



WATER Changes Everything

by
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WATER CHANGES EVERYTHING

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WATER

As I move across the water
Things have changed
Things have changed
Between the clear air and the night
I leave what's behind me

Chorus:

If I can feel life If I can see change
Things that are around me
Care for life If what's finding
Knowing that it can change
For a better life

Something sparkles in the water
And it moves me
It goes right through me
I can feel its warmth surround me
And all I see
Is what's around me.

Chorus:

If I can feel life
If I can see change
Care for life It's what's finding
Knowing that it can change
For a better life.

And it becomes a picture
Of oh so many times
With all that's passing by
As I move across the water
Things have changed
Things have changed.

*A song by Tanya Kornobis,
From the CD "Trails of Smoke"*

THIS BOOK IS DEDICATED TO DR. JOHN BINGHAM

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Introduction

Water has always been a source of love and fascination for me. At first I thought it was because my astrological sign is Pisces, a water element, and on both sides of my family there were grandfathers and great grandfathers who had been sea captains. However, my passion for anything connected to water goes much deeper and I believe it began with my love for the Water Babies.

Before the days of television, parents read stories to their children to put them to sleep. My favourite tale was “The Water Babies” by Charles Kingsley. The hero of the book was little Tom, a poor unwanted orphan with a cruel master. Tom felt unloved and unwanted and often sat forlornly by the sea. One day in his despair he fell into the water and by all accounts drowned. As this was a fairy tale in which anything was possible, Tom’s true essence slipped out of him and he shape shifted into a small four-inch long water baby.

This was well beyond my grasp until mother reminded me that snakes and caterpillars shed their skin, or cocoon, as did dragonflies. Thus it was possible a land animal could change into a water animal by merely dropping his body. Years later when I learned there was no Santa Clause, it occurred to me that maybe, just maybe mother had stretched the truth again. Stories we all know are pure fiction and there were no rules. Miracles did happen.

The story continued that little Tom now lived beneath the waters where he met many new creatures with which he must learn to live amongst. Some were scary, some were obnoxious, and some were not only playful, but also very caring. As he learned to swim beneath the waters he caught glimpses of other tiny creatures just like him and was convinced he had found his real family who loved him. This did not happen. As soon as the creatures caught sight of Tom, they quickly disappeared because Tom was too rough and did not know

their ways. He had to change his consciousness and learn new communication skills before they allowed him into their gentle world.

Once I had heard Tom's story, I was certain that my real family lived under water and I too was a water baby. In my heart I knew my present family was not my true family because my hair was naturally curly, whereas my father had none, and my mother's hair was dead straight. There were other reasons why I believed I had incarnated into the wrong family. However, there is no need to get into that now as this book is about water, and healing with water.

Soon I became obsessed with the water babies and searching for my true family. I willingly took baths because I needed to spend more time in or around water. There I practised holding my nose underwater, while keeping my eyes open. That summer I quickly learned to swim and took advantage of trips to the beach, or picnics beside rivers to look for Tom and my true family, the water babies.

After a particularly long and cold winter, we went to a local beach for the first swim of the year. Would the water babies be there or had they migrated to warmer waters for the winter, as did the birds? It was early spring and the river was swollen well over its bank from the melting snow. I was warned not to go out too far, as there was a drop over a break wall and it was dangerous for me. My brother was allowed to go into the deep water because it was a common belief that boys could do things that girls couldn't. My determination not to be held back in life because I had been born a female meant anything males could do or at least I had to try. Why should they be the only ones to have adventures?

Not wanting to be left behind, I followed my brother as he swam further out into the lake. There was a good possibility the water babies might be near the wall because they loved to hide in rocks and crevices. I swam slowly and let mother believe I was paying attention to her rules. Then when she momentarily was not looking, I popped under water and propelled myself forward.

Before I knew what was happening, a current pulled me, down, down into the swollen river. Fortunately, I was able to grab the wall where I hung onto the stones. Squinting at the crevices in front of me, I felt no fear. It has been said that when someone drowns their whole life flashes before them. I can not swear to this, because I did not have much to review at that time, being only five years old.

I had only one regret it was that I would never see my little boyfriend again. We were in love and we got to kiss a lot, which I really liked. When he and I played checkers the winner had to give the loser a kiss. So how could either of us lose? It was a win win situation until my mother stopped it. Also, he was a great knitter and kept my dolls in knitted outfits. Anyway, he found me kissing his cousin one-day and threw a huge mud pie at me and that was how he broke my heart, or did I break his?

