

Class 8 – Water 2

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1. Preparation for This Class

- *Video Clips:* Direct Flowing Water, Building Water Message Boxes, Shower or Bath Tub Litany, Water Circling, Water Bowls, Water Bowls for Divination and Psychic Messages

2. Water Box Messages

Like air boxes, water boxes can be used to send messages. Since water is heavier and more cohesive than air, the messages will be received on the emotional or “gut feeling” level. Water is also more compulsive than air, so be sure to keep the messages you send light and happy. To increase the effectiveness of messages, send water box messages when the person is likely to be emotionally available – perhaps when the person is likely to be quiet and settled in for the evening.

Like air box messages, water box messages should stay short and easy to understand. The procedure for building water boxes is similar to the procedure for building air boxes:

1. Create an empty box and fill it with water blue.
2. Put the person’s face in the box (or their full name if you don’t know what they look like).
3. Put the message into the box either by seeing the words in the box (in some air color), or by speaking your message at the person’s face in the box. Keep your message short.

4. Throw the box. Since it has been programmed with the person's name or face, it will automatically and instantly reach that person, even if you don't know where the person is, or he/she is halfway across the world. Distance doesn't matter where energy boxes are concerned.

Experiment with messages at different times of day, and with repetition to increase your effectiveness.

3. Hand-to-Hand Water Exchange

For us to have a healthy emotional state we need to have feelings that are moving and well processed – we need emotions, which are energy in motion. Because water is inherently stable, it's easy for us to develop stuck or stagnant emotions, which means we are no longer emotionally healthy. Stagnant water tends to produce depression, grief or an inability to accept fire energy, the prime mover in this Universe. Water needs fire to move, and fire can't get into water without air, so for water to move, we need to have both air and fire.

Using the following hand-to-hand water exchange you can help another person move their water, determine if the water needs adjusting, and balance their water by adding in or taking out certain elements. This exchange can easily uplift another person's emotional state, and calm emotional turbulence.

1. Start by letting the person you are working with know that you are going to flow their water through you and give it back to them. The purpose is to balance their energies and calm emotional turbulence.
2. Connect with a convenient electrical ground with your foot. Your foot does not have to be directly on the ground – you can use direct flow if the ground is some distance away. Have a pan of water by your feet to dump water if needed.
3. Seat the other person across from you in a comfortable position. Make sure you are also in a comfortable and stable position. You may also want to have your color chips laid out on a nearby table or stand so you can look at them while you are working.
4. Put your input hand in their output hand, and your output hand in their input hand. If your output hand is on the same side as their output hand, reverse your energies so that you are receiving through your output hand and giving back energies through your input hand. By now you should have worked with enough energy flow to be somewhat ambidextrous.
5. Ask the person to close their eyes, let go and allow their water energies (feelings and emotions as well as physical water) to flow.

6. Pull water blue in through your input hand while looking at your water blue color chip to make sure you are pulling the right color.
7. As you pass the water energy across your shoulders, determine its balance by the way you feel. Too much yellow orange energy feels like tension and turbulence, while too much red orange energy feels like anger and rage. If there's too much fire, ground the fire energy out into an electrical ground; too much air, ground out air by flowing it out of your foot into a corner. If there's too much water, put your foot into the pan of water and flow out some water. When there's not enough air the water will feel heavy and sluggish.
8. As you flow the water back in, you can add in additional colors and characteristics as appropriate. Be careful about putting in too much air, it may cause gas pains in the abdomen. Be sure and look at the appropriate colors as you add them back in.
9. Flow water until the energies are balanced. Check in with the person every minute or so to see how they are doing. Once you are ready to stop, release their output hand first, flow their remaining water across your shoulders and back to them, then release their input hand.
10. Do any additional energy balancing that may be needed with boxes or other techniques.

Caution: If you get blue-black energies from the person whose water you are flowing (buried unconscious energies), you have to stay with them until the water becomes clear blue again. It may take a number of hours to do this, plus some special techniques beyond the scope of this course! Be sure and plan enough time for this exercise. If for some reason the person's water flow suddenly stops, don't force it, as it may be an indicator of blue-black energies. Simply stop and return their energies to them. You may need to use another method such as box adjustments to balance their energies.

