



The Healing Potential of Sacred Mushrooms™

Sacred Medicine of Water — Wash Away Fear and Sadness

With the Magic of Flowered Water

Module Three

Diana: Hello and welcome, everyone, to Module Three of your Shift Network course *The Healing Potential of Sacred Mushrooms: Open Your Heart, Heal Your Wounds and Expand Your Cosmology with Elemental Ritual* with Doña Eugenia Pineda Casimiro. Today's session is titled "Sacred Medicine of Water — Wash Away Fear and Sadness With the Magic of Flowered Water." I'm Diana, your host. Please join me in welcoming Doña Eugenia Pineda Casimiro to the session. Welcome, Doña Eugenia.

Miguel: Welcome to our Module Three where we'll be exploring water. We will also explore the emotion of sadness, sorrow and perhaps grief. Water is the element that makes life prosper. It is the element that all plants, animals and humans need to stay alive. Water is how we come into this world. It is really water that we are formed as humans. In many different traditions, water is also one of the elements that can create the most healing. Not only because we use water to process most of our medicines and our plants and our tinctures. But also, because we use water in our day to day to purify our body to stay hydrated. And then in that way, to be able to sweat or to be able to urinate and relieve some of the toxins in our body. Through this module, Eugenia will be sharing magnificent things about the way of understanding sadness. She will make a really wonderful and complete water ritual. For this water ritual, all you will need will be some water and some flowers if you have. It can be as simple as one flower, or it can be just as simple as a glass of water. You will still connect to the essence. In that same way, you are apt to learn a lot of different ways in which you can use that water that you pray upon and use that water either for healings or for your altar. We hope that you enjoy this part of the module and that there is a lot of different ideas that can flow to you after this module. See you and please enjoy the course with Eugenia.

Eugenia: Good day. Today, on this day in Module Three, we will talk about our element, Mother Water. Water, why is this vital liquid so important to us? Water is life itself. We'll talk a little bit about its forms, where they are, where they're located. We

have them as an example in our rivers, in our seas, in our springs and in our waterfalls. Why learn to flow through this element? This vital liquid? It's an important part for us because we find it precisely inside our body in different forms. Inside our veins, simply blood, in our sweat or purifying through our vision or our eyes through tears. The blessings of the Mother Water, how do they come? Through rain, through the sweat of the body, and also our personal cleansing. Why is it important that we take care of this element internally and externally? Precisely because we are part of it. When we begin to value our elements and start to connect with them, we learn to live, to vibrate and to feel in a different way. At this time, for example, for many people, in their spaces, in their places, or simply in their countries, we can no longer count on the traditional pattern of the seasons. We really don't know any more when a season is like spring, summer, autumn, winter. The way of life has changed a lot, and I think these are the times to return to Earth or precisely to Mother Nature.

In some way, what she is asking us in the most subtle way is to examine our conscience. To be aware of how we have taken care of our Earth, our elements, our Mother Nature and ourselves. This part of our modules that we are sharing with you is precisely to sensitize ourselves, to return to that consciousness of having a respect for nature and life itself. How are we going to do it through our emotions? How are we going to interpret or how are we going to purify? Today, we will work with the emotion of sadness. Sadness comes because sometimes we feel sad, confused, heartbroken, or there is something moving us to feel off. Why is it important to let this emotion flow? How should we express this part of sadness? We have it inside but how do we express it, to let it out? The way in which the human being displays this emotion, or this feeling is through crying. It's through that lack of warmth or assurance. How to do it? Crying. Crying is a way of flowing. For this emotion that we have inside of us that is necessary to purify is expressed through liquid, our tears.