The most embarrassing part was his mother made me strip in front of him while she washed my dress before sending me home. Oh, the humiliation! There was no time to think of the past and all I could think of were the water babies and the possibility that they were very near.

Suddenly someone grabbed my hair and hauled me up through the water and looming over me was my frantic mother. I didn't understand why she was yelling. After all Tom had not drowned, had he? So why would I? Mothers tend to worry too much, especially mine.

There were hands all over me and people were pushing on my chest and sticking their big fingers into my mouth. Just because I was a bit blue should not have caused them to make such a fuss. Mother was especially angry with me because not only had I given her a good scare, but also she had ruined her new shoes by running into the lake after me. It was many weeks before we went to the beach again and when we did go swimming I was forbidden to even put my head under water.

For the next few years, I continued to play in any kind of liquid, such as puddles, baths, creeks, wading pools, and to look down drains and even in toilet bowls for stray water babies. One of my little friends had told me a shocking tale about someone losing a pet snake, which had popped up in someone's toilet. If a big snake could do that, maybe, just maybe a water baby could too. You never know when, or where, opportunity will knock. To this day I continue to look in toilets before using them.

Once I was at our cottage playing around the shoreline when a movement in the water caught my eye. As I quietly snuck up to where the ripples were coming from low and behold there were the cutest fattest wiggles in the water. They had to be the water babies. Mother said they were tadpoles but what do mothers know?

I was so excited I ran to the cottage and grabbed my sand pail to use as a scoop and a plate to cover the pail should I be successful. My family imagined I would not be quick enough to catch any but I fooled them. When it came to something I really wanted badly, I could be quite determined. Besides, being hyper had its advantages. It meant I was very fast and the tadpoles could not easily escape me. I swept those unsuspecting water deities into my sand pail and then transferred them into a large covered bucket, which was kept inside the cottage door. Over the next week my babies began forming legs and getting fat. They were becoming frogs. My heart was broken. However, rather than being destroyed, I adapted to the situation by remembering another fairy tale about a princess who kissed a frog which turned into a handsome prince. Maybe I was maturing and becoming too old for babies, because now I became obsessed with finding my handsome prince.

The frogs were divine and they were all mine. On closer inspection, I had to admit they did not look like the water babies in the book. Every morning I lugged the pail down to the dock where I played in the sun with the frogs all day. Each were given a name to

suit their personality and I rubbed their little tummies, stuck them up my blouse and even let them dance on my head. I whispered secrets in their ears and pretended they listened to me wide-eyed. In my generation, children were expected to be seen and not heard so it was a treat to have a rapt audience.

My chances were good. The lake was full of frogs, as well as large bull frogs and I knew in my heart my prince was waiting out there somewhere for me. Snow White had kissed a frog and it was then that he turned into being a handsome prince. She had woken him up from a deep sleep with her love. I am ashamed to admit this, but I began in earnest to kiss frogs, which was not easy to do because they had thin lips. Anyway, it worked for Snow White so why wouldn't it work for me?

My days were now spent sneaking up on unsuspecting frogs napping in the sunlight. They were not as easy to catch as the tadpoles, but I had my ways and was very inspired. After I had kissed them, I would count to ten and if nothing happened, throw them back into the lake. Of course, there is always the possibility that I was catching the same frogs time and time again, but there is no need to dwell on that now.

One summer day there was a terrible accident, which stole my innocence and proclaimed my entry into the real world. I was happily skipping down to the dock in search of my prince, when slithering along the path before me was a rather big snake with a skinny familiar looking leg hanging out the corner of his mouth. He was eating my prince for dinner. When I ran back to the cottage in hysterics, the grownups assured me it was not my prince. However, I believed that if I never found true love in my life, it would be the snake's fault.

When we returned to the city, mother would not let me bring any of the frogs back with me. As I took each one out of the pail, kissed them one last time in case one was the prince playing hard to get,

then put it back into the lake. My tear-stained face reminded my parents all the way home how cruel they were to me for setting the frogs loose. They just did not understand. In time my enthusiasm for finding the prince dwindled somewhat since the snake episode, and I don't think the frogs were sorry to see me give up my pursuit.

