features in countless creation stories from right across the globe, holding the beginning of all Life.

As ever, we are starting here in the scientific facts of Water: what it is, where it comes from, how it moves and how it forms. The invitation is not to get stuck in academically learning the science of each Mystery, but to allow this information, folklore and the imagery to wash over you and inform your mystical inquiry and practice. To create a solid container for you to then go deep and have a direct personal experience with the Sacred through the gateway of each Mystery. To awaken each of your intelligence centers: your mind, your heart and your intuition, so they all can hold and receive even more information about the Waters. To be a mystical soul explorer of the Sacred.



There is some truly powerful imagery when we dive into how Water forms and flows: the meandering rivers, the weight of tropical raindrops, the ruthless power of floods. Allow all of this to be a part of your inquiry. Remember the intention is to embody a deeper understanding intuitively, not a higher learning academically. Follow the flow of your curiosity: it will always lead you to the treasure.

WHAT IS IT?

Water is an element made up of molecules. These molecules are made up of one oxygen atom (O) and two hydrogen atoms (H₂): H₂O. Water is the only substance that we encounter in our day-to-day lives in three different states; a solid (ice), a gas (water vapor) and a liquid. While access to clear fresh drinking Water is a growing issue for our world, water is actually more prevalent than any other substance on the Earth's surface.

According to the *National Geographic's* online encyclopedia, 'More than half of our planet is covered in water: that's why it's often referred to as the 'water-world' or the 'blue planet.'" We have water underground, in rivers, in oceans, in clouds and in the atmosphere. Every living cell contains water: sixty five per cent of human bodies are made up of water. For plants, it's even higher (ninety per cent)! Even seeds are nearly five per cent water.



While we can survive weeks without food, we can't survive more than three days without water. It is an essential part of our sustenance and ecosystem.

ACKNOWLEDGEMENT

Working with clean, safe, drinkable water throughout this module is a privilege. It feels essential to name and acknowledge water inequality, scarcity and its devastating impact on millions of people around the world. In a 2019 report called 'Progress on drinking water, sanitation and hygiene: 2000–2017: Special focus on inequalities' by UNICEF and the World Health Organization, the findings were that up to 'one in three people globally do not have access to safe drinking water' and that '785 million people still lack basic "water" services'.

Tragically the global charity World Vision reports that 'more than 800 children die each day from poor water, hygiene and sanitation and water-related diseases'. Water inequality and scarcity is a global problem that impacts entire communities. Without access to clean, safe Water families can become locked in poverty for generations. UNICEF has recently published some staggering facts and projections around Water scarcity stating:



- △ *Four billion people - almost two thirds of the world's population - experience severe water scarcity for at least one month each year.*
- △ *Over two billion people live in countries where water supply is inadequate. Half of the world's population could be living in areas facing water scarcity by as early as 2025.*
- △ *By 2040, roughly one in four children worldwide will be living in areas of extremely high water stress.*

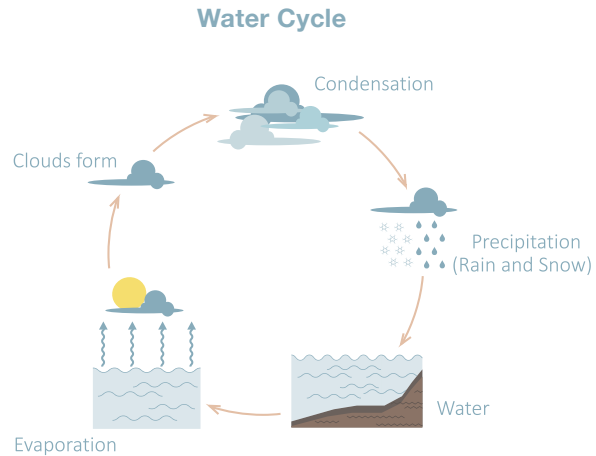


I share this with the intention of deepening our reverence as we work through the Water module, and perhaps also igniting some sacred activism within you. I'm pledging a percentage of my royalties for *The Inner Temple Mystery School* to Charity:Water. If you'd like to join me in making donation, visit: www.charitywater.org/rebeccacampbell

THE WATER CYCLE

The *National Geographic* online Encyclopedia explains that ‘the water cycle is the endless process that connects all of the water on earth as it moves from land into the atmosphere and then back to the earth and oceans. Driven by the sun, the cycle consists of three parts: evaporation, condensation and precipitation.’

The water circulated in the water cycle occurs in three forms: as a solid, a liquid and as a gas. The solid form of water, ice, is largely found at the North and South Poles, within snow covered mountains and glaciers. Water in liquid form flows within oceans, lakes, rivers, streams and our bodies. The gaseous form of water – water vapor – is present all around us. We breathe it in with every breath we take.



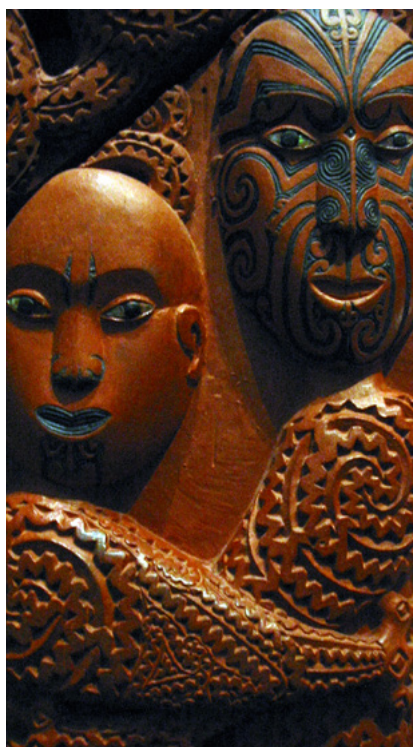
Igor Shiklomanov’s essay published in Peter Gleick’s book named *Water in Crisis: a guide to the world’s fresh Water resources*, shows that oceans hold approximately 97% of Earth’s Water. About 1.7% of Earth’s Water is stored in the polar ice caps and glaciers. A further 1.7% resides in the soil, lakes and rivers. A tiny 0.001% exists in the Earth’s atmosphere as Water vapor.



It’s helpful to really imagine and get clear on the cyclic journey of water. From melting ice caps high in the mountains, rivers carry large volumes of water from the land down to the oceans. There, sea water constantly evaporates and this water vapor forms clouds. Clouds then carry this moisture back over the land and release it as rain. This fresh rain water feeds rivers and smaller streams. The water cycle constantly replenishes our supply of fresh water.

CREATION STORIES AND PRIMAL WATERS

Perhaps more than any other element or Mystery, Water features in countless creation stories from cultures right across the globe. Many creation stories speak of life arising from the Waters. The *Rigveda* – one of the oldest Indian texts – tells us creation began within the darkness where all was an unrecognizable salty ocean. Interestingly, Mesopotamian mythology tells us that there was both salty water and sweet water, which merged to create the gods. Often in mythology there is transformation and emergence from the places where elements overlap. Whilst Celtic mythology doesn't prescribe to one specific creation story, there is the fable of Eiocha, a white mare that was born from the sea foam where the sea met the land before time began.



The primal couple are Rangī and Pāpā, depicted holding each other in a tight embrace. Kahuroa, Public domain, via Wikimedia Commons

In Finnish mythology Väinämöinen is a hero who, among other things, is associated with the birth of the world. In the country's national poem, the *Kalevala*, he's the son of Ilmatar, the Goddess of the air, who creates the Earth and the heavens while floating in the primordial waters; Väinämöinen scatters seeds on the land to make it green and growing. Similarly (although geographically miles away in the Southeastern Woodlands of the United States) the Cherokee creation story also speaks of Earth beginning as a floating island in a large ocean. Some Polynesian creation myths tell us of the world emerging when a shell slowly opened, allowing light in. The upper part of the shell became the sky, known as Rangī, and the bottom part of the shell became the Earth, known as Pāpā. Rangī and Pāpā remained lovers who birthed seventy powerful gods who helped craft the world.

For the Babylonians, in the beginning nothing existed but the masculine and feminine personifications of the disorderly primordial waters. The myth tells us that the chaotic water divided into fresh water, known as the masculine god Apsu, and salt water, known as the feminine goddess, Tiamat. These two gods gave birth to many other gods who then began to cause trouble and upset Apsu, which created great conflict between him and Tiamat resulting in a warrior named Marduk firing an arrow at Tiamat, splitting her in two, creating the Tigris and Euphrates rivers. It's also widely told that the heavens and the Earth were then created from her body.

The primal waters are the maternal source for the creation of the world in the creation myths of many cultures. The primal or *primeval* waters are often associated with chaos and potential, where the act of creation is achieved by taming and transforming the mayhem of the waters. The primeval waters signify a state where the predictable patterns and cycles of the Universe have not yet formed or emerged. As detailed by David and Margaret Leeming in *A Dictionary of Creation Myths*, waters are connected to the original Mother Earth: 'the maternal waters out of which the new creation is born'. They also represent unlimited potential and a blank slate for impending creation.



PAUSE & REFLECT

There is so much to explore within these primordial water myths, I touch on them here because I find the energy of the 'chaos into cyclic' energy such an interesting one. It's something I recognise deep in my cells. You could argue that we all began as that chaotic emergence of molecules within a dark body of water (the watery world of the Mother), forming slowly once the intelligent patterns of nature allowed our cells to unfurl.

The creation myths can feel expansive, far away and ancient. Don't forget to invite them into your body and apply them to not only the creation of the world, but also the creation of YOU. What insights reveal themselves to you?

WATER AS SACRED

Water is revered as Sacred and forms the basis of many spiritual practices. There's so many exquisite examples to draw upon across different faith paths, but here's just a few...

According to Sharon MacLeod in her book *Celtic Cosmology and the Otherworld*,

In Irish and Welsh literary sources, bodies of Water are credited with a variety of practical and esoteric qualities, including healing, purification, wisdom and transformation ... wells were perceived as the source of wisdom, and the flowing of rivers were the method of conveying that wisdom.