In this way, we release a bit through crying the emotion that is disturbing us in the moment. This is one way to interpret this water element. What is sadness? Sadness is manifested through the feeling of fear, anguish and sometimes through doubt. How do we let this feeling flow that oppresses us, that discourages us, and that in a way sometimes does not let us carry on with our daily lives? How to help to express this inner feeling. How do we find a way to release what or purify this emotion that sometimes makes a person to feel that they do not deserve this life? It confuses us. Or better said, we are unable to find the sense of being able to go on living. We will demonstrate today or through this simple sharing of our ceremony for our water element. We are going to learn to flow through this element. How are we going to do it and what must we do so we can be able to help to transmute those energies and give the importance to our elements who are there? But we have to learn to use them and to show the necessary respect that they deserve.

We will show how we can prepare our element, Mother Water, and how important it is to us, this little example of how our essence through this ritual has a new meaning. How are we going to work and what are we going to use in this case? We have rose petals that we are going to combine with our water element, and how are we going to use it. Thank you. What are flowers and why are they important for the Mazatec culture? Why do we use flowers or why are they so important to us? They are related to our Mother Nature. Why are they important? Each ceremony, or in the case of some festivals in our town or in our places through our traditions, we have found many uses for flowers. For example, when we celebrate a saint or a virgin in the case of the Catholic religion, people make offerings of flowers. Or inside their houses, when they do novenas or nine-day prayers or this type of festival, they make a horseshoe-shaped arch adorned with different types of flowers. Why flowers? Because flowers also connect with our emotions. An example when someone comes with a present, with a gift, people are joyful. They're happy. It is also part of an emotion. Flowers also work through this sharing with a bit of the essence of a natural gift. Today, we will work with our water element, precisely combined with rose petals. And you, if you don't have exactly this type of flower, you can use something that you have in your garden. Any small flower, any little leaf, to combine the energy of flowers with the energy of our element, Mother Water. Thank you. Now, we will continue with a simple meditation. We will give you simple instructions of how you can do this simple exercise at home or in your spaces so that it can be more impactful. Thank you.

Miguel: We're going to talk about something truly important as we study indigenous medicine and indigenous way of living. That is a big difference and a very controversial topic going on around these times in which we are all expanding and wanting to learn how other people live, how other people pray, seeing how beautiful their traditions are, and then wanting to incorporate some of them into our life or into our practice. There is a big difference in between appropriation of a culture and then appreciation of a culture. There is a lot that has been said about appropriation because we need to understand that indigenous cultures pretty much almost disappear if we get to see them, at least here in the Americas. We get to see how devastated and how traumatized they were or are after colonization. We have to go back into the moments in which they are a rich, prosperous, independent culture with their own way of thinking, with their own language, with their own way of living, with their own social and cultural expressions. Then suddenly, people from another place in big boats start appearing and telling them who they have to be, where can they live, what do they have to do, what resources do they have to give them, and then what do they have to believe in and who do they have to praise. So, imagine that there was, first of all, a culture that was removed. There was a culture that was eliminated just because of the need of colonization, just because of the need of owning something from a different culture. This creates invasion. This creates violence. This creates disrespect.

If there is that past in indigenous ways of living, and they still survive a genocide and protect and preserve their prayers, their religion, hiding from the missionaries, going to other places up in the mountains, probably with the weather that they to live, but they found refuge in other places to be able to preserve their culture and their language and their medicines, they were able to hold an important resource of Mother Earth for a big period and a big chunk of time. But then later on in life with much more water and accepting and post-colonialist world and organized world, then indigenous people start being back again now asked by the Westerners, okay, but how do we do this? How do we work with this? I want to be like you. I just want to pray like you. I just want to dress like you. Your clothes are so colorful. You are so beautiful. I want to be you. When this starts happening in their hearts, some of them go and say, like, yeah, I'll share it, because it's part of indigenous tradition just to share it. To be opening the heart. But then a lot of these, through still the Western mindset and the post-colonialist way of seeing things as money or seeing this as ways of creating and generating a certain type of income and resources.

