



THE WISDOM OF WATER, PLANTS AND PRAYER

Rosita Arvigo, DN

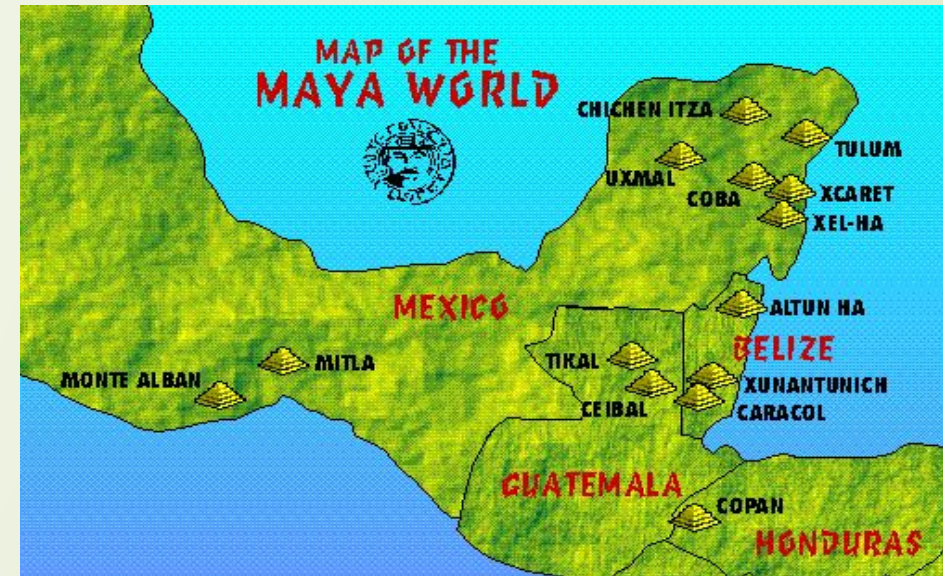
Don Elijio Panti
1893 – 1996

H'men
Herbalist
Jokester



Origins & Lineage

Ancient Maya: 2000 BC-
900 AD



Maya Goddess Ix Chel

Maiden

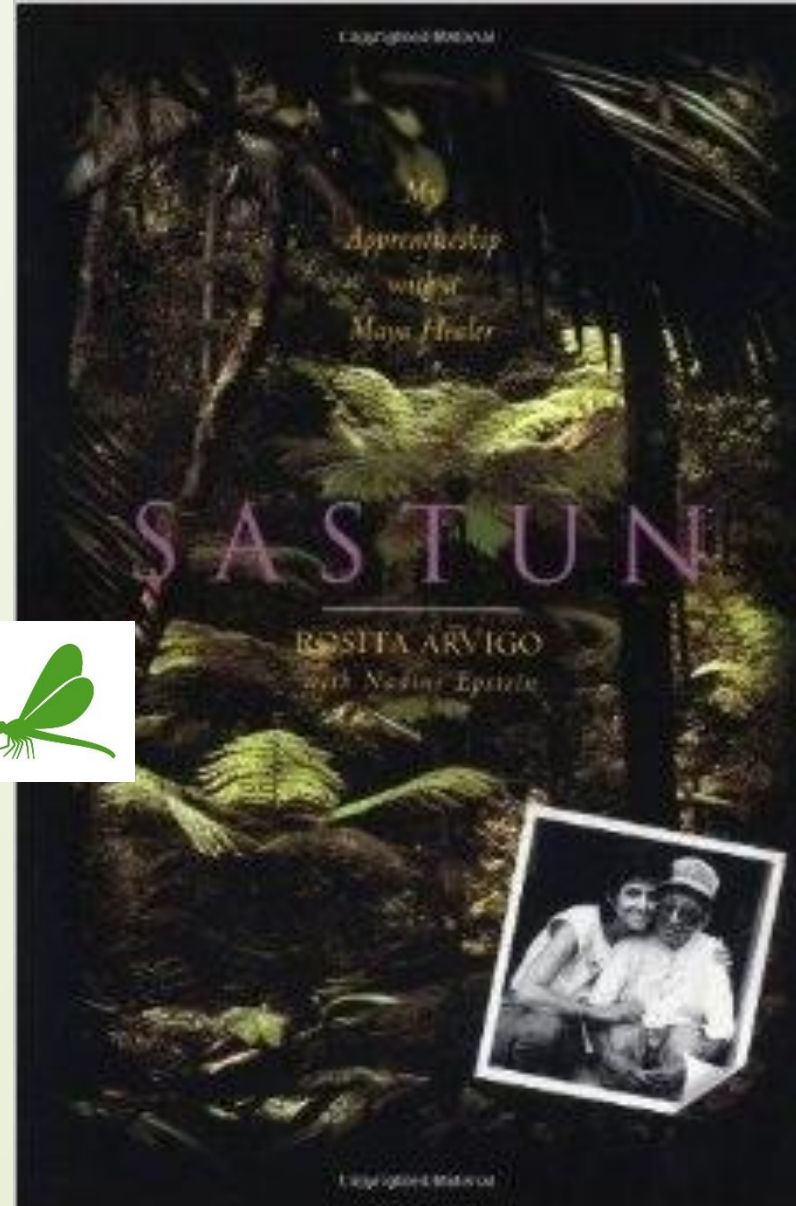
Mother

Crone

Origins & Lineage



Rosita Arvigo




Miss Hortence
1923 – 2010

Herbalist
Midwife
Spiritual Healer



Miss Hortence
Don Elijo
Rosita Arvigo
1990






WISDOM – Intuitive knowing, life experience, gifts from Spirit

WATER – The enabler of life has memory and harmonic resonance and magnetism

PLANTS – Like us, are spiritual beings in physical bodies

PRAYER – Vibrations of light that change flow of blood and energy



Flowing water gathers, absorbs and remembers energy from the sun, moon, stars, rocks, earth, humans.