Within Christianity, water is used in the Sacred ritual of Baptism whereby an individual may plunge, be immersed in or anointed with 'holy water' to initiate a sense of spiritual rebirth and display a deeper devotion to living their Christian faith. One of the origins of the word 'baptism' is the Greek root word 'baptizein' which means to 'immerse, dip in water' according to the *Etymological Dictionary of Greek*.



In Hinduism, water is a deeply Sacred place. Hindus believe that the Ganges River has purifying and cleansing powers. Kumbh Mela is a major pilgrimage and festival in which millions of Hindu pilgrims assemble every twelve years at four sites of confluence of Sacred rivers. According to Michael Witzel in his paper, 'Water in Mythology',

'The pilgrims believe that at the meeting point of the river and the sky, one can climb up to heaven. As a result of these beliefs, a bath at any confluence of two rivers is considered Sacred and salvific.'

From studying the water of the Ganges for many years scientists have learnt that the level of dissolved oxygen is as much as twenty five times higher than any other rivers on Earth which helps the river cleanse itself. It is a mystery to the scientific community why the Ganges has this super power.



Within Islam's holy book, the *Quran*, water symbolises wisdom. It recognises that humans are made up of, live, breathe and consume water and to live with this understanding is a conscious awareness of the self. 'Wuḍū' is the ritual washing performed by Muslims before prayer, performed by washing the face, arms, then wiping the head and the feet with water. This daily ritual of ablution is performed to cleanse inside and outside the body before prayers.

Similarly, in the Jewish tradition an immersion ritual called a 'mikvah' bath is practiced for purification. Jewish esoteric traditions believe water to be a powerful element when summoning divine power. It is also seen as having masculine and feminine parts. It is the merging of these that makes the earth abundant. Water often features within Jewish rituals and practices. For example, traditionally, the kings of Israel would often be anointed whilst standing over water.

Within Buddhism, the path to enlightenment is often expressed as a ‘diligent cleansing’ of spirit, mind and body. Many Buddhist practices speak of the calmness of water and invite the practice of meditation to help us steady the chaotic waters within and transform them into the stillness of calm water. This metaphor is often embodied with water offerings at Buddhist shrines, or Buddhist statues sitting within a body of water.



While the types of waters found on this planet are countless, below are some that feature most in Sacred folklore and myth.

SACRED OCEANS AND SEAS

Beguiling humans forever with its scale, power, beauty, generosity, majesty and depths, the ocean features in countless myths and folklore tales with many Mysteries hidden in the depths of Her.



The Birth of Venus, by Alexandre Cabanel, 1875, French painting, oil on canvas

From Yemaya to Brizo, Mazu to Doris, Alignak to Neptune, Untunktahe to Manannán mac Lir, Rodon to Varuni, it's no surprise that many Goddesses and Gods through the ages have been woven into the Mystery, power and beauty of the oceans and seas.

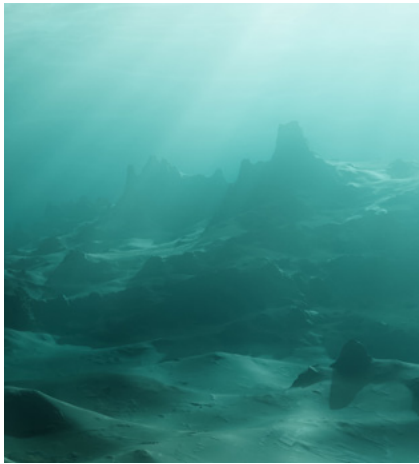
The Greek ‘Goddess of Love and Beauty’, Aphrodite, is often associated with the ocean as she was born out of sea foam. Similarly Chlíodhna (pronounced *klee-nah*), the Celtic Goddess of beauty, love and the afterlife, is also the goddess of the sea. It was believed she could be found in every ninth wave of the ocean. The ancients would speak their wishes into small pearl tributes – placed within a shell and tied up with seaweed – then offer them upon the ninth wave with the hope of them being received kindly by Chlíodhna.

Myths of Ocean Gods also span the ages and many cultures. Beyond the well-known Greek fables of Poseidon and Neptune, we find the likes of Manannán mac Lir – the Irish ‘son of the sea’ – a popular deity in Celtic mythology. He was also known as the Master of Tricks and Illusions, with many magical possessions including an impenetrable armor and an invincible sword. The ocean remains one of nature’s true Mysteries. The National Geographic tells us that more than eighty per cent of the ocean has never been mapped, explored or even seen by humans. ‘A far greater percentage of the surfaces of the moon and the planet Mars has been mapped and studied than of our ocean floor.’



The statue of the Celtic Sea God Manannán Mac Lir at the Gortmore View Point on Binvenagh Mountain near Limavady in Northern Ireland.

However, we have learnt that the ocean contains vast mountain ranges and canyons much like you'd find on the surface of Earth, with some trenches within the Pacific Ocean deeper than Mount Everest is tall.



As a mystic, I am forever drawn to the depths and the unknown. The fact that we have explored more of the moon than we have the ocean floor is deeply humbling. As someone who has had the great privilege of swimming with whales and dolphins, I am certain that there is so much we do not know about this planet and how life works. From astrology to the tarot, dream analysis to poetry, psychology to art, water has long been a symbol of the unconscious, subconscious, feelings and emotions.

SACRED RIVERS

Present on every continent, rivers are found on nearly every kind of land. Whilst some only flow seasonally, others flow all year round. Some rivers span entire countries. Others may only stretch a few kilometers. All rivers have a source, a place from where it begins – such as a melting glacier, a lake or a natural spring – until it then empties into a larger river, a lake or the ocean. The power of rivers play a vital role in carving and shaping our landscapes. For example, the Grand Canyon in the USA was sculpted by rivers centuries ago. Water truly has molded our world.



We have relied on rivers in many ways right throughout the ages, harnessing their power for shipping, transport, infrastructure, farming, food and fuel. We have always built our villages and cities close to her banks and gathered there for Sacred ritual, immersion and healing.

Rivers have long been acknowledged as Sacred spaces. In New Zealand, the Whanganui River was officially legally recognised in 2017 as a legal person, facilitating environmental protection and funding. And in 2019 Bangladesh protected all their rivers by making them legal persons under their legal system.



There is a rich and deep connection between rivers and Goddesses in many cultures, resulting in rivers around the globe being named after the Goddesses associated with them. For example, Boann, the Celtic Goddess often linked to fertility and the River Boyne in Ireland. Oshun (Osun), Yoruba Goddess of Love and Sweet Waters, associated with sensuality, fertility and purity and the River Osun. Brigantia, Celtic Goddess of flowing Water, sometimes referred to as the Nymph Goddess, has several rivers named after her such as the River Braint and the Brent. Sequana, a Celtic Goddess known for safeguarding the springs at their original sources, and the River Seine. Saraswati, Hindu Goddess of knowledge, wisdom, art, creativity and music, and the Sarasvati River. Hindu Goddess Ganga, Goddess of purification and forgiveness and the Ganges River.

SACRED WELLS

The concept of the Sacred well has always been one that resonates deeply with me. I have visited many Sacred wells in the UK and Ireland for inspiration, to offer prayers, receive guidance and to connect to the Sacred energy there. I also have had the privilege of taking people to visit some of these Sacred places on the retreats I run.



Sacred springs and wells are also charged with the spiritual energy of the people who gave thanks for their life-giving Waters in times past, so spending time in these places is also a wonderful way to connect with our ancestors or the spirits of the land. Their stories whisper of healing properties, connection to the divine and communication from spirit. Many ancient traditions use water and wells as a tool for divination as well.

During the spread of Christianity, when people were expected to convert from their old faith and traditions to the new religion, it was a strategy of the church to replace the gods and goddesses that the people of the land had worshiped for hundreds of years with Christian saints. This was a deliberate attempt to make the transition from one faith to the other as smooth as possible. In this way the church sold their new religion as merely an extension of the people's existing spiritual traditions. As a result, many wells that were originally dedicated to the Celtic goddess Brigid are now named after Saint Brigid, and those where people worshiped the goddess Anu (also known as Dana and Danu), are now known as the wells of Saint Anne. But local people often know the true histories of these wells, and many continue to practice the old ways at these Sacred sites.

In Celtic mythology, the Lady of the Lake as written in *The Encyclopaedia of Arthurian Legends*, is 'this mysterious female who gave Authur his sword Excalibur. She may be a Celtic lake divinity in origin, perhaps of the same kind... as lake fairies.' There are many possible connections between the Lady of the Lake and the lost land of Avalon.

PLACES OF HEALING

Another concept commonly associated with Sacred wells is that the Waters that flow from them contain powerful healing properties, and that bathing in them or drinking from them can aid in the healing of illness. This concept is not just a spiritual idea, as the Waters of many ancient wells are extremely rich in certain minerals, such as calcium and iron.



Here at the foot of the Glastonbury Tor, the Water of the Chalice Well is known as the Red Spring. Rich in iron, local lore compares its red-tinged waters to the blood of the Goddess or Great Mother herself. It is said that Joseph of Arimathea traveled to Glastonbury after the crucifixion of his nephew Jesus and hid the chalice from the last supper in the Chalice Well. Stories say that as soon as he placed the chalice here, the Waters ran red. The most popular belief is that the chalice well represents the Goddess. However as the lion was an old symbol of the Sacred masculine and there is a lion at the wellhead, others believe that the Chalice Well holds the energy of the Sacred masculine.

The White Spring, which bubbles in a well-house across the road from the Chalice Well, is so called because its Waters are rich in calcite. Both of these Sacred springs are said to aid healing, and pilgrims travel from far and wide to collect their waters. Some say that the white spring represents the Sacred masculine, while others say the dark feminine. I personally feel the energies of the Black Madonna and ancient Goddesses such as Brigid, Isis, Ishtar, Inanna and the Calliach in the White Spring. Perhaps these Waters, and all waters reflect back to us what we most need.