Or being able to commodify this and then be able to sell it, it's when we start feeling that it comes back again a second wave of that colonialism mentality. People who are not part of that culture, people who didn't either suffer, went to the sorrow, lost their ancestors through war. Who did not effort at all to preserve the medicine, the art, go now to these cultures and say, "Hey, I like this. I'll take this for myself, but I'm going to do my own thing. I'm just going to probably be like you or learn how to do the themes, but then I'm just going to do it in my own way and in my own country." Without also having reciprocity with a culture, which are just continuing to keep taking but not giving anything back. That is very important because we need to have integrity in the way that we share concepts. We need to have that integrity in the way that we are going to relate to the future indigenous generations that are still here. Some of them have great difficulties. Some of them have very low resources.

Not only just financial, but some of them have lost their lands. Some of them are still losing the traditions. Some of them are still in different parts of the world, are condemned to still celebrate their rituals. Some of them are still persecuted. Some of them, for example, in some places in Colombia, they cannot sell the jewelry in the streets because they don't have a license to do it. When we appropriate things, we are really perpetrating a cycle of violence. At the same time, it's really important that we learn that no matter where our culture came from, no matter if we are from European roots or no matter if you're from Asian roots, no matter what your lineage starts, there was a way in which there was some indigenous traditions along the way. There are some traditions that are totally lost, and they will just be history and we have to accept it. But in all of that past that was either colonized by some people, or that they killed the wise ones because they were a challenge for religion.

Somewhere in your lineage, if you just do the homework to study, you will find some type of either folk or indigenous ways of working with plants, working with herbs, doing prayers. Although it is very enticing and sounds very good to go to other cultures that are not part of your lineage and just ask them to teach you or to share with you or that you just want to be like them, it is also really important that you find the teachings of your own tradition. That you find the sacred places that probably your ancestors once were there or prayed there. So that in that way, you have more context also of where you come from and that your lineage and your roots are still nourished by that identity. Somewhere along those lines, there was in the back, back, back of your ancestral line somebody either singing to the fire or having a song to the wind. If you go and explore probably, there is still some traditional music from the people that you are from, and that will help to create a much more holistic and a much more original and genuine way of you connecting to your own roots and your own spiritual understandings. Appreciating a culture is respecting and giving back if you receive some teachings.

I am, for example, Colombian, and I work with the Mexican tradition. Although it is not my lineage and I am connected to a lineage, I try to involve myself there. I try to go and help there to have reciprocity and reverence and be clear that I didn't start with this. That this is not my invention. That this is not my idea. That's why I cannot name it a label like Miguel's healing system. Because it is not mine. I have received these through people who have generously share some of their teachings with me. Then my responsibility is if I carry some of these teachings, to really live them accordingly and to really live them in the best way that I can so that I can be a good example of what has been given to me and what I have the honor of now knowing. At the same time have the flexibility and the ease to stay present with my cultural context, which is that I live in a much more urban and much more Western setting. That I speak another language as well. So, I have to integrate all of that in the context of where I am, and in that same way just to stay truthful to who I am and not trying to create another persona that is just represented by some external cultural teachings that it is not myself.

Now, using some of either the medicines or the clothes of different traditions, it's depending on the tradition. There are some traditions that are totally up for you to use their artwork, use their clothes. They make them happy. It's a way for you to find reciprocity or to support their art and you keep alive the tradition. There are some other traditions that they don't. They have different types of like regalia, or they have some different type of like ceremonial clothes that they use for ceremony. It is just for people of that culture and if you understand the ceremony. So, you really have to have a context and an investigation of what is appropriate to use or what is not. It is your responsibility to learn about this. It is not the responsibility of somebody to teach you. It is your responsibility that if you have an interest of wearing something that is not from your culture, that you just know if this is actually appropriate or not appropriate, and it is respectful or not

respectful to be used. Then lastly, it is always better to stay truthful and genuine to who you are than trying to copy something that you are not. Because in the way of copying, you will have a lot of different confusion. I hope that this is a good talk to all of you to reflect upon, to meditate. Not just to feel guilty about it but just to really create more inquiry and get to truly know how you can find honesty and truthfulness to who you are as a person.