4. Shower and Bathtub Litany

The shower and bathtub litany is a simple and effective way to release excess tension, pain, fever, stress and soreness. It uses water's ability to absorb and carry fire, especially if the water is moving, as in a shower or a draining bathtub. This is called fire to water balancing. While many people use a clumsy form of this technique intuitively, its effectiveness increases when done intentionally and precisely. Some people generate anger to combat grief; some create depression to cover anger they are holding in. A lot of these emotions are water/fire mixes and the shower and bathtub litany is a very effective way to balance fire with water. This technique is a way to self-balance and rid yourself of excess fire energy without going to a ground source or using a color source. The shower and tub

litany gets rid of anger that triggers grief and the grief that triggers anger. It also relieves depression.

Shower Instructions

Set the showerhead so the water hits you at the base of the skull and the water runs as evenly as possible over the back and front of your body. Let the shower hit the back of the neck, where we tend to develop a lot of tension (in the shoulders), and run your hands down your body to bring the fire down to your feet. The water temperature should be cool (just below body temperature). If the water is too cold it will create tension, and if the water is too hot it won't carry much fire.

As the water is running over your body and down the drain, picture your body as a glowing heating coil. Radiate any flame band energies outward in any direction. The tension will follow natural body flows. Picture these energy bands mixing with the water and flowing down the drain while simultaneously repeating the following litany aloud. Say it out loud. Keep saying it until you feel that the flame is gone. Speak the litany with authority and power.

All the tension, all the strain,
All the pain with excess flame,
Flow with water, down the drain!

Here's an alternate form that you can also use:

All the stress, all the strain
All the tension, all the pain
Flow with water, down the drain.

Use the litanies as given, experimenting with each in the shower for several weeks. After noticing and recording the differences, you may also want to develop some litanies of your own, keeping in mind the interaction of water with the different elements.

Bathtub Instructions

Fill the tub as full as possible with cool (just below body temperature) water, but not cold water! Lie back with your feet at the drain end and as much of your body as possible under the water. Using the glowing heating coil idea, radiate the flame bands, warming the water next to your skin. Stir the water each time this seems successful. After 3 or 4 "stirrings", open the tub drain and continue to lay back and radiate the flame bands as the water level drops around you. Begin using the above litany as the water drains from the tub. Continue the process until all the water is gone from the tub.

5. Water Bowl

The water bowl is a versatile technique that enables you to:

- Calm emotional turbulence
- Change stagnant water to moving water
- Diagnose your internal state
- Perform self-healing
- Psychically communicate with others
- Find lost objects
- Divine probable futures

A water bowl is simply a “bowl” formed by holding your elbows snug against your sides and lacing your fingers together in front of you into which you flow your energetic water. This procedure takes very little time and handles a lot of life’s daily difficulties. It also allows you to accomplish a lot without changing your overall water level but just re-circulating it. To make the most of your water bowls, read the following safety cautions until you understand them thoroughly:

- Many emotional disturbances come from deep subconscious causes that are not easily managed with this procedure. For this reason do not work with the deep blue or blue-black colors! If these begin to creep in, stop the procedure and reabsorb your water.
- If you have alligators in your water bowl and they are dark, leave them alone – they are from your buried subconscious and cannot be handled with this technique. If they are healthy and you don’t want them, you can blow them over the edge of the bowl. Circulation of your water can clean the water of blue-black or black animals.
- Be sure the “bowl” is at or above the level of your navel unless you want to clear out your intestinal tract.
- Do not drop the bowl without first reabsorbing the water energies in it. If you accidentally drop the water bowl before you have reabsorbed all the water, it may leave you short of water which could produce a feeling of being emotionally drained or could cause dehydration. It could also possibly cause diarrhea. Also, keep the bowl level to prevent sloshing so that you don’t lose any water unless you want to get rid of a whole lot of psychic water (for instance, if you are overcome with grief and feelings of overwhelm). Any water energies lost cannot be replaced by drinking water.