KEEPERS OF THE WELL

Throughout history there have been people who have chosen to spend time tending to and protecting our life-giving wells. Some people believe that in ancient times women would sing and whisper into the wells, believing that the water would carry the messages from one corner of the world to another. While this may sound like something from a children's story, there are actually a number of scientists who believe Water can be imbued with energy from our thoughts, emotions and intentions. To quote Dr Masaru Emoto from his book *The Hidden Messages in Water*, 'Water records information, and then while circulating throughout the earth distributes information.' Emoto's work is devoted to exploring this concept, and puts forward the thesis that human consciousness has an effect on the molecular structure of water.



Wells represent the never-ending generosity and life giving nourishment of the earth, the Great Mother and Life. To me, they can also symbolize our own inner wells of creativity, inspiration, fulfillment, abundance and joy. In this way, they offer us a chance to reflect on whether we are keeping our internal wells filled up or parched of the things that nourish us. We cannot give freely from a place of lack, sitting at wells for me reminds me of the importance of self nourishment in order to then offer freely to those around us. Patriarchy has programmed us into being in full bloom all year round and a competitive nature of competition. The wisdom of the well Waters urges us to see what sustains us as deeply Sacred and to see that if we focus simply on take, take, take, there will not be enough for any of us. This urgent message is woven through this ancient story...

THE ELUCIDATION

There is an old story, written in the form of a long poem, that tells of guardians that are said to have fulfilled this holy role across the land here in the UK. You may have already heard of King Arthur, the Knights of the Round Table and their quest for the Holy Grail. This story is said to reveal the true meaning of the Holy Grail and why the search for the Holy Grail began in the first place.

It is a story of violence and betrayal, and its message has never been more relevant than in our current time. Called the *Elucidation*, the author of this story is unknown. It first appeared in the early thirteenth century as a prologue to *Perceval le Conte du Graal*, which was written by Chrétien de Troyes in the twelfth century.

The story takes place in a land that is abundant and plenty, where everyone respects and cares for the Earth. As a result there is more than enough to go around. In the story, this delicate balance is upset when an arrogant new king comes to the throne, violates the land and the Sacred well maidens, and encourages his men to do the same.

The well maidens were beautiful, ethereal, faerie-like spirits whose Sacred mission was to tend to the wells. The people knew how important the role of the well maidens was and showed their love and respect for these magical beings through prayers and offerings, as well as caring for the land in which they lived.



In return, the well maidens protected the wells from harm, and if a traveler appeared at one of the wells and asked politely, the maiden of that well would show them the hospitality of the land and serve them the finest food and drink from her golden cup or grail. The well maidens in this story are a personification of the spirits of the land, a truly ancient concept. However, the tradition of well guardians really did exist in many ancient cultures. In my own community here in Glastonbury, there are a number of devoted people who spend time caring for, protecting and tending to the Red and White Springs.

In the story, after the violation of the well maidens occurs, they disappear from the land. As a result, all of the natural resources that had always been so plentiful are exhausted; the fresh, pure Waters run dry; and the land becomes a waste land.

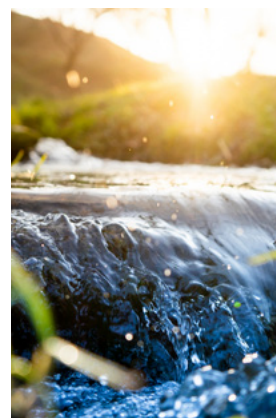
The warning this legend gives us is not hard to understand, and in today's world, is more vitally important than ever. As we watch governments sign off on practices that greedily take from the natural resources of the Earth, as our oceans become clogged with microplastics, and as climate change results in more frequent extreme weather events, we know that we have to take action to protect our planet now.

PAUSE & REFLECT

This story doesn't just speak of the land around us, but also of our own inner landscapes, and how we are caring for them. Are we nourishing our spirits? Are we honoring our true nature and respecting the call of our soul?

SEEING THE SACRED THAT SUSTAINS US

The concept of clean, fresh Water bubbling up from the earth below has always been a Sacred one. In the modern world we are so detached from nature that often we don't even think about where our natural resources like Water come from. We just turn on a tap and there it is. As our world becomes more and more developed we have become more and more disconnected from the natural elements. Being able to find pure, virgin original sources of these elements is becoming harder, so connecting to the pure sweet Waters of wells that run from the center of the Earth feels even more Sacred than ever.



WATER AS A DIVINATION TOOL

Water has been long used as a tool for receiving visions and self reflection throughout human history. The term hydromancy is used to cover all Water divination practices. It can be done many different ways, from throwing a pebble into Water and observing the ripples, to adding another liquid such as oil to the Water.

Scrying is a Pagan term for this mystical practice that has been used since ancient times. It is the art of gazing into something, such as Water, to receive visions. The earliest documentation of scrying reaches back to ancient Babylonia around 1895-539 BC. It is believed that a single material such as oil or flour were added to a bowl of Water and then read to receive helpful visions.



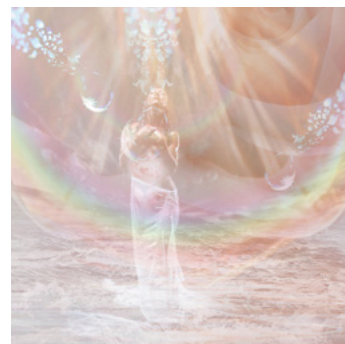
Oracle of Delphi: King Aigeus in front of the Pythia. 440-430 BC. Zde, CC BY-SA 4.0 via Wikimedia Commons

The Greek geographer Pausanias told the story of pilgrims traveling to a Sacred well of Demeter to receive messages from the Sacred well Waters. To receive their prophecy they would lower a mirror down the well on a rope and from the reflection of the Waters they would scry. Pythia, High Priestess of the Temple of Apollo, also known as The Oracle of Delphi, is said to have drunk from the Waters of the Sacred Castalian spring and before offering her visions to those before her.

SACRED WATER RITUALS

Throughout many spiritual traditions, Water is a place of revelation. From baptisms to ablutions, Water gazing to anointing, Water offers us many ways to interweave devotion and ritual into our lives. Water rituals are interwoven into countless Sacred practices offering cleansing, Mystery, awe, initiation, purity, forgiveness and insight.

Springs played a pivotal role in oracular practices in ancient Greece. Most famously the Sacred, oracle Waters of Delphi, where the Castalian Spring Waters often used for Water gazing oracle practices to foretell the future. Similarly in Judaism we find accounts of prophets receiving mystical insights by gazing into the reflection of the Sacred River Chabar. Other Jewish divination practices invite studying the patterns of oil mixed in a small bowl of Water.



The theory of 'Water memory' suggests that Water can hold an imprint or 'memory'. This idea is further explored by Dr Masaru Emoto, who suggests that 'human consciousness has an effect on the molecular structure of Water'. In his view, blessings, prayers and thoughts can change the molecular structure of Water and give it more vitality.



Though theories of Water memory have yet to be proven, this theory also is practiced throughout many spiritual traditions where Water is infused with holy qualities. In Christianity, Water is made holy through ritual and prayer. In Bali, priests and priestesses imprint Water via mantras so that it carries blessings.

Many spiritual traditions uphold a practice of giving thanks before meals. Though not an explicit Water ritual, these gratitude practices deeply acknowledge the abundance and blessing of food and sustenance, often acknowledging Water's role in the growth of food. In addition, food is made up of a significant amount of Water.

When consulting the oracle of Amphiaraus, Ancient Greeks threw money into the well Sacred to the hero. This created the tradition of the wishing well.

WATER SYMBOLS IN ASTROLOGY AND THE TAROT

Water features in astrology via the zodiac signs of Cancer, Pisces and Scorpio. Whilst I'm a lover of astrology, I don't profess to be an expert in the field, hence the following is from the amazing astrologer **Yasmin Boland**:

Cancer

Element: Water

Quality: Cardinal

Ruling planet: the Moon

Keywords: I feel

Opposite sign: Capricorn

Cancer (the crab) is a Cardinal Water sign. It's part super-soft and sentimental, and part dynamic and self-starting. Wherever the sign of Cancer is in your chart (we all have it somewhere) is where you're extra-sensitive. More than anything, Cancer is a feminine sign, arguably the sign of the Goddess. With this female energy, it's no surprise Cancer is ruled by the emotional, nurturing Moon. However, we all know that female energy is more than 'just' caring, and Cancerian energy is also very strong. Cancer also rules memory and history.

Scorpio*Element: Water**Quality: Fixed**Ruling planet: Mars (in traditional astrology) and Pluto (in modern astrology)**Keywords: I lust**Opposite sign: Taurus*

Scorpio (the scorpion) is a fixed Water sign. Water represents the depths of our subconscious and the Mysteries of life, and Scorpio fully embraces this. Scorpio is where you'll find your shadow side. It faces the darkness. Its ability to draw on the hidden realms makes Scorpio stronger. Think of the Dark Mother or the Crone: feared but also fearless and in their own way, very Scorpionic. Scorpio is associated with the life cycle of birth, death and rebirth. It's the phoenix that rises from the ashes. We shouldn't fear it just because it's powerful.

Pisces*Element: Water**Quality: Mutable**Ruling planet: Jupiter (in traditional astrology) and Neptune (in modern astrology)**Keywords: I believe**Opposite sign: Virgo*

Pisces (the fish) is a mutable Water sign. Mutable here essentially means changeable. Think of the ocean: becalmed one day and wild the next. Pisces is all about feeling, emotionally and intuitively. It's the sign of escape and dreams. It can carry you away like beautiful music. Just when you think you have a handle on Pisces, like a fish, it slips away. Pisces has a will-o'-the-wisp energy and brings inspiration. It's seductive, but it can also be confusing. Soulful is a super Piscean concept. Pisces energy is also very psychic energy.