Eugenia: Now, we will begin with our meditation exercise. Right now, I would ask you as a special favor to close your eyes. May you go deep into the center of your being. Now, I invite you again to breathe deeply three times, and that you may feel it in the center of your stomach. Now, we will do this together. Now, I invite you to feel through your emotions, and mainly that you may feel or vibrate through the emotion that today at this time is moving you or that is coming up in this space. Something that may make you feel worthless, without purpose, or without respect for yourself and principally towards your own being. What situation, what object, what person or what is it in this moment that is causing you discomfort? Maybe your lack of interest to value your life, observe, identify, or look within yourself for the cause of the disturbance. Find that point, that center that is causing you discomfort. Today, with great sincerity, with great honesty, but above all with a lot of humility, allow yourself to feel that pain, that emptiness that needs to be purified, cleansed, released or healed. When you feel that you are connecting with this feeling, try to channel it or pin it down so that you can feel the need to free you from this trouble. Today, I ask you that through this simple suggestion that you work from the central point of your body that is the navel. You ask through our element Mother Water. Let her do that work within you, that deep work. So, you can really connect with your need.

How can you do it or how should you do it? Through feeling that pain, that sadness or that discomfort that is deep. That maybe you had not known. Unaware of from where this disturbance came or why. I ask you again that through our water element, you may find a connection with your own fluids, your blood, with your heartbeats. For example, feel those palpitations of what you want because you deserve the opportunity to be healed. At this moment, I want to say a small prayer, a small request, so that all of you may have a chance in this moment to be connected with this cleansing exercise. Mother Water, through your transparency, your shape, your vibration, I pray for all my brothers, my sisters, my friends, my relatives, my acquaintances, and mainly for the sick that have a need but also that deserve a better quality of life that we can attract through this energy of cleaning and purification. That it may give us a new opportunity to be able to live and to clean that which we need today. I ask you today that just as you are important in our lives, in our nature, in our daily life, my brothers, my sisters, those who have forgotten all that we are and that you are part of our lives. Today, heed this importance and know how to feel, and learn to live with our elements who are very important in our life.

Now, after this simple prayer, I invite you to visualize a waterfall, a space of water that is blessed by our star, our Sun element. Let's visualize through our Mother Water this cleaning that we need to liberate, to heal and above all to connect to from now on the way we can use and give utility to our elements. Through this little exercise, all of you at this time are visualizing. You are attracting to you this cleansing, this purification and this liberation. Through this instant, this moment, we are attracting a new life that flows, that cleans and that also forgives. Our existence, our actions and everything we live day to day. Just like our Mother Water, let's try to flow. Let's try to follow the current with a different vision. I ask you now that after doing this simple exercise that we relax completely and simply feel and vibrate through this energy. Right now, in this moment, closing our simple exercise of meditation, I thank you all who have taken the time and trouble to be here and share with us this small meditation space with our Mother Water. I say goodbye to this little space, hoping that it has been very useful and that it continues to be very useful to those who have had the opportunity to share with us. Thank you.

Now, we will give you a guide or a way to perform a ritual with our element water. Why is it important to put offerings to water? And why ask her for permission? We're going to talk about what we have here that in my case are rose petals. Why is the flower important? Or why are the rose petals important? I believe that in many cultures or in general, many countries use the rose as a symbol of love. A couple's love, mother's love. To give a gift of roses is very representative mainly because flowers are connected with all our elements. They get their energy from our Father Sun. They're cleansed with the Father Wind. They grow in the Earth. They have the energy of our four elements. Why will we talk about the petals of the flowers? Because they lead us to the emotion of the heart. Why the emotion of the heart? Because in the first place, through our heartbeats, we feel alive. Through the heart, we have the feeling of love, that feeling of reconciliation. So, for us, it is important to connect with the flowers.

