



The Healing Potential of Sacred Mushrooms™

Module 2: Sacred Medicine of WATER: Wash Away Fear & Sadness With the Magic of Flowered Water

Deepening Practices

You are invited to write in your personal journal, contemplate and reflect upon your experience.

How to pray to water in daily life:

- Give thanks every time you turn on a faucet
- Make a ritual of your shower and enjoy the sensations
- Take a warm bath - you may choose to bring other elements
- Put an intention into the water that you drink
- Drink a cup of water every morning before eating or drinking anything else
- Make a trip to visit a body of water to give thanks and enjoy.
- (Bring an offering)