According to Sarah Bartlett in her book *The Tarot Bible*, Water is aligned to the suit of Cups (Chalices). The key words associated are 'emotions, feelings and relationships'. Maybe this exploration of the Water Mysteries will hold similar energies for you...? As written by Riley Star in her book *Paganism*, 'The chalice in Pagan rituals is a symbol and tool used to represent Water and the feminine aspects of intuition, psychic ability, emotions and the subconscious ... and is an emblem of the womb of the goddess.'



WATER BEHAVIOR + FOLKLORE: FLOOD

There are stories of floods within most religions from across the globe. Most of us know of the biblical story of Noah's Ark surviving the storm and floods in the Old Testament. This concept of a 'god being' instructing an individual to create a vessel to survive impending floods and storms is similarly found throughout many different cultures. Sumerians believed floods were the result of the Gods fighting. Some Mayan and Aztec peoples understood flooding to separate successive eras.



Indigenous Australians tell the tale of Tiddalik, a thirsty frog who drank all the Water in the land causing a devastating drought. The animals all gathered to devise a plan and decided the only way to release the Waters from Tiddalik was to make him laugh, so they all set about trying to entertain Tiddalik. Eventually a funny eel caused Tiddalik to erupt into laughter, which is now echoed in the sound of the thunder, and the Waters came pouring out through his laugh, flooding the lands and restoring the balance of the landscape.

WATER BEHAVIOR + FOLKLORE: DROUGHT

Similarly to floods, drought is another theme featured in myths and folklore from around the world, with divine figures either being punished by drought, responsible for drought or saved from drought.

I particularly enjoy the tale of Mother Demeter, the Great Earth Goddess of Grain whose daughter, Persephone, was snatched by the Greek God Hades, who carried her away into the Underworld. In her grief and despair, Demeter withdrew to her temple, inducing a great drought across the land. Without fruit or flowers to adorn the holy temples, the god Zeus intervened, demanding Persephone be brought back. Delighted with the return of her daughter, Mother Demeter released the drought and allowed the rains, restoring the plants and flowers, allowing humans to once again make their offerings to the temples of the Gods.



Demeter rejoiced, for her daughter was by her side. Walter Crane, Public domain, via Wikimedia Commons

Chinese mythology tells the tale of Nüba, a goddess daughter of the Emperor Huangdi. She had the ability to stop the rains. She descended to earth to support her father in a battle against the gods of wind and rain. However once the battle was won, she didn't return to the celestial realms, but instead began to walk the Earth, bringing drought wherever she went. In regions ravaged by drought, rituals and ceremonies were often practiced inviting and encouraging Nüba to move on.



Shanhaijing Nüba Mends the Heavens. Xiao Yuncong, 1596-1673, Public domain, via Wikimedia Commons

MYTHICAL WATER BEINGS

Myths and stories from many cultures have a belief that sources of Water have its own spirit or guardian. There is beautiful artwork and poetry that give us a glimpse of the spirits of wells, springs, Waterfalls, rivers and lakes around the world. Old maps show us that as late as the early seventeenth century the names of bodies of Water were very often named after the nymph Water spirits that were said to inhabit the Water.



Digging deep into the mythology of Water, you are swiftly greeted by mermaids, titans and grindylows. From Scotland's Loch Ness Monster to the bunyips of Australia's billabongs, folklore offers us many colorful characters and stories into what the Waters may hold. Irish, Scottish, Scandinavian and Icelandic folklore share the myth of the seal people, also known as selkies or roane. These creatures can transform from seal to human by shedding their seal skin, walking around on human legs; then returning to the Waters by adorning their skins again.

The myths of the selkies often hold teachings about longing and the suffering that comes with wanting what we can't have, being caught between two worlds. Some commentary even suggests that selkies represented those in purgatory. Another theory is that they were formed from the souls of those who had drowned at sea, and were granted one night each year to return to their human form and dance upon the shoreline. There is a really beautiful children's film called *The Song of the Sea*, which I recommend watching if you feel the call of the selkie.



In Greek mythology, the dangers of the sea were personified in Ceto, a ghastly sea monster, which eventually would become the name commonly used for any type of sea monster. She was married to the sea god, Phorcys, and their children were mostly pesky sea nymphs and monsters. Most notably, they birthed the sirens, sea nymph creatures that were half woman and half bird. The enchanted singing of the sirens often beguiled wayward sailors who would then crash their vessels into the rocks below.



Late Roman mosaic from the Trajan Baths of Acholla, showing 3 aquatic deities: *Phorcys* (middle) and *Ceto* (right), and *Triton* or *Thaumias* (left). Dennis Jarvis, CC BY-SA 2.0, via Wikimedia Commons

WATER CONSERVATION + REWILDING

Water has been taken for granted, disrespected and abused by humanity. All over the world, we've altered our wetlands and Waterways so much that we no longer know what wild Water looks like. Water conservation is not only about sustainably managing our current natural Water sources. It's also about protecting the Waters of the future. The Waters of our grandchildren.



I believe we can truly confront how deeply we have forgotten our connection to the Sacred, when we get honest about how unconscious we are when handling and consuming Water. We have physically reshaped, funneled, channeled, piped and sold Water for our own livelihoods. As we've learnt, no rivers naturally run straight. They twist and bend and meander through the land with their flow and momentum. As per Dr Masaru Emoto, 'The current system of supplying Water through long pipes results in Water that is not extremely healthy for the body. When Water is exposed to high pressure and flows straight through pipes, the Water clusters break down, letting minerals escape.'

PAUSE & REFLECT

I believe in rewilding the rivers: reconnecting rivers with their flood plains, letting rivers meander again. Returning to the natural state of flow that is available to each of us. What rivers within you are ready to return to their natural rhythm? What would that feel like? What dam walls can you take down to allow the Waters to flow free?



JOURNEYING WITH THE SACRED WATERS

Part Two

JOURNEYING WITH THE SACRED WATERS

The Waters as your guide

Here we are at the experiential part of this module. This is where things really come alive. It is here that we invite Sacred Waters to be our teacher and guide. We will be using a selection of practices and tools as gateways to experience the Sacred in an embodied way. These practices are of course not finite, rather they are ones that I have found especially supportive in connecting with the Sacred and working with Water.

All of the practices have been created so that you can do them over and over again as you are called. They are gateways for you to connect and to have a direct experience with the Sacred. This is the mystic way.

As we journey through this Mystery, I want you to pay particular attention to all the different types of Water you encounter through your days. The abundance of Water in our lives and daily rituals is a wonderful opportunity to truly embody these practices. To notice when we may be sleeping through these moments for reverence and gratitude. To recognise the Sacred that is right here, right now and within all things. Water just may be our biggest teacher when it comes to recognizing the Sacred in the everyday and in everything. Maybe if we recognize Water as Sacred, we would see all living things as Sacred, for where there is Water there is Life.



It's important to also acknowledge that water can hold difficult energy for some of us. Water can be terrifying. Water can be unpredictable. Water can be raging and overpowering. It may not feel like a safe space to explore. It may not be an inviting environment to wade into. Whether you've had a difficult physical experience with Water in this lifetime, or just tend to prefer to 'stay dry', know that all of you are welcome in this module. I encourage you to go gently, softly and to push yourself beyond your edges as much as feels supportive.

For every practice and tool, you will find space in this workbook to reflect through *Soul Inquiry*. *Soul Inquiry*® is a form of intuitive writing. Stay open to receiving messages and guidance from both your soul and Sacred Waters as you complete each *Soul Inquiry*. May the whispers of your soul and the wisdom of the Waters reveal bountiful hidden treasures within you.

THE SACRED WATERS EVOCATION

Calling in the Sacred Waters

The Sacred Waters Evocation is a practice of calling in the wisdom and healing of the Waters. This evocation is to support you in opening the Sacred container to work with this Mystery.

Light a candle or open Sacred space however you like. Place one hand on your heart and one hand on your belly and connect with the waters beneath you, the waters in air molecules around you, the waters above you and the waters within you. Breathe in deeply and repeat the following evocation out loud,

*In the highest interest of myself,
my loved ones and the world,
I begin this Waters evocation.*

*Come, come, Sacred Waters, come.
Come, come, Healing Waters, come.*

*Waters of the Earth, Waters of the Sky,
Waters beneath me, Waters around me,
Waters within me. Waters within every living thing.*

*You who were present long before me,
and you who will continue after I have gone.
I call upon you to be one of my guides.*

*I am open to receiving your wisdom and healing as I journey with you.
I am ready to remember my ever-changing true nature
and to return again and again back to the Earth and to myself.
I am ready to take my place as an ancestor of the future with your guiding grace.*

*May I be guided by your flow.
May I rest deeply in your buoyant holding.
May I trust my inner current.*

*May I find the courage to go beyond the depths of myself.
May I trust and surrender like the changing tides.
May I stay curious and unfold like the stream.
May I take responsibility for my needs.*

*May I return to myself, my body, the Earth and humanity.
May I live in reverence to you and to myself.
May I see the Sacred that is right here in all living things.*

*Come, come, Sacred Waters, come.
Come, come, Healing Waters, come.'*



THE SACRED WATERS EVOCATION

Soul Inquiry

As you begin journeying with the Waters as your guide, is there an area of your life or a question you have that you would like to focus on during this module?

What do the Sacred Waters want you to know?

What do the Sacred Waters want you to remember?

What are the Sacred Waters calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

THE SACRED WATERS ALTAR

Creating Sacred space

Altar work is at the heart of everything we do in *The Inner Temple Mystery School*. At the beginning of each Mystery, one of our first practices is to create an altar dedicated to our work with that Mystery, in this case The Sacred Waters.

Altars provide a physical and energetic container for us to focus our prayers, intentions and devotion. They create a physical space for us to be in communication with the Sacred. When we create an altar we create an altared space. We open a Sacred container both physically and energetically.

I've always had water as part of my altars. However, it wasn't until 2021 when I began creating altars dedicated to Water. I have to be honest in saying that personally, I find Water one of the most challenging Mysteries to work with in traditional altar work and I think it is because of the lack of flow.