Besides, they bring the energy of renewal, of joy, of a form of happiness too. Why do we interpret it like this? Because as I said before, when someone has a gift for us or gives us a present, people feel the emotion of joy. That's the importance of our flowers and the way we use them to complement the water element. To make it useful as a part of our healing. How are we going to guide our prayer now? We also have here a candle which is light and acts as a guide. Here we have our Mother Water. We have our incense. Our copal is important as it connects us with the natural aroma from our land and from our Mother Nature. These petals, now at this moment, we will combine them with our Mother Water with an intention, with a request, with a prayer. You can do it with a song too, or some other way. You can do it by simply meditating, without saying a word and by simply just touching the bowl that you will use to do your ritual. I will say a little prayer.

We can have our element prepared in order to carry out this ritual with our Mother Water. Blessed Mother Nature who attracts to us this beauty, the blessing, the essence, the concentration, and above all the importance of the feeling of love, I ask for your permission today as I do this preparation so that through our intention, we give the respect and also share this energy of liberation brought to us by our Mother Water. Dear water that comes from any of our four cardinal directions. May you be energized by our four elements, by our Mother Nature, by our Mother Earth and by our star the Sun. Allow us to receive your cleansing, your purification and also your refreshment. Today, I thank you here and now for everything you give us, for all you provide us. Thank you, Mother Water. Thank you, Mother Water. Thank you, thank you, thank you. Finishing up our intention setting and thanking our water element. We can give different types of use to this dear water that we just spoke to and started communicating with her. Feel through her this cleanliness that is so necessary in our life, in our internal being and in our external being.

We now continue with an example of what we can do with this water that we have charged and its different types of use. When we feel doubtful or with some other strong emotion, we can help ourselves. We can start by cleaning our hands. Then we shake them off. Take your hand to the place where we may have found an energy in the case of cleaning your thoughts, sometimes to clean the energy of your mouth. We can do this as well to refresh ourselves, but above all and primarily to clean the emotion of the heart. We have to feel through element with the connection we now have with our water element. That we may have to purge a feeling that is not healthy for our heart. We can take our hands to the center of our stomach to be able to release any contraction we may have below our belly buttons. We can use it too to release fatigue in our extremities. And also, and above all, it is very important to be able to have clarity of thought.

These are the ways, these are the uses we can give to her, to our Mother Water. We must really feel connected to her through this little exercise that we did as an example today with our water element. Once you have done the preparation with the water and worked with her, if you don't need to keep her a long time at home or in your space, please return her to Mother Earth, because we can't leave her since we used her in the ritual. We should be reciprocal with Mother Earth, with Mother Nature, and return as well, what belongs to the Earth. Another teaching that we can give and that I had forgotten, I will go back a little bit to our water element, which has a very important use in our ceremonies, it is important to know why when we are thirsty, for example, we drink water to refresh ourselves. Why is water important? Because our saliva is made of her. We purify. Through that purification, we take out things related to the feeling of anguish. We sweat. And through that sweating, we free ourselves.

That's why I was saying, and I continue thinking that water is one of the most important elements in our ceremony within all the ceremonial circles for our plants, our animals, but also in our life itself. At this time, after having given this simple explanation after our meditation with our simple example of praying to our Mother Water, I think all of those who have shared this time, this moment with us. I hope this may be useful from now on. That this element also, which came in this module today, may have been very, very useful to each one of you. During these weeks in which these modules are being shared, these suggestions about our elements, I hope that this may be truly important for your family, for your life, but also to learn to practice their good use in our daily life. I invite you to continue reflecting with a lot of depth on each one of our modules. I feel that they are very simple but very deep. Thank you again for taking the time, for giving the attention and joining the space of sharing for you but above all for humanity. Thank you very much.