THE INCA

HOLY BAPTISM IN NATURAL WATERS

BATHING IN THE GANGES

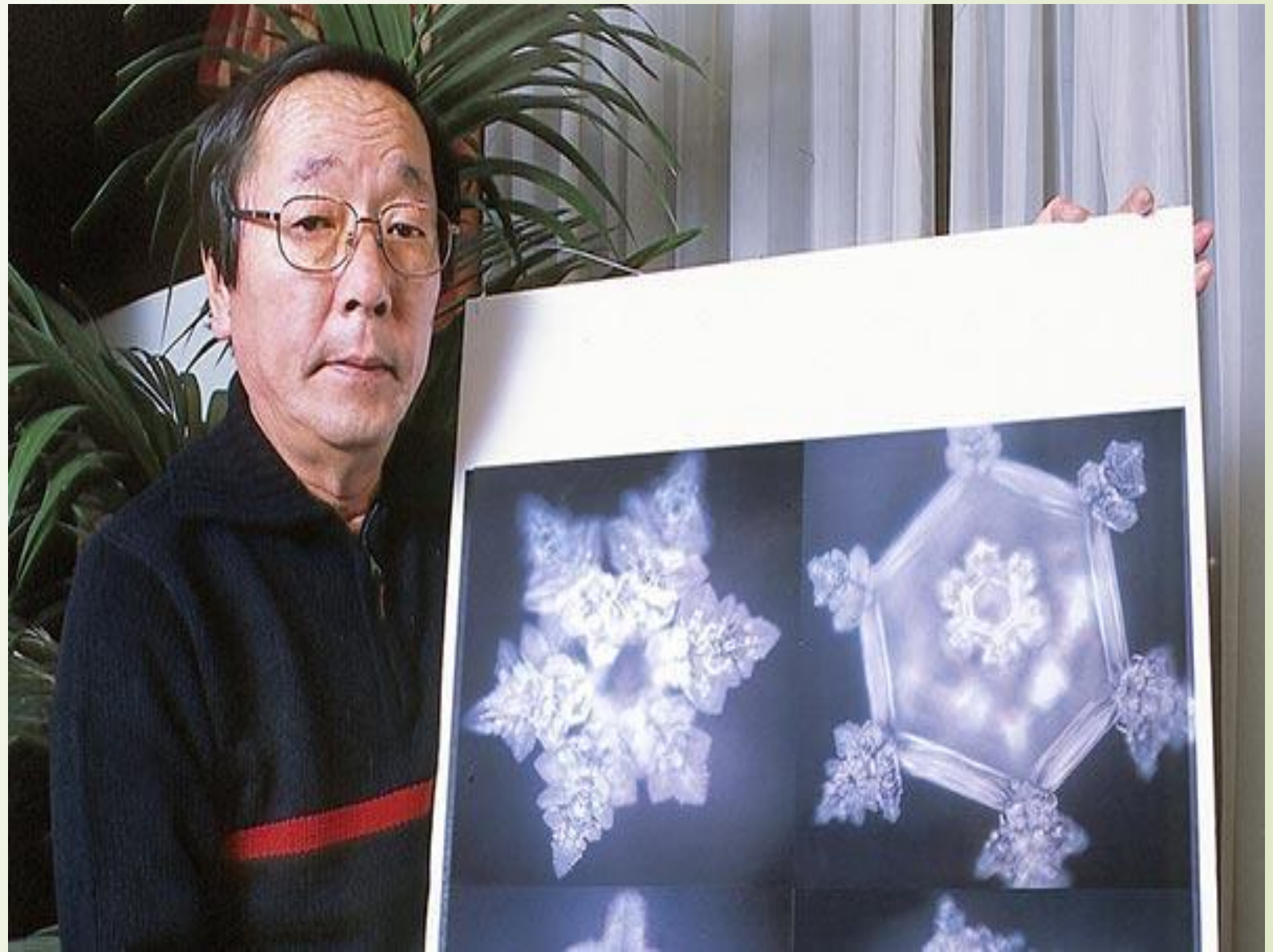
THE MITZVAH

SWEAT BATHS

WATER IS LIFE

ROCK WATER FROM BACH FLOWERS

Reaction of Water From Emotion





MAYA PRAYERS
Spiritual healing for
an infant
INFANTS WITH
FRIGHT BY
DON ELIJIO

MAYA PULSE PRAYERS





Herb Collector's Prayer (Don Elijio)

In the name of God the Father, God the Mother and God the Holy Spirit. I give thanks to the spirit of this plant and I have faith with all my heart in your great power to heal the sickness of the people. Amen

WATER PRAYER

In the name of God the Father, God the Mother and God the Holy Spirit I give thanks to the Spirit of Water and I have faith with all my heart in your great healing power to heal the sickness of the people. Amen

Marigold Tagetes erecta
Flor de Muerto Zempaxuchil
Ixtipú



Basil -- *Ocimum basilicum*
Albahcar. Cacaltun. Barsley



Rue Ruda Ruda graveolens
Herb of Grace





The Lustral Bowl

Water, plants, prayer, faith
and love
with only Marigolds

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HOW TO USE A LUSTRAL BOWL

In the home for calmness

In the office for clarity

In the clinic to absorb releases

A daily sprinkle for self

House cleansing

In the classroom for harmony

As an offering to Gaia

In your healing space for transformation

In your bedroom for dreams

On your altar as an offering, blessing

A lustral bowl with a crystal



Roses, Marigold and Hibiscus





Kids love it too!

“Now Nana, everything,
everywhere in the whole
world is okay.”