Building a Water Bowl

- Have your water blue color chip available as a reference for flowing the right color.
- Be seated so you can rest your elbows comfortably against your sides at or just above your hip bone points with your arms & hands extended horizontally or slightly up angled in front of you and the tips of your fingers interlaced. This results in a “bowl” at about the level of or just above your navel. High or low bowls will have different effects. Standing, you will only affect the area above and at the level of the arms. If you do a bowl too low or bent over, it will affect intestinal tract, kidneys or bladder. If you make one below the waist, it will trigger the body’s mechanism for clearing water and you will go to the bathroom a lot.
- Envision or “mock-up” a dry stream bed or ditch descending from the region of your heart into the bowl on the side nearest you. Build a spout right above the heart and allow a stream of water to flow down the ditch or stream bed into the left side of the bowl. You can also allow the water to flow out of the spout directly into the left edge of the bowl. Be sure and look at your water blue color chip as you are flowing water.
- You can decorate the bowl on the edges if you so desire with palm trees, birds and flowers. The water flowing down can be a cascading mountain stream or a fountain-like stream pouring into the corner.
- Fill the bowl, which should be a fairly deep bowl, until the water reaches the edge. As the bowl fills, you will likely have a sense of a rising coolness or pressure in your linked fingertips. Begin reabsorbing the water by pulling the water in your hands and up your arms from the bowl’s far side.
- As you absorb the water energies, re-circulate the water back out to the spout so you have a continuous flow.
- As you re-circulate your water, let the turbulent feelings rush out and down the streambed into the bowl as with a turbulent stream down a hillside without concerning yourself about their source. The only goal here is to smooth out the feelings so you can function in your situation at this time. To accomplish this goal, you want to have a clear top surface so continue circulating the water until it smooths out.
- Continue recycling until one of the following occurs:
 - The out flowing water is running smoothly in the streambed (usually takes 3 to 5 minutes).

- The outflow stops of its own accord, often with a “chug” feeling. Do not force a restart if this happens! A forced restart may trigger release of an overwhelming amount of suppressed or repressed fear, anger and grief.
- You notice clues to the cause for the turbulence and wish to handle those by other self-balancing procedures.
- When you stop flowing, either intentionally or because the water stopped flowing spontaneously, pull all the water back up into your palms and up your arms. Failing to pull all your water energies back in may cause you to feel emotionally drained or physically dehydrated.
- Unlace your hands

6. Water Bowl Diagnosis

You can use the water bowl to diagnose the state of element imbalances that may be the source of turbulent emotions. By looking at the water, you can see clues that will let you know if you have too much or too little of certain elements (remember your element characteristics). Do not change your balances while you have the water in the bowl. Disassemble the bowl first, dump boxes or adjust your balances however you need to. Then build another water bowl to check your results.

- Construct a water bowl and set up flows as above.
- If, in looking at the water in the bowl, your eyes begin burning or you begin getting a slight headache in the forehead or there seems to be steam clouds down in the water, this would indicate that excess flame band energies are the source of the upset emotions. If this is the case, stop the flow into the bowl, empty the bowl as above, then get rid of the flame energies using boxes, direct flow or Dragon’s Breath. Construct another water bowl and look for a calming of the water and change in the energies.
- If, in looking at the energies in the bowl, the surface of the water seems really rippled, blurry, or choppy, this indicates that excess air or excessively active air is causing the emotional turbulence. In this case, stop the flow and empty the bowl, rebalance your air (probably in the white bands), re-build the water bowl and recheck the emotional energies.
- It may be that rebalancing both fire and air will be required to get the emotions to a calm state. If so, work with fire first then air, given that the flame energies may be disturbing both mind and emotions.

Negative emotion is non-moving water while positive emotion is moving water. Keep this in mind to help you identify what you need to do to rebalance your energies.

Water Bowl for Water Retention, Edema, Late Menstrual Flow, Detoxification

- The water bowl can help move water in your body if you have water retention problems. If you have too much water in your legs put your feet in a physical bowl of water while doing a water bowl. The natural tendency will be to clear that water out of your legs.
- Use the water bowl at the naval level with the output energy stream(water flow) going from the heart area down through your body. The energy flows into the water bowl will trigger the body's physical fluid's excretion mechanisms with the effects usually beginning in 5 to 10 minutes after the procedure is done. They may persist for several hours.
- This procedure may cause miscarriage if used by a pregnant woman, especially near the time she would usually have a moon-time and particularly during the first three months or the last two months of the pregnancy.
- This can also be used for high blood pressure if you get rid of the heat first.
- Doing a low water bowl can help the body get rid of physical fluids. This works by the "As above, so below" principle. The surface of the water does not have to be smooth to do this. Just make a low bowl and flow water back up the arms or fill the bowl, stop the flow and dump it into a sink. Don't dump too much or you could get dehydrated.