Miguel: Thank you for participating and being here with us in our Module Three. We hope that you have discovered how that water flows through our life, how water is a source and a medium to hold our prayers, our intentions. How also perhaps when we are sad, when we are grieving, it is an act of something to be released and something to be changed that is holding us into a place that wants to move inside of us. With a different water ritual that Eugenia was able to share, it is a good way to relate into that washing of, moving away from the stagnant parts that hurt or that feel painful, and perhaps bring some life like water can bring into all of these areas. We invite you for this next week to still be very present every day with the water. Not only if you do or not more of this ritual practice, but perhaps when you are taking a shower, perhaps when you are drinking water early in the morning, or you're working out and you're sweating that you relate to this element.

And that you can keep thinking about how this water is giving you the opportunity to release out anything that is holding you either back or holding you in pain or into memory, and how just the act of even showering or the act of cleaning up ourselves is an opportunity to energetically renew ourselves day by day. With this marvelous and amazing element of life, we leave you very inspired to continue the study of yourself, the emotions and the elements. Until next time, please enjoy the rest of your time. Hello, everybody. Happy to be here with all of you. I see we have Eugenia there. Hola, Eugenia, como estas. She's saying greetings to everybody. We're super happy to have you, and we hope that the water is not only bringing that washing, cleaning, renewing sensation, but it's also bringing life to each one of you. We're very excited to be here with all of you to start our questions.

Eugenia: [Speaking in Foreign Language]

- Miguel: She's saying greetings to all of you, wherever you are, maybe night to some of you or day to some others. I hope that what we have shared today about the water again has brought some inspiration to each one of you in some ways. We are ready just to deepen again, like the water, our practice and our questions. To dive in into anything that is floating there either on the depth or on the surface.
- Diana: Wonderful. Thank you, Miguel and Eugenia. We'll go ahead and begin with [Participant]'s question here asking, "During a ritual, are we to connect with all four elements? Or do we connect to specific elements at specific times?"
- Miguel: Eugenia is sharing that we are ready, and we are made to feel and to work with the four elements at the same time. We, of course, are taking a moment with each one specific to be able to isolate and identify the qualities of each one of these elements and be able to do the observation of each one of them. However, we cannot really separate these elements in our life. Just sometimes life brings us or requires us to see something deeper into each one of these elements instead of trying to have like a whole experience at once. That said, and I'm adding this, in our course also, part of the alchemy, bringing all of the elements together. It's also part of our Module Number Six. Because the inspiration of this course is based on the indigenous teachings that have come together at the moment of the work with the sacred mushrooms. We're trying to give you a little bit of this point of reference of self-study through the metaphors, through the rituals. But a lot of these elements eventually become all interconnected as we sometimes enhance and connect with the spirit of the mushrooms, because they bring all the forces of life together. Thank you.
- Diana: Beautiful. Let's go ahead and invite [Participant] to share a question.
- Participant: Hi. I wanted to just ask about if I wanted to do a ritual, because you mentioned the novena, and I was thinking about offering something to St. Brigid, and offering flowers and also fire because she's known as she's connected to fire. In the ancient Irish tradition, they would light big fires for her. If you could give me some advice on how to do that for her.
- Miguel: She said that's how interesting it comes like that question also, like in connection to the last one. In the way that we can also start seeing how two elements can connect at once, and how two elements, no matter what their representation is, in this case of like Brigid, or any other type of archetype or image or goddess that we believe in, in which we have these two elements together. This is part of also really learning how to study the complexity of these elements and how these elements in a very complex way interrelate with each other. What Eugenia says is that the most important thing as you are bringing two rituals, let's say your two elements at once, is that you have that clear intention of unifying the two of them. At the same time, that it really doesn't matter from which element you first

connect to that. If you decide the waters or the fires, that the most important thing is you have that clear intention of your offering on what you are bringing or asking to these two polarities. Maybe, and I'm adding this on the side, for Brigid and for this type of feasts, it is really important just to really expand our consciousness and to be able to be in the two polarities of what that means. Also, just value again. It's kind of like when in the spring, we have like the first rays of light that start sprouting the seeds, but then we also have the spring rains. The two of them are really important but are really part of what is needed in that season in order to renew life. So maybe we are going through a period in our life in which we are also asking for a little bit of that hope, that energy from the Sun, but we also need the water to nourish us, to clean away the old. It's just about having clear intention of wanting to work with two elements and how we're going to let them work in our lives. Thank you.