A lustral bowl in the garden for Mommy



Marigold Tagetes erecta

Flor de Muerto

Zempaxuxhil

Ixtipú





SOME PLANTS TO USE IN A LUSTRAL BOWL

Lavender

Mints

Lemon Balm

Rosemary

St. Johnswort

Thyme

Roses

Artemisias

Chamomile

Cedar

Pine

Linden

All Citrus

Cotton Wood

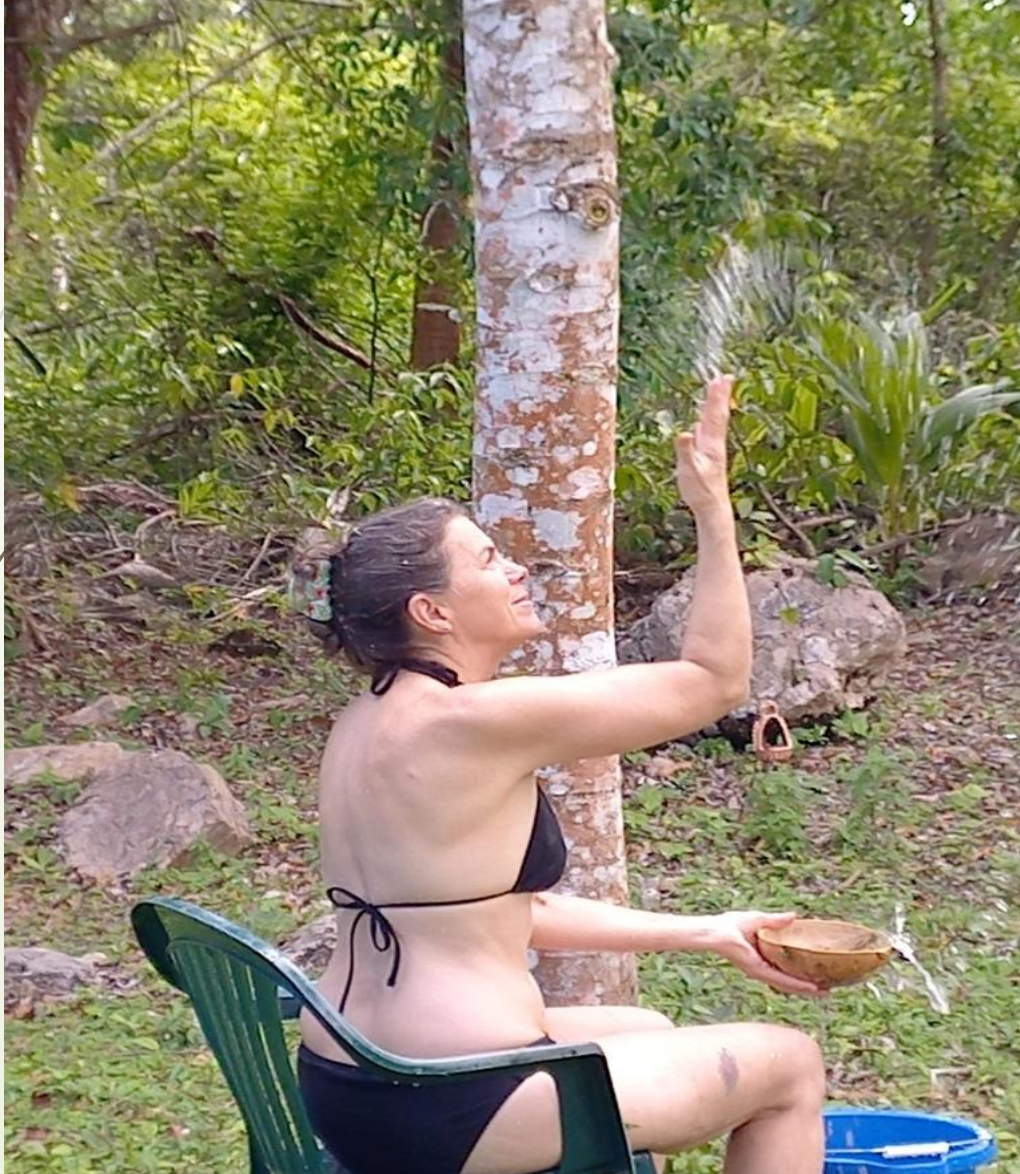
Apple, Peach, Pear

Linden Flowers

Basil, rue & marigold

Lustrations for spiritual bathing





- Energetic renewal with a spiritual bath for self. Water absorbs negative feelings, thoughts, memories from the aura.

EVERY DROPLET ABSORBS WHAT DOES NOT
SERVE. SIMPLE ENERGY HEALING
FOR FRIGHT, PTSD, GRIEF, ANGER, ENVY



A GREAT WAY TO HELP OTHERS OVERCOME TRAUMAS, GRIEF, ANGER



Blessings

Tierra mi Cuerpo

Agua mi Sangre

Viento mi Aire

Fuego me Espiritu





CONTACT:

- Dr. Rosita Arvigo
 - rositaarvigo@gmail.com
 - www.rositaarvigo.com
 - [www.abdominaltherapycollective](http://www.abdominaltherapycollective.com)
 - www.rainforestremediesusa.com
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