



Awakening
to the elements

Week 4: Water

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Welcome to week four!

I hope you feel proud of your journey so far. As I am writing this I am curious of your experiences and your discoveries. I remember my own awakening as I did the same journey many years back. Of course, as a Priestess I keep walking this path, sometimes straying, but always finding my way back.

This week you will be journeying with water. Water, like the other elements, is truly magical. Perhaps you have memories of walking on a beach, the waves rolling in over your bare feet. You may have bathed in a secluded lake in a dark forest or seen the dolphins play in the waves.

And how about lying in bed listening to the rain against the window, knowing that you are safe and warm indoors. The energy of water is of course in all the lakes, streams, rivers, springs, waterfalls as well as in the tap water.



Water is also inside us, in our bodies and in our blood. Our tears are sacred. In our society we are often taught to stop our crying, as if others find it uncomfortable. I believe we should cry when we want to. I think it is healthy. I cry when I want to, even if I am out among people. Some people even don't allow themselves to cry anymore. But we can all find our way back. It is just a matter of finding our way back to our emotions, and center in our body and soul. Let the tears flow. It is beautiful.

Water is also connected to our emotions, to intuition and compassion. A lot of people are cut off from their feelings because of stress and limits and demands put upon us by society.

By grounding, meditating and journalling, as well as by such things as yoga we can find our way back. You may, or may not be one of these people, but this course is another step on your journey back to knowing yourself.

Water is also connected to inner wisdom, and that is exactly what you are re-discovering, or strengthening.

Water asks you to follow Her flow. Using our breath we can learn to decide what is worth being stressed about (which, in reality is nothing) and how to let go and follow Her whispered wisdom. Just by noticing stress or worry when it arises, stopping for a second and taking a couple of deep breaths can help us ground enough to be able to look sensibly on the situation and let go of the unnecessary worry. Imagining the water flowing over rocks in a river, the rocks being the worries, is an image that has helped me a lot.

Water is also connected to the fishes, dolphins, whales and mermaids. Remember that water is the Source. This is where life began.

Oooo. Magical, isn't it?



To do this week

1. Re-decorate your altar.

This week, place a bowl of water on your altar. If you can, bring in some water from a spring, a stream or a lake. If you can't get some of that, then tap water is perfect too! Use all shades of blue and turquoise, as well as images of water from tarot cards, oracle cards or photos.

If you have statues of dolphins or mermaids they would love to join you this week!

When you are ready, use your incense to smudge the altar, releasing anything stagnant and preparing for the new.

2. Listen to the guided water meditation (mp3)

3. Journalling

Keep writing down your feelings, thoughts and observations in your journal. Use the questions in the workbook if you need help.

3. Daily meditation

Sit down at your altar and take a few deep breaths to center and to become present in this moment, in the here and now.

Light your candle, or candles, and state your intention to journey with water this day. Bring to mind all the sensations and feelings and thoughts of water that you have had so far. Speak from your heart. Ask for guidance, ask to be shown ways in which to find a deeper connection to this element.

See what thoughts or feelings come to you, as they may be inspirations from your guides, angels or from Goddess. Just keep breathing and do not force anything. If nothing comes to find, don't worry. Just breathe.



One of the qualities of water is to go with the flow, not stopping because of obstacles, but always finding a way through.

Take some water from your bowl and anoint yourself on the forehead, praying that you, like the water will flow easily through this day. Feel the blessing of the water. Feel its energies entering you. Breathe it in.

Stay for a few more moments if you have time, resting in the blessings of water.

4. *Water ceremony*

You will need a glass of water for this ceremony.

Sit down at your altar and breathe for a minute or so. Breathe deeply letting go of all that has been today, and whatever is coming, so that you are able to be present here. Light your candle and incense.

Call on the energies of water, such as you have experienced them this week. Call upon the Goddess of Water; Rana, Nimue, Yemaya and ask them to be present.

Breathe them in and feel them near you.

Give thanks for everything you have learned and experienced this week. Now take some of the water from your bowl and anoint your forehead, knowing that you are connected to water in a deeper way than before. Be proud of your achievements!

Now take your glass of water, holding it with both hands. Ask the Goddess to bless this water. Tell Her of your gratitude. Speak from your heart. Ask her to charge the water with Her love, Her power and Her wisdom so that when you drink it those qualities will also be strengthened in you.



Feel the glass in your hands. Know that the Water is sacred.
And when you are ready, drink it. Feel yourself filling with Her power and Her love.

Sit for a few moments enjoying this. Again, thank the Goddess and the energies of Water for their presence.

And when you are ready, blow out the candle.



Well done for completing week 4!
It is time for the last element: Earth.