Diana: Thank you so much. This question comes in from [Participant] who was saying, "Thank you for the teaching and the beautiful ritual. I'm wondering if Doña Eugenia could speak to using water to calm the emotion of anger. Is there a particular place in the body where anger resides?"

Miguel: Eugenia answers to that that it's really important and really beautiful to allow ourselves to work with water, particularly when we have a strong emotion like anger. She particularly suggests for this emotion to find a flowing bank of water, even if it's something small, like a little stream or if it is something bigger like a waterfall or like a river. She said that first, it is important to enter into the water by having your bare feet coming into the water and allowing the water energy to move through your feet and let that energy as you absorb the energy of moving water to go through your ankles and into your legs and into your hips. And then getting it into the middle of the body. Because in the middle of the body and the middle in the trunk is where some of this energy can get stagnant and feel like suppressing the energy of anger. Then through that, asking for the water that is flowing through the feet up into the digestive system, let's say, to start moving the energy out back again through the feet and back into the water. She also says that if you don't have a stream of water or it's a little bit far away from you, then you can work with a bowl of water. You pray to the water as we did in the ritual. But then you start pouring some of that water into the center of the crown, and just allowing it to go into the crown from the head and then into the face having the intention of washing and calming. But if it is from the bowl, meaning you're trying to calm down the head and the thoughts and the anger that is being created in the mind. These are two different ways or locations as well in the body in which she specifically will suggest to work with the water in order to release and to move some anger away. Thank you.

Diana: That's beautiful just hearing that message. I'm sure a lot are appreciating that wisdom. Let's go ahead and invite [Participant] to unmute here and share a question. Welcome.

Participant: Hi, thank you. I'd like to ask Eugenia if she can advise how many days would be good when you're experiencing a lot of grief and a lot of sadness. Is this the kind of ritual that you would do for a week, for example? What would she recommend?

Miguel: For them, and she says for them because that means for the Mazatec people and in their numerology, they first go with the seven, because seven is the regular days of the week. Seven has that representation of at least completion of a full cycle. They will go with seven. Now, for some people, for some moments in their life, it's difficult to get into those sevens. Maybe work. Then they work with four, because then with four, it's like a first kind of way of achieving something which is complete, and then they will go through seven. That will be the days that she will suggest. Of course, I add that into definitely the dates and the commitment that you make to yourself is really important. If you say that you're going to be doing it for something because that represents something for you, it's also really about what that number means for you when you start a process and when you close it. So, if any of you here resonates with numerology because you prefer eight, because eight means something more for you, or nine, the most important thing again is a clarity of what that cycle means for you.

But the really important part, it's completing and giving yourself the opportunity to walk the process from a beginning to an end. If you reach the end, and then you feel I still need more days, go ahead and repeat a number of days that you commit. But it's kind of like when you say I'm going to go for a walk of two blocks, and then you come back home and you're like I just woke up just in front of my house and came back. That's nice but that's not what you said. You go back home, people are going to be like, oh, I thought you were going for a long walk. It's just exactly the same that happens with our consciousness and with rituals. Sometimes we say to ourselves, I definitely need to go and take this expedition into somewhere and pray there for four days. You don't do it. You know that that was the energy initially that you wanted to invest. It's just to be in that kind of like inner coherence with what you feel that is necessary for you. Thank you.

Diana: Brilliant. This next question is from [Participant]. "Follow-up to a previous question, how often do you prepare the water and how long do you keep it and use it before you return it to the Earth?"