7. Sending Messages with a Water Bowl

Since water is directly related to the emotions, it's a great medium for sending messages. We've already talked about how to use water boxes to send short, one-way psychic communications to people. With the water bowl, you can hold actual two-way conversations (if the recipient is willing) with people at an emotional and spiritual level. Again, since water can be compulsive, you want to be sure to keep your conversations lighter and happier, the exception being self-defense, which will be discussed in later classes. If you compel someone to certain detrimental behaviors without cause through a water bowl conversation, the Universe will hold you responsible by Rules of the Road. The compulsive qualities of water does, however, make the water bowl a useful means to recover stolen property or unpaid debts, or banish someone who is harassing you. To use the water bowl for messages:

1. Make a water bowl and be sure that the surface is clear and calm. If it is not, disassemble the water bowl and balance your energies until you get a clear, calm surface.
2. When the bowl is full, stop the inflow and hold the bowl quietly so the water stays calm. Do not circulate the water.
3. Get very interested in the person you are communicating with and feel a strong desire to establish communication with them.
4. Put the person's face clearly in the bowl beneath the surface of the water. This establishes a direct psycho-spiritual link. If you are having difficulty seeing the person's face in the water bowl you may shut your eyes. Some people see water bowl images behind their head.
5. Speak the message to the recipient as though she or he were actually present. Be sure to focus your attention on the message and recipient and nothing else.
6. Since the water bowl forms a 2-way link, you are likely to receive a response from the person. The responses you receive may be very different from responses you would get in normal conversation because you are speaking directly to the person's spirit, not the person's mind. The mind rationalizes and justifies while Spirit does not.
7. Repeat the message if you like. This will really get the message across to the person you are communicating with.
8. Once you have completed the message or conversation, disassemble the water bowl being sure to reabsorb all the water energies.
9. When using a water-bowl in these applications, if the water becomes turbulent, cloudy, or steamy or if you begin to get a headache or burning eyes, you are pushing fire into the bowl. Stop looking into the bowl for a moment, rebalance, relax and restart, staying as level as possible.
10. You may want to repeat the water bowl communication for several days in a row as repetition always improves the rate of reception.

8. Water Bowl Divination

Divination is a general term that means, "the obtaining, by psychic or spiritual means, of information not readily available to the physical senses of the body." The water bowl allows messages coming in through spirit perceptics to be translated into physical information that your eyes and mind will allow. Divination tools like water bowls, cards and pendulums provide a conscious or physical level means for the information. Water bowl divinations are useful for

finding lost or stolen objects or people, finding out what is happening in distant locations, exploring “forgotten” past lives and events as well as exploring future possibilities. It can also be used for other similar kinds of information such as sources of personal internal difficulties. Be careful with some of these uses as you may experience powerful and unexpected emotional reactions within and from yourself.

In exploring the future with any form of divination (or interpretation of dreams and visions for that matter) you need to thoroughly understand that:

- The future is not set or pre-destined. It may be changed at any time before it actually happens.
- Divinations, visions and dreams of any particular future event are only probabilities based on an assumption that the “flows of change” currently operating will continue unchanged!
- If a divined, dreamed or visioned future event is not what you want to happen, do some research in the water bowl to discover the pre-event causes and change them! If you do that, the divined, visioned or dreamed event either will not occur at all or will occur differently than seen!

Divination Procedure

- Construct your water bowl and do any self-balancing necessary until you have a good, calm surface.
- Generate an emotional feeling of curiosity and focus on questions such as:
 - For your past: “Where was I in ...” or “What happened to me in...”
 - For your future: “What is likely to happen on my trip to...” or “What is likely to happen if I...”
- Holding the focus, feeling and question, look into the water bowl (not through it) and wait for a picture or series of pictures to form. You may have to keep saying the question over and over until a picture forms down in the water bowl or behind your head. As the picture starts to form, it won’t cloud your water bowl, it will get clearer.
- If you get a picture, but need more details or information, you can ask additional questions to clarify.
- You can close your eyes and look at the water spiritually if you have trouble with your eyes open. You can also train your eyes to look into the water bowl by practicing looking at the space halfway between you and an object 20 feet away until you don’t see the object, just the space.

- In doing divinations for the future, if you are going to take a trip, you can ask for a mock-up of different aspects of the trip. “What is likely to happen on my trip?” You can get a moving picture of going to the airport and getting on the plane. If you run into something that does not look OK or that is dangerous and threatening, you want to find out everything you can about that situation. Get a bigger view: the time of day, weather, the surroundings, and the events leading up to it. Then, on the trip, look for the pre-cursor signs to appear. If they appear, change something immediately (something completely different from your plan) and you will change the outcome. A small change in the present leads to a larger change in the future.
- When you are done, reabsorb the water.