Celtic mythology says that it is the flow of Water that brings wisdom. Perhaps that is what I have experienced. While I was creating *The Healing Waters Oracle* with artist Katie Louise, she found the same thing. We spoke a lot about how important it is with Water to keep things moving or to have a focal point, otherwise things can feel like they are stagnating or are too wishy-washy.



In the attempt to find flow with my Water altar, I decided to actually wear the altar by finding this pendant with Water from the Chalice Well within it. I also started walking to the Red and White Springs here in Glastonbury and anointing myself with those Waters daily. While I was visiting family in Australia I would walk to the ocean each morning and anoint myself with the salt Water. Sometimes I would gather a small bit of Water and bring it back to place on my physical altar.

Other things that I have done that have felt good are having a small vase or bowl that I fill with Water daily and then pray or meditate with. After this practice I would sip from the Water and then offer it to my garden. Other times I'd use the Water to anoint objects on my altar or create an aromatherapy spray with it.

You may decide to create an altar to particular states of Water. For example, a storm or salt Water from the ocean to help move things energetically in your life. Or morning dew for a fresh start. I have created altars to Celtic Water Goddesses, such as Brigid. I have also created a baby altar while I was pregnant, featuring the Waters of the mother with a statue I found in a second-hand store of a baby in an oyster shell, growing like a pearl.



Something you may choose to do during this Mystery is gathering Sacred Waters or different types of Water for future altars and ritual work. Some examples of Water that I have gathered and worked with are:

Water from the Chalice Well, Water from the white springs, Water from Lourdes, Water from the Nile, Water from Merlin's Cave, Water from Necten's Glen, Water from a tsunami wave in Australia, Water bathed by the light of the full moon, morning dew and Water from a storm.

For more information on how to gather your altar items, create and deconstruct your altar, feel free to go back to the *Altar Work* video in *Foundations Module 2*.

Your daily practice once you have created your Sacred Waters Altar is to tend to it each day. You can do this by lighting the candles, freshening up any Water and spending some time in prayer, meditation or reflection. You could call upon the wisdom of Sacred Waters by saying the Invocation out loud or shorten it, for example, '*Come, come, Sacred Waters, come.*'

When you are done practicing at your altar, I recommend closing the energy by sharing your gratitude. For example, you could simply say, 'Thank you, thank you, thank you' out loud.

So, now it's time to begin gathering your items, clearing your altar space and building your altar. Don't underestimate the power of this Sacred work. It has the potential to really open up a Sacred energetic container for you to deepen your unique personal connection with the Sacred Waters as your guide. It also has the potential to help you integrate the wisdom that comes through with this Mystery.

I'm really looking forward to hearing about your experience with working with altar. It's definitely one I have not mastered myself! Yet it has taught me so much about the changing states and importance of flow.



THE SACRED WATERS ALTAR

Soul Inquiry

Where did you build your altar and what items did you gather?

Share any reflections on the process of creating your altar and connecting with the energy of the Sacred Waters below.

WITNESSING THE WATERS

A daily mindful Water practice

The invitation with this practice is simple: pay attention to water in your daily life. Water above all else may be our invitation back to seeing the Sacred in the everyday. If we remember that water is in all living things, then it is clear that if we see Water as Sacred, then we can clearly see all living things as Sacred. It seems in our modern world that this simple truth is one our society has forgotten. And so that is where our focus is going to be in the *Witnessing the Waters* practice.

The treasure in this practice – if you truly embody it as you walk through this module – is that it will gently prompt you, time and time again throughout the day, to deepen your connection with the Mysteries and the Sacred that is woven all through Life itself. Water shows us the countless opportunities for simple reverence and gratitude which we can so easily skip over on any given day.

From making your coffee, to brushing your teeth, Watering your garden, bathing your children, eating your vegetables: how intimate can we get with our countless daily interactions with this profound Mystery? How can we crack open our routines and return to that place of innate reverence for this powerful element of Life?



With each touchpoint you have with Water throughout your day, the invitation is to speak your gratitude. In words that feel right or appropriate for you – speaking inwardly or outwardly – create a moment of pause within every interaction you have with Water. You may wish to say, ‘*Thank you, thank you thank you*’ each time you acknowledge the Water, or, ‘*I see you, thank you.*’

Every drink.

Every loo break.

Every loading of the dishwasher.

Every swim.

Every shower.

Every Watering of the plants.

The rain.

The morning dew.

The mist.

The Water you can see.

The Water you can’t see.

The Water that makes up the majority of all living things: your loved ones, your pets, the trees, the grass, the flowers.

This simple exercise is enough to blow our minds. Let it. Invite yourself to let the awe in.



WITNESSING THE WATERS

Soul Inquiry

How did you find this exercise? What did you notice? How did you find it?

Share any reflections, insights or learnings about Water, Life, the Sacred in the everyday and yourself below.

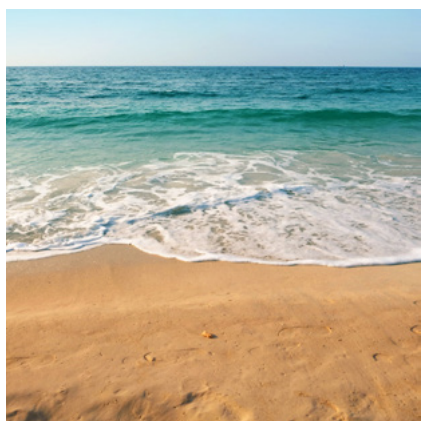
KYTHING WITH WATER

Hearing the whispers: receiving wisdom from Water

I believe that Water has consciousness and may just contain within it the intelligence that tells flowers when to open and our bodies how to grow. I also believe that different bodies of Water and places of Water, just like different trees, have a spirit or consciousness to them.

And by connecting to them at soul level we can receive wisdom or messages from them and through them that reaches back through the ages.

For as long as I can remember I have connected to the soul and consciousness of plants, flowers, trees, water and stones. It is through this process that I do most of my writing. You could call them my muse. It wasn't until decades later that I discovered an almost-lost word in the Scottish language known as kything. Kything is the conscious act of spiritual presence or connection with an object.



The invitation in this practice is to connect with the consciousness of a natural body of your choosing such as a beach, a lake, a river, a well, a spring, a stream, a lagoon or a swamp. When we connect to a part of nature in this way, we are connecting to both the specific body of Water as well as Water as a whole. And so I invite you to try this practice with a couple of different bodies and places of Water over time to see the subtle differences you experience.

These days, I find this type of communication effortless and easy, but I want to be clear that at first it was much more subtle. So don't be discouraged if the connection isn't super clear at first. Just like any relationship or any skill, it grows over time.

Here are the steps to do the kything with a body of Water exercise. You can also refer to the Introductory video on kything as a practice in Module 2.

HOW TO DO THE PRACTICE

STEP 01

Find the natural body and place of Water that you wish to work with. This can be a beach, a lake, a river, a well, a spring, a stream, a lagoon, a swamp... any body of Water works.

01.

STEP 02

Standing, sitting or walking around the body of Water, soften your gaze and slow down your breath. Notice and appreciate its beauty. Breathe deeply. Imagine a rose at the center of your heart and invite it to open revealing a light in the middle. This is your soul. Invite that to step forward now.

02.

STEP 03

From the center of your heart connect with the spirit of the Water before you and specifically the body of Water before you. Acknowledge the custodians of the Water and land around you, known and unknown.

03.

STEP 04

Introduce yourself to the Water and land around you.

04.

STEP 05

Soften your gaze and begin to observe the Water with your soul and intuitive senses. What do you notice about it? How do you feel? What do you see? What do you notice? Do you see any patterns, textures, sounds? Do you have a knowing? Are you receiving any visions? Are you drawn to a particular part of the Water? Did you have a memory of something?

05.

STEP 06

If you have a question you would like to ask the Water you can ask it now.

06.

STEP 07

Receive that now, feeling free to write anything down that comes to you.

07.

STEP 08

Ask the Water if there is anything it wants you to know and stay open to receiving that message now. You can write it down and journal intuitively if you like.

08.

STEP 09

Thank the Water and the custodians of the land and Water around you for this connection and ask them if there is anything it would like you to do for them.

09.



KYTHING WITH WATER

Soul Inquiry

Have you communicated with Water before?

How was this experience for you?

Describe the body of Water that you decided to work with.

Reflect on your experience with the Water below.

Did you receive any messages, knowings or insights? Share below if so.

Was there anything that the Water asked from you?

Is there anything that you are being called to do as a result of this practice?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

ANOINT YOURSELF

A clearing practice

The Anoint Yourself practice with water is a really simple, accessible practice that we can do when we want to experience clearing of any kind. It begins with a short invocation to connect with the cleansing, clearing and purifying power of water and then it invites you to place the water anywhere on your body that you feel called.

I find that anointing practices are most powerful when done in repetition. So if you have something that you really want to clear, devote a little bit of time morning and night to do this practice until you feel the shift. Intention and repetition are powerful things!



WHAT YOU'LL NEED

- △ **Something to put the water in, like a bowl, small cup or vase**
- △ **Water (you can use water you have collected from nature or a Sacred spring, or simply use water from the tap)**

HOW TO DO THE PRACTICE

STEP 01

Fill your chosen container with water.

01.

STEP 02

Hold the container to your heart and meditate with it for a couple of minutes.

02.

STEP 03

Whisper into the Water your request for clearing by repeating the following three times,

‘Sacred Waters, I call upon your powerful cleansing properties to support me in clearing [insert your request e.g. my anger towards my friend] from my body.’

03.

STEP 04

Place your finger into the water and liberally anoint yourself wherever you are guided to on your body. You can continue repeating the above request for clearing as you do it if you feel guided. If you feel guided, you can then sip the water, place it on your altar or ritualistically offer it to the earth.

04.

STEP 05

Thank the Waters for its clearing support by saying,

“Thank you, thank you, thank you.”

05.