Miguel: Normally, it will be four days. Four days is kind of like when you hold it in your altar after a prayer. But also, if you have made this water with a lot of flowers or rosemary or any type of plants, and they are kind of like changing and becoming a little bit turbid, then you can return it a little bit earlier. But if it is just clear water

that you actually took from a place and you did a prayer with it, you normally keep it for four days.

Diana: Wonderful. Welcome, [Participant].

Participant: [Speaking in Foreign Language]

Miguel: I want to just tell everybody so that they understand what [Participant] is saying. [Participant] was very touched with the different teachings. She said that she thought that she was really connected to all the elements. However, when the teachings really started about water, she realized she was not as connected to the water. Then some of these realizations have been coming to her. She now knows that a good way for her to connect with the water is truly by what Eugenia shares about being able to start singing and praising to the water. She would like to share with a lot of us a song that she might have for the water.

Participant: I dedicate this song as a prayer for the inner child in all of us. Specifically, I'm remembering the inner child in myself when my mom told me it wasn't okay to cry as much as I cried then. I send this prayer out for all the children who are right now struggling in this world that we're living now so that we may create a better world for them and the future generations. [Singing] Thank you so much.

Diana: Wonderful. Miguel, wondering now if we should close our session here or take a couple more questions.

Miguel: Just one more question and then we just give the final answers just if anybody had a little bit of something else.

Diana: Wonderful. I'll end with this question here that came in from [Participant] who was saying, "Do you have any insights about ritual for purifying the waters of our home planet?"

Miguel: Eugenia says that some rituals, if you're feeling they're connecting to the depths of the purification also that the planet has to do, is to use also the element of earth and the element of fire, which means you can also bring into a specific place of nature the cacao and maybe some candles if you want to unify these two elements. And ask through the earth and through the roots of the earth and the trees to help connect to the purification of all waters that flows in all different places around the Earth. But then if you also would like to do that is to really go with really good, clear and powerful prayers to that place, unifying this prayer and just asking to the earth and to the fire to help in creating this alchemy with the earth. Thank you.

Diana: Great. Thank you, Miguel, and thank you, Doña Eugenia. A true blessing and gift to connect together today. We have some space to close our session if you'd like to share before.

Miguel: Thank you so much and thank you, everybody, for being here. Thank you, everybody. Thank you for allowing me to be here with all of you in a single moment. Eugenia shares that she is from her place, from her essence, from Huautla where she is right now. She's just being very grateful for the songs, for the praising, and for the opportunity that we all are having to be consecrated. To consecrate ourselves in the union of these Mother Water, in the union of the essence of life. She's really happy that her spirit can connect again and unify with each one of you. She shares about connectivity, the ability to be all connected through this water and through these elements, and the happiness that it brings for herself that we are becoming agents and wanting to become agents of transformation in our day-to-day life. To see that interest, to see again the songs, to see again the love. And from her heart to all of your heart, she sends a lot of blessings, a lot of good health, a lot of good clarity, and many, many, many thank you to each one of you.

Diana: Infinite gratitude to you Miguel and Doña Eugenia for such a lovely and heart-centered session.

Miguel: Thank you, all of you. Thank you so much, Diana, Cari and all the hosts, and each single one of you. I know that a lot of you have these videos, and you might see them whenever you kind of catch up for the class. But it's really nice that at least I can see some faces. I can see your reactions. I can see the face that goes, yes. I can see the face that goes like, what are they talking about? Because this is also just really humanity online. Like, oh, yeah, they're here. It makes a big difference that at least we can see each other from wherever we are. We really don't even know wherever we are right now in the world, but there is an essence. We might not know a lot about each other. We might not know if we had a good day or a bad day. If we are married, single. We don't know all of the details. But in these spaces, we just can connect to an essence, to an interest and to a transmission. I'm very grateful for all of you who connect and who have their cameras on, because it does make a difference at least to be able to share something that we care so much about. Thank you. Thank you, everybody.

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