Special note: With past and future divinations, be ready to handle unexpected and possibly intense emotions from yourself at any time.

Finding Lost People or Objects

You can use the water bowl to find lost or stolen objects, or lost people. When looking for a person who may or may not be alive (or anyone from you haven't heard from in a long time), you may get “weird” pictures in the bowl (i.e. star fields, rainbow colors, or some kind of an infantile environment) if the person has “passed over” or if, at the time of your operation, is out-of-body. Your field may also appear dark when you are looking for someone, this could indicate that they are probably not on the physical plane anymore. In these cases, we strongly recommend that you let them be – the person is not available either because they have reincarnated or are out of body.

When looking for lost objects, you may see a dark field if the object is in a dark location, such as a dresser drawer or a closet. Back up or zoom out until you see more details about the location, such as a dresser or closet. You can also zoom out or around and look for an address or city sign on a highway.

- Construct your water bowl as discussed earlier.
- Focus on, “I wonder where.....is?” while generating an emotional feeling of curiosity. Use a mental picture of the object or person in your mind as the identifier.
- Holding the focus, feeling and identifier picture, look into the bowl and wait for some visual indicators to form in the bowl (a picture of the subject's immediate surroundings, or electric-white letters, words or numbers giving locational clues). You may need to keep asking “where” questions until you get concrete, specific details.

- When you've gotten the information you're after, re-absorb the water and disassemble the bowl.

9. Healing Others

Use the following healing techniques to help others balance their water excesses or shortages. Because water can have such a heavy impact on us (it's very compulsive) be extremely careful in working with another person's water. Remember that the Universe doesn't care what you meant to do, only what you do. Always get the other person's permission to work with them. When using water to heal yourself or others, it is important to differentiate between the outside sources and your own manifestations. For example, fear is a combination of air and water. If fear is present, look around and see if it's somebody else's fear or your own. If it is someone else acting frightened that is influencing your emotions, then pass the energy through. If it is truly a fear from inside you, change it by balancing or grounding. If you work with your own balances and nothing happens, look for an outside source.

- If someone is feeling emotionally drained, a small box of water-blue will help them get their emotional energy back.
- For someone having difficulties with depression, sadness, or grief, use the hand-to-hand water exchange to help them circulate and rebalance their water. You can also tell them "Come to present time! That was then...this is now!"
- For someone having pain in their head or torso area, using your input hand pull the energy from the front of the head or main body, transferring it across your shoulder bridge. Change it from a flame band color to water-blue, then put it back into the back of the recipient's head or into the back of the trunk area in the changed form.
- For headaches, if it feels like there is a tight band around the head or the head feels swollen with pressure, then excess water is indicated. Pull the water by having them put their output hand in water and flowing air through the person to move their water into the bowl. This can also be done over the phone.
- Use water boxes or flowing to remove scars (because water moves earth). Keeping in mind body flows, place your output hand above the scar and your input hand below the scar and flow the water from one hand to the other through the scar. You may need to repeat the procedure daily for a week or two.

- Tumors can be washed away with water. Kill them first with blasts of red-orange direct flow or boxes, then wash them away with water flows, keeping in mind body flows.
- Clean out endocrine and other systems by flowing water in the same manner.
- If a person has dry skin, you can smooth a water box over the skin.
- If you have a sad or depressed person, who agrees to let you help, take their output hand with your intake hand and pull water blue. Allow it to flow to ground or directly into earth since water penetrates earth. Don't use an electrical outlet as a grounding source. Sometimes you will get blue/blacks. That's O.K., but be prepared to be there for a while. You might get sleepy or unconscious so be prepared to take in sun yellow. You may have to put some water blue back in them afterwards unless they already had an excess of body fluids.
 - If you are around a very watery or emotional person, you can dump some water from yourself and this will prevent you from being easily manipulated by them. On the other hand, taking in water may allow you to have more empathy for someone else.
 - If you deal with someone in your life that is a Taurus, increase your water blue earthmover to deal with him or her more harmoniously.

10. Exit Ritual

The Exit Ritual for this week is:

Sky Above
And Earth Below
With Compassion,
I greet you.