ANOINT YOURSELF

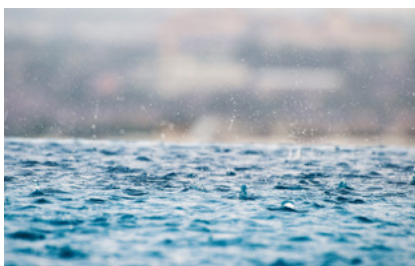
Soul Inquiry

How was this practice for you? Reflect on what you experienced below.

WATER GATHERING + ACTIVATIONS

Gathering Water for rituals

Water comes in so many different forms from so many different places and parts of nature... the earth, the air, plants, the sky. It is also ever changing. So are we. If you want to deepen your ritual practice you may like to gather small vessels of different types of Water to use in your rituals or altars. Rain water, storm water, river water, wave water, calm water, morning dew, snow, moon-charged water, sun-charged water, water from significant days of the year like Summer Solstice, Beltane, Samhain, sacred well water... the list goes on.



I have collected small vessels of water from different places and different times of year, like water from the Chalice Well, water from the sea in Merlin's Cave, water from Necten's Glen, water charged by the moon, water from the wild waves of Sydney, sun lit rose essence water.

I use these different forms of water in different rituals I do and altars I create, depending on what I am wanting to invoke, transform or activate within me.

The action here is to consider if you are called to gather any forms of water for your rituals and altars. If so, you may like to find some small bottles that you can gather the water in. They don't need to be big. And decide how you want to label and store them. Obviously avoid drinking the water if you are storing it. You can then begin integrating the different types of water in your rituals and taking personal notes on your experience of the energies of them. For example, I used water from a Sacred healing well for a healing ritual. I have used water from morning dew to activate new beginnings for me. I have used water from waves of the sea to move through blocks.





WATER GATHERING + ACTIVATIONS

Soul Inquiry

How was this practice for you? Reflect on what you experienced below.

HEALING WATERS SOUL JOURNEY

Receiving deep replenishment and healing

Water has long been used for healing all over the world. From hot springs to healing wells from the healing pools of Ancient Rome to flotation tanks of today. Submerging ourselves in Water often returns us to ourselves. Perhaps it is reminding us of our original blueprint and returning us to our true nature. Perhaps it's because of Water's ability to hold memory that informs our cells of how to return to wholeness.

They have seen so much and hold so much that is available for us to remember, activate and tap into.

The Healing Waters Soul Journey is a deeply replenishing, healing meditation where we will connect with your inner temple, be met by a healing Waters guide, enter into an ancient healing bath filled with the most replenishing healing waters. It is deep and gentle, I recommend laying down for this meditative journey and allowing space afterwards to remain in a state of receiving. If you fall asleep during this meditation, don't worry. Let yourself really replenish and receive.



If there is something in particular you would like to devote the meditation to in your healing journey, you can call this forth, or just stay open to enter into a deep state of replenishment and returning to wholeness.



HEALING WATERS SOUL JOURNEY

Soul Inquiry

Do *The Healing Waters Soul Journey* and then intuitively answer the following *Soul Inquiry* prompts below.

What was *The Healing Waters Soul Journey* like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

Were you met by a guide or anyone else? Describe them below if so.

What was the bath like? What healing did you receive? Did you have any visions, knowings or insights?

What is your soul calling you to do?

What is one baby step you can do to act on this today to embody this mystical practice?

EMBODY THE WATERS

Sacred Dance

All of the mystical experiences in the world are pointless unless we can integrate them, ground them, anchor them, embody them. *Sacred Dance* is a wonderful way to embody the Sacred and to let it move you. When we are doing Sacred Dance we invite our soul to move us. And in this Embody the Waters exercise we are also inviting the Waters to move us. As we let ourselves be moved we are trusting the intelligence of nature (of our bodies and of Life) to work with us. I have created a playlist for you to use for the *Embody the Waters Practice*. If you have the time I recommend moving to several of the songs, but if you don't then you can choose one or two songs to do your Sacred Dance practice to.



HOW TO DO THE PRACTICE

STEP 01

Open Sacred space in a way that feels good to you. As we are working with the Sacred Waters, you may wish to anoint yourself with some Water, put on an oil burner or have some Water nearby you to sip on through the dance. You may even choose to complete with a shower or a bath.

01.

STEP 02

Begin playing the music.

02.

STEP 03

In the center of your heart imagine a light in the center of it. This is your soul, your ancient self. Invite it to step forward and move you now.

03.

STEP 04

Call the Sacred Waters to be here now and to move through you and guide you through this Sacred Dance practice by saying,

*'Come, come, Sacred Waters come.
Dance through me now.
Come, come, Sacred Waters come.'*

04.

STEP 05

Let the Sacred Waters and the music move you. If you feel like moving a particular part of your body, do it. If you feel like staying still, do that. If you feel like turning, do that. Trust how your body wants to move and let yourself be danced. You may like to close your eyes as you move and draw your attention deep within. Don't worry what you look like. Trust the intelligence of the movement.

05.

STEP 06

Stay open to the Sacred Waters medicine working with you. For example, you could dance with particular bodies or states of Water such as river, lake, ocean, waves, rain, morning dew, tears or amniotic Waters. You may also find that different songs invoke different states or bodies of Water for you. Go with it and let it be a deeply intimate experience.

06.

STEP 07

When the music or playlist is complete, offer your gratitude to Sacred Waters and yourself for showing up by saying,

'Thank you, thank you, thank you.'

07.

STEP 08

Journal about your experience by answering the *Soul Inquiry* prompts on the next page.

08.

STEP 09

Once complete, close the Sacred space in a way that feels aligned and if you lit a candle, blow it out to end the practice.

09.



EMBODY THE WATERS

Soul Inquiry

How did you feel during and after the practice?

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What message did the Waters have for you?

What are the Waters calling you to do?

What is your soul calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice even more?

WATER GAZING

Looking, listening & receiving

Water has been long used as a tool for receiving visions and self reflection throughout human history. The term hydromancy is used to cover all water divination practices. It can be done in many different ways, from throwing a pebble into water and observing the ripples to adding another liquid such as oil to the water.

Scrying is a Pagan term for this mystical practice that has been used since ancient times. It is the art of gazing into something, such as water, to receive visions. The earliest documentation of scrying reaches back to ancient Babylonia around 1895-539 BC. It is believed that a single material such as oil or flour were added to a bowl of water and then read to receive helpful visions. Another popular form of water scrying involves dropping hot wax from a candle in the water and observing the shapes it makes in the Water.



The Greek geographer Pausanias told the story of pilgrims traveling to a Sacred well of Demeter to receive messages from the Sacred well Waters. To receive their prophecy they would lower a mirror down the well on a rope and from the reflection of the Waters they would scry. Pythia, High Priestess of the Temple of Apollo, also known as The Oracle of Delphi, is said to have drunk from the Waters of the Sacred Castalian spring and before offering her visions to those before her.

Water gazing is a simple and powerful inquiry tool which can be used for personal guidance and inspiration. It's a form of divination that encourages us to tap into our psychic intuitive senses. The invitation – as ever – is to embark on this practice with a beginner's mind, to open ourselves up and lead with what we *don't* know rather than what we *do* know. As with any divination tool or craft, our connection grows with our practice.



HOW TO WATER GAZE

So now we are going to prepare for the water gazing (scrying) practice. I recommend doing this practice a couple of times using different materials and places so that you can really explore your way of water gazing. For example, you could try it in nature by throwing a pebble into the water and observing the ripples and reflections in the water.

The below steps are the practice for water gazing using a bowl. You may want to find a special bowl for you to do your water gazing in. I use a crystal bowl for mine.

STEP 01

Connect with the vessel. From a space of deep respect, ask the vessel that is holding the Water to become a portal for you for the highest good of all.

01.

STEP 02

Put in your request for guidance.

Optional extra a) If using an extra material like oil or flour (for example), connect with this material and be intuitively guided to place it in the bowl.

Optional extra b) If using candle wax, light the candle and then safely drip the candle wax into the water in a guided way.

02.

STEP 03

Connect with the water (and if working with wax, flour or oil, merge with this too). Soften your gaze and really connect with the waters. Lose yourself in them and allow them to become a portal into another world. Let the veil lift. Swim in the Waters. Become one with them. Enter the mythic space of all the Waters connected. Let it reveal to you what you most need to see, hear, feel or experience.

03.

STEP 04

Notice the patterns that form. Trust whatever images come to you both externally and internally. Let the wisdom of the Waters reveal to you what you most need to see, hear and feel.

04.

STEP 05

You might like to journal on what you receive, you will find the Soul Inquiry at the end of this lesson to use as your guide.

05.

STEP 06

Thank the Waters. From the center of your heart, thank the Waters and the vessel for revealing to you what you most needed to know. Knowing that you can continue to receive guidance on this topic.

06.

STEP 07

If you feel called to cleanse the space or objects you can do so with Sacred sound or prayer.

07.



WATER GAZING

Soul Inquiry

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

Did you receive any guidance from the Sacred Waters?

What are the Sacred Waters calling you to do?

What is one baby step you can do to act on this today to embody this mystical practice?

INTUITIVE NATURE WALKING

Let the Water lead you

As I introduced in the Foundations Module 2, *Intuitive Nature Walking* is a walking meditation practice done in nature. It is more than just walking as you are connecting with the consciousness of the land around you and inviting it to lead you. Quite literally being physically led by the land around you. It's a great way to deepen your connection with the earth and the land on which you live. For the Sacred Waters module, I invite you to practice *Intuitive Nature Walking* with a specific focus on the Waters around you.



This is a wonderful practice for getting into your body, feeling more grounded and letting your intuition MOVE your body. My teachers always taught me that all of the creative ideas and intuition in the world is pointless unless you act on it, unless you embody it, unless you integrate it. This is a brilliant tool for strengthening that ability. We're not separate from nature: we are nature. In the business of our modern lives, it is easy to get disconnected from it. One of the best ways that I know to feel connected, grounded and to get back in our body is to do this practice.

