

# Connecting with the Power of WATER

## ASSIGNMENT THREE – Feel the WATER

Spend some time in water today. If you are lucky enough to live near a body of water that you can swim in, that would be ideal. Otherwise, you can simply dip your feet in a stream or lake. If you don't have the opportunity (time of year or location prevents this) simply have a bath or a shower with the intention of connecting more deeply with the element.

Whatever way you can interact with water, sing or chant this simple verse to ritualize your connection: Imagine you are befriending the spirit of water.

The water on my skin  
Connects deep within  
To this Loving, healing element  
Water is my kin.

Next, create a healing mist in a bottle that you can cleanse your aura/energy field and your home with.

Get a small pump spray bottle to mix and use your healing mist. Any personal product bottle (body spray, travel sized hairspray, etc.) will work, just clean it well first, or you can purchase a new one from a drug store or dollar store.

Place a small crystal in the bottle, such as clear quartz (magnifying,) amethyst (master healing stone,) or rose quartz (love.)

Rosewater is a great base or you can use distilled water.



Add essential oils that are associated with healing and love such as:

- Sandalwood
- Frankincense
- Lavender
- Clary Sage
- Rose
- Peppermint
- Spearmint
- Ylang Ylang
- Geranium
- Bergamot
- Orange
- Rosewood
- Neroli

Here is one of our personal blends that we use:

For a 250ml spray bottle -

- Teaspoon of Witch Hazel
- 12 drops of Neroli
- 12 drops of Frankincense
- Clear Quartz to magnify
- Fill rest of bottle with rose water
- Shake well.