HOW TO INTUITIVE NATURE WALK WITH THE WATERS

STEP 01

The first step of Intuitive Nature Walking is to go into an open area of nature such as a river, woodland, bush, beach, park or forest. Any open area of nature will do. As we are working specifically with Water, try and go somewhere that you know there is Water. If you live in the middle of a city and can't get to an open space just work with what you have.

01.

STEP 02

Connect to your soul.

02.

STEP 03

Connect with the land and the Water around you (seen and unseen). You may like to acknowledge the original custodians of the land and spirits of the Water. Next, ask the Water beneath you, around you and within you to lead you.

03.

STEP 04

Invite your soul to step forward and lead your body by starting to walk. Notice where you are led. Maybe you are called to walk up to a stream or pond. Maybe you notice a fountain or rainWater dripping off a rock. Maybe you notice a stormWater drain; maybe you are at the beach and you observe the way the waves roll on in; maybe you are at a lake and are called to skim a stone and watch the ripples reverberate out wider and wider. Try not to think about it too much. Just keep moving and do your best to connect with the Water all around you, whether through a body of Water, Water in the air, Water in the ground, Water beneath you or Water in the trees, grass and flowers. Notice what you might not normally notice. Stay open to attuning to the Water within everything.

04.

STEP 05

How do you feel? Breathing deeply, staying connected to the Water beneath you, around you and within you, continue to be led and moved. Really connect with the consciousness of the Water all around you.

05.

STEP 06

Walk for as long as you like. If you feel called you might like to stop to meditate or write down any messages you receive. You could even do your kything practice while on your *Intuitive Nature Walk*.

06.

STEP 07

Once you are complete (or throughout if you wish), thank the Water around you for guiding you and ask if it has a message for you.

07.

STEP 08

Finally, ask if there is anything it would like you to do for it.

08.



INTUITIVE NATURE WALKING

Soul Inquiry

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What did you notice? Did you receive any messages?

What are the Sacred Waters calling you to do?

What is one baby step you can do to act on this today to embody this mystical practice?

WATER PRAYER RITUAL

Blessing Water

As we have explored already, Water blesses us every day through making Life possible. And many visionaries and scientists believe that Water could hold memory. In this practice we are going to acknowledge Water for all it does and put our prayers for the world into it. To activate the Water with our prayers for humanity, all beings, the earth and Water itself.

I have been doing this ritual myself and in Sacred circles and events for many years. It is one of the most simple yet moving rituals I have ever done. If you imagine all of us doing this, blessing the Water and sending it out into the world, imagine the potential for healing it has. As we offer the blessed Water out into the world, it mixes with all the Waters of the world.

WHAT YOU'LL NEED

△ A glass or vessel (it can be small)

△ Water to fill the vessel

HOW TO DO THE WATER PRAYER RITUAL

STEP 01

Set up your space so you're comfortable and the environment feels supportive.

01.

STEP 02

Open the Sacred space in a way that feels good to you such as prayer, playing music or lighting a candle.

02.

STEP 03

Take the vessel of water into your hands and hold it to your heart.

03.

STEP 04

With eyes closed, hold your prayer for the world in your heart.

04.

STEP 05

Now picture this blessing emanating from your heart.

05.

STEP 06

Whisper your prayer into the Water three times.

06.

STEP 07

Picture the sound vibrations of your voice emanating the Water from your heart.

07.

STEP 08

Breathing deeply, continue to offer the blessings to the Water.

08.

STEP 09

If you feel called you can anoint yourself or take a sip of the Water. If you do take a sip, notice how the Water feels and tastes. For example, I find that sometimes the Water has changed in consistency. If you do consume or anoint yourself with the Water, imagine this Water informing your cells as part of humanity, the world and Life.

09.

STEP 10

Offer this Water back to the earth in whatever way you are guided. For example, you can offer it to the sea, ocean, a river, stream, plants or the drain.

10.

STEP 11

Close Sacred space.

11.



WATER PRAYER RITUAL

Soul Inquiry

What was your prayer or blessing for the world?

Where did you offer the Water?

Describe anything you experienced during this Water Blessing Ritual below.



CEREMONY

Part Three

THE SACRED WATERS CEREMONY

Activation

We are at the end of *The Sacred Waters Mystery*. Now it is time to really anchor the energies we have been working with, to honor the connection you have made with Sacred Waters and to activate both yourself and the altar item you have chosen for *The Sacred Waters Mystery*.

FOR THIS CEREMONY YOU WILL NEED

△ **Your Sacred altar item to represent Sacred Waters. Your object should be something that is relatively small and durable as it will be part of your *Inner Temple Mystery School* altar. It should also represent the Mystery, in this case Sacred Waters. For example, a small shell, rock, pebble, vase, bowl, statue etc**

△ **A candle**

△ **Water**

This ceremony honors the journey you have been on with Sacred Waters as your guide. As we do this ceremony we will be activating ourselves with this energy as well as our altar item.

HOW TO DO THE SACRED WATERS CEREMONY

STEP 01

Open Sacred space in a way that feels good to you.

01.

STEP 02

Light a candle

02.

STEP 03

Call upon the Sacred Waters

*'Come, come, Sacred Waters, come.
Activate me with your flow and grace.
Come, come, Sacred Waters, come.'*

03.

STEP 04

Take your object and hold it to your heart.

04.

STEP 05

Imagine a Sacred Well at the center of your heart. Invite the ancient pulse of this Sacred Water to activate and envelop this Sacred object with its wisdom, strength and power.

05.

STEP 06

Breathe deeply and fully receive the activation from the Sacred Well within you at a cellular level as well as within this object.

06.

STEP 07

Reflect on all of the practices you have done with Sacred Waters as your guide. Reflect on the insights, wisdom, changes, healing, knowings and experiences that have come up for you while working with Sacred Waters. How have you changed? What insights have you received? What unlearning has happened? What shifts have you experienced?

07.

STEP 08

Connect with the Sacred Waters and say the following out loud, acknowledging the journey you have been on,

08.

*I have evoked Sacred Waters.
I have journeyed with Sacred Waters.
I have anointed with Sacred Waters.
I have sung with Sacred Waters.*

*I have embodied Sacred Waters.
I have looked deeply with Sacred Waters.
I have listened to the Sacred Waters
I have opened my heart with Sacred Waters.*

*I have reflected with Sacred Waters.
I have walked with Sacred Waters.
I have activated Sacred Waters.
I have blessed Sacred Waters.*

I have experienced the Sacred with Sacred Waters as my guide.

*Thank you Sacred Waters for being my guide.
I now infuse this Sacred object with your wisdom, strength, holding,
guidance and grace.'*

STEP 09

Take a moment now to whisper any learnings or insights you have received from the Sacred Waters into the object now. Or you can simply blow into it three times to transmit the transformations and teachings now.

09.

STEP 10

Take a deep breath and anoint your third eye and anywhere else on your body with the water or oil.

10.

STEP 11

Take another deep breath and anoint your Sacred object with the water or oil now too.

11.

STEP 12

To close, let's offer a final gratitude to the Sacred Waters that have supported us while holding your object.

*Place your hands towards the heavens and say
'I give thanks to the Sacred above me.'*

*Place your hands on your heart,
'I give thanks to the Sacred within me.'*

*Place your hands towards the earth,
'I give thanks to the Sacred below me.'*

12.

STEP 13

Place your item on your altar or in your *Inner Temple Mystery School* altar cloth, box or bag.

13.

STEP 14

Close the space and container of the Waters in a way that feels right for you and then blow out the candle.

14.

We have now completed our experiential work with the Sacred Waters.



INTEGRATION + REFLECTIONS

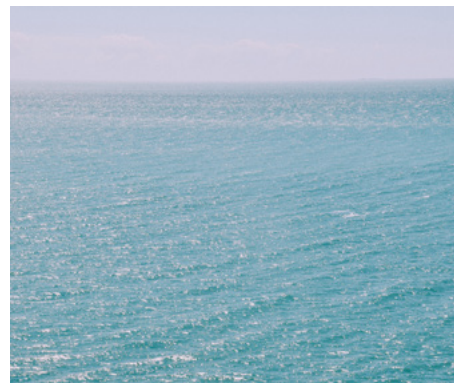
Part Four

INTEGRATION AND REFLECTIONS

We have made it to the end of *The Sacred Waters Mysteries* module.

I'm a big believer in taking the time to integrate our mystical experiences through reflection. I recommend taking a moment now to reflect on your personal journey with Sacred Waters as your guide. You will find the *Soul Inquiries* on the next page.

See this as an opportunity to ponder on how you have changed through working with the Sacred Waters as your guide, where you are being called to take this work. It might also support you in developing language to speak about your experiences and journey with Sacred Waters. You will also find a reading sheet to do a two-card reading to complete your work with Sacred Waters.



Don't skip over this integration and reflections bit. Make yourself a cup of tea and light a candle and as you complete it. Imagine those roots becoming deeper and deeper as you integrate your journey mentally.



INTEGRATION AND REFLECTIONS

Soul Inquiry

Reflect back on your time working with Sacred Waters. Did you have an area of your life that you were working with? If so, what was it?

What was the main message that you received working with Sacred Waters?

How has working with Sacred Waters changed you?

What surprised you the most about working with Sacred Waters?

What challenged you the most about working with Sacred Waters?

What has delighted you the most working with Sacred Waters?

What practice resonated with you most deeply and why?

What have Sacred Waters taught you about yourself?

What have the Sacred Waters taught you about others, the planet and humanity?

What was the biggest lesson you learned working with Sacred Waters?

What practical thing do you want to integrate into your life from working with Sacred Waters?

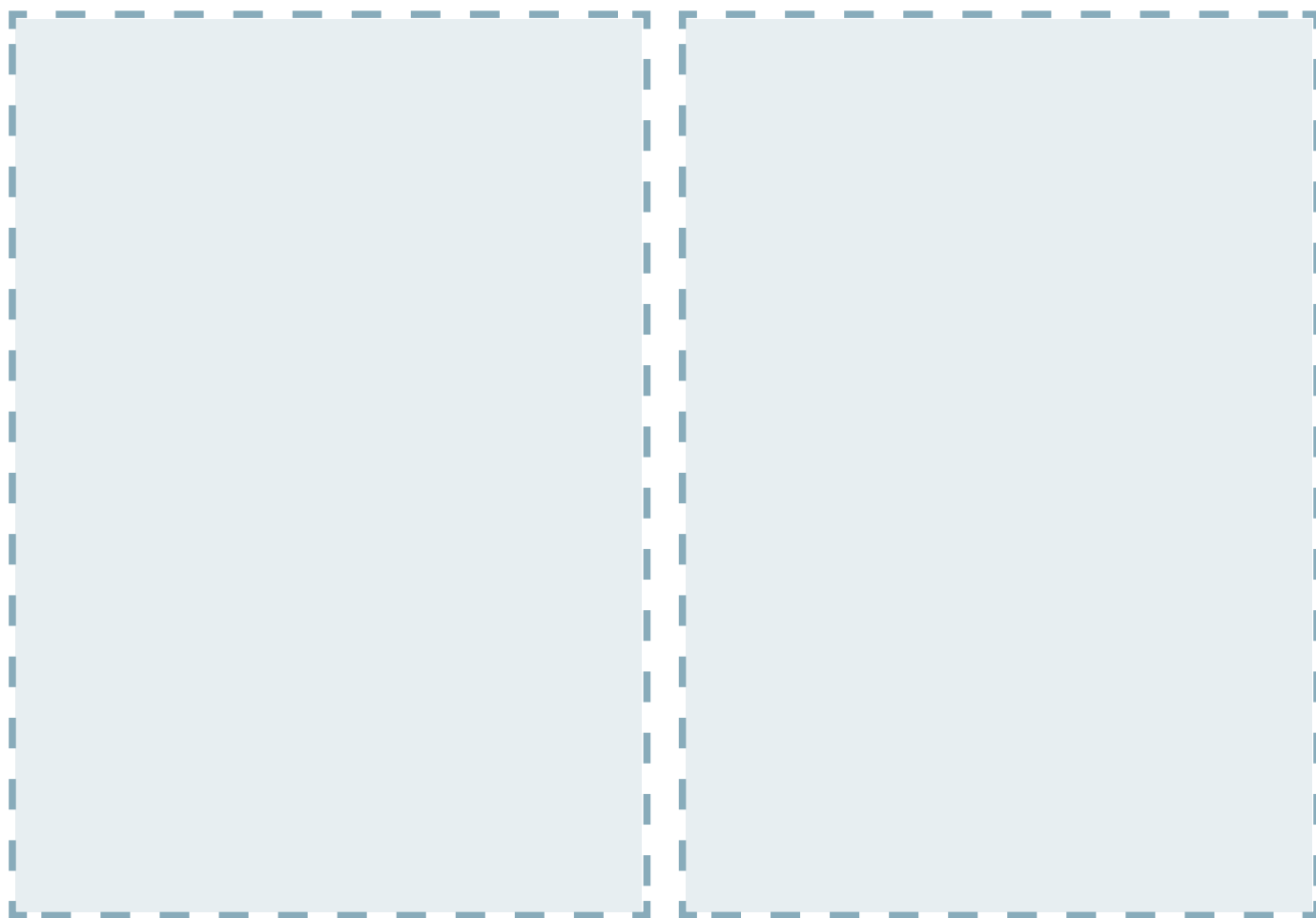
Have you encountered or noticed Sacred Waters near you?

In one word, how would you describe the Sacred Waters Mystery?

ORACLE CARD READING

Follow the Stream Two-card Spread

This is a wonderful, quick reading to give you some perspective on a particular area of your life, your relationships, or a project that you are working on. It offers you a glimpse of a possible outcome as well as clarity on where you are in this moment



Position 1: The stream - Where are you now?

Position 2: The future river or ocean - The highest outcome if you follow the stream.



SOUL INQUIRY

What symbols, colors or words are providing meaning for your soul?

What is the meaning?

What baby step can you take today to progress towards the future rose garden?



GOING DEEPER

Resources and further reading



GOING DEEPER

Resources and further reading

ORACLES

△ ***The Healing Waters Oracle*** by Rebecca Campbell, 2023, Hay House

BOOKS

△ ***The Encyclopaedia of Arthurian Legends*** by Ronan Coglean, 1991, Elemental Books Limited

△ ***H2O: A Biography of Water*** by Philip Ball, 1999, Weidenfeld & Nicolson

△ ***The Hidden Messages in Water*** by Masaru Emoto, 2001, Beyond Words Publishing

△ ***If Women Rose Rooted*** by Sharon Blackie, 2016, September Publishing

△ ***Le Conte du Graal (ou le roman de Perceval)*** by Chrétien de Troyes: various editions

△ ***The Legendary Lore of the Holy Wells of England including River, Lakes, Fountains & Springs*** by Robert Charles Hope, 1893, Elliot Stock

△ ***The Mists of Avalon*** by Marion Zimmer Bradley, narrated by Davina Porter, 1993, Audible. Audiobook

△ ***Sacred Springs: Holy Wells in Great Britain*** by Christina Martin, 2006, Wooden Books

△ ***She of the Sea*** by Lucy H. Pearce, 2021, Womencraft Publishing. E-book

△ ***Sitting by the Well Bringing the Feminine to Consciousness Through Language, Dreams, and Metaphor by Marion Woodman, narrated by Marion Woodman***, 2000, Audible. Audiobook.

△ ***The Chalice and the Blade*** by Riane Eisler, narrated by Riane Eisler, 1997, Audible. Audiobook.

△ ***The Tarot Bible: The definitive guide to the cards and spreads*** by Sarah Bartlett, 2006, Godsfield Press

△ ***The Waste Land and Other Poems*** by T.S. Eliot, 2002, Faber Poetry

△ ***The Water Book: The extraordinary story of our most ordinary substance*** by Alok Jha, 2016, Headline

- △ ***The Way of the Water Priestess: Entering the World of Water Magic*** by Annwyn Avalon, 2021, Weiser Books. E-book
- △ ***We Are Water Protectors*** by Carole Lindstrom, Michaela Goade, 2020, Roaring Book Press
- △ ***Your Heart Is The Sea*** by Nikita Gill, 2019, Thought Catalog Books
- △ ***Edgar Cayce on Atlantis*** by Edgar Cayce, 1968, Grand Central Publishing
- △ ***The Enchanted Life Unlocking the Magic of the Everyday*** by Sharon Blackie narrated by Fiona Reid, 2019, Audible. Audiobook
- △ ***Sitting by the Well*** by Marion Woodman, 2015, Sounds True (audiobook)

JOURNALS

- △ ***Ancient Avalon, New Jerusalem, Heart Chakra of Planet Earth: The Local and the Global in Glastonbury*** by Marion I. Bowman Source: *Numen*, vol. 52, no. 2, 2005, pp. 157–90. JSTOR, Accessed 13 March. 2022.
- △ ***The Earth's core as a reservoir of Water*** by Li, Y., Vočadlo, L., Sun, T., Brodholt, J.P., Source: *Nat. Geosci.* 13, 453–458. 2020.
- △ ***Everything Is Water*** by Richard Rojcewicz, *Research in Phenomenology*, vol. 44, no. 2, 2014, pp. 194–211. JSTOR, Accessed 18 March. 2022.
- △ ***From Holy Water to Holy Waters*** by Gary Chamberlain. Source: *Water Resources IMPACT*, vol. 14, no. 2, 2012, pp. 6–9. JSTOR, Accessed 23 January. 2022.
- △ ***Global Water crisis: Facts, FAQs, and how to help*** by Kathryn Reid, 2021, World Vision
- △ ***Merlin and the Ladies of the Lake*** by Anne Berthelot, Source: *Arthuriana*, vol. 10, no. 1, 2000, pp. 55–81. JSTOR, Accessed 18 Feb. 2022.
- △ ***Primordial Waters*** by David Leeming, Source: Leeming, D.A. (eds) *Encyclopedia of Psychology and Religion*. Springer, 2020, Cham.
- △ ***Progress on household drinking Water, sanitation and hygiene 2000-2017*** Special focus on inequalities. New York: United Nations Children's Fund (UNICEF) and World Health Organization, 2019.
- △ ***The Rain Rituals as Rites of Spiritual Passage*** by Nadia Abu-Zahra, Source: *International Journal of Middle East Studies*, vol. 20, no. 4, 1988, pp. 507–29. JSTOR, Accessed 4 March. 2022.

- △ **Scientists theorize new origin story for Earth's Water** American Geophysical Union. ScienceDaily. ScienceDaily, 7 November 2018. 2022.
- △ **Water in Crisis A Guide to the World's Fresh Water Resources** by Peter Glick, 1993, Oxford University Press.
- △ **Water in Mythology** by Michael Witzel, Source: Daedalus, vol. 144, no. 3, 2015, pp. 18–26. JSTOR, Accessed 3 Aug. 2022.
- △ **Water's Pilgrimage in Rome** by Rinne, K, Source: Room One Thousand 2015.

WEBSITES

- △ **Bath Medical Museum**
- △ **The Chalice Well Trust**
- △ **Direct from Lourdes**
- △ **The Oceania Project**
- △ **USGU - Science for a Changing World**
- △ **Wells of Cornwall**
- △ **The work of Kees and Winny van de Velden**
- △ **The White Spring**

DOCUMENTARY + FILM

- △ **Danu and Her Sister: River Goddesses**
- △ **Joseph Campbell and The Power of Myth**, TV mini series: available as a DVD or on Netflix
- △ **Whale Rider: 2002** feature film based on the novel by Witi Ihimaera
- △ **Whaledreamers** (2006 documentary)
- △ **Thales of Miletus In Five Minutes**



*Water makes life on Earth possible.
The Sacred ingredient that invites all life to begin
and to bloom.*