The summers slid into winters and the years went by. Although old habits die hard, I matured and found kissing two-leggeds much more interesting than kissing four-leggeds. The frogs were completely forgotten until a few years later when an incident happened which momentarily took me back in time. Two small boys were sitting across from me on a subway car with fishing rods and a pail, which they kept peeking into. They had obviously been fishing. Suddenly the lid flew off the pail and the frogs flew out in all directions hopping their way to freedom. None of the passengers blinked or moved but nevertheless their eyes followed the frogs' every move.

One frog was hop, hop, and hopping straight for me and I was instantly regressed into my childhood fantasy again. Maybe, just maybe this time it was the prince. I would have run to him but could not move no matter how hard I struggled. My stiletto heels, which were the fashion at that time and mine, were impaled in the soft subway floor due to the summer heat.

One may ask why I didn't just step out of my shoes, but being very young, image was everything. How could the prince get a good impression of me if I ran to him in bare feet? Also, it was rush hour and the train was very crowded, making it impossible to bend over to loosen my shoes. Anyway, by the time I had finally wiggled them free, all the frogs had been returned to the pail and the children had left the train. I will never know if one was the prince.

There was also one other incident that occurred with frogs before I finally gave up looking for the prince. When I was working as a waitress in a provincial park one summer to my horror I learned the Chinese cook's special dinner was breaded frogs' legs. There were a

few old timers in the area that supplemented their pension by supplying the summer tourists with frogs for bait. It was very easy to encourage them to expand their interests into the lucrative frog leg business. The menu boasted fresh frog legs and the day's catch was kept under the cook's table and close supervision.

Although my belief that some day my prince would come had died out, I still had a great affection for frogs. To gain their freedom, one-day I tied the cook by his apron strings to a shelf in the freezer and slammed the door. I would not let him out until he promised to take the frogs off the menu and put them back into the lake.

The cook spent the rest of the summer calling me "Neni gowlouie" which literally translated meant "goofy in the head girl". What did I care? Sometimes there is a price to be paid for what one believes in. Although the cook knew only a few words in English, he seemed to have a keen business sense and he had deals going on everywhere.

The price I paid for their freedom went like this. The northland had many bears and once they found the pleasure of garbage pails, the taste of human food, they became very lazy and did not search for prey. When they became too aggressive and a nuisance, the park rangers shot the bears and the cook fed them if they gave him bears' feet. They could become a nuisance and a threat to the tourist trade and the forest rangers had to shoot those who became threatening. My deal with him was to have my father drive a pair of frozen bears' feet to the cook's uncle in Chinatown. He said his uncle would make soup with them, although somehow I don't think this is what they were used for. I waited twenty years before I told my father what had been in the package.

Last but not least I would like you to know me better. One of my favourite authors, Natalie Goldberg said that people who read books like to know about the author. I think that is why Sark is such a big hit with her books on Succulent Wild Woman and Bodacious Woman. She is real and lets us into her world. Welcome to mine.

The History Of Water

History Of Water

Water is our greatest asset and we could not live long without it. Water can be described as fresh, spring, distilled, salty, mineral, running, stagnant, shallow, deep, calm, turbulent, polluted, clear, muddy, or holy. It nourishes, fertilises, cleanses all that it touches and there is not much on earth that does not benefit from its generous gifts. Mystery and myth have always surrounded it. Water can be powerful and forceful, hard enough to ski on, or knock us out with hail the size of golf balls, when it is in its masculine form. Its feminine form is liquid and in that state it can be as gentle as rain, or as soft as delicate snowflakes. In its neutral state it becomes mist, or fog, and is thought of as pure Spirit.

We have a love/fear relationship with water. We love it to quench our thirst, to flush human waste, or to cleanse ourselves. We use it to wash our clothes and dishes and to grow our crops and trees from which we feed our families and pets. It also keeps our homes warm during the cooler seasons and a swimming pool of water cools us in the warmer months.

We fear water when it is aggressive and sends huge hurricanes or vicious storms to ruin our lands, swelling our rivers or lakes, which destroy our homes and kill our family and neighbours. Too much rain can cause mudslides, which wipes out our crops and sends us running for safety. When it is overcast for too long, people become depressed or incur a condition called SAD. Other than being prescribed drugs, the remedy is to holiday in a sunnier climate, preferably by more water such as the ocean.

Fear of water can be rooted in our cellular memory. As children we often heard a story of a great flood when the world was destroyed. The Bible tells of Noah who was chosen to build a sturdy ark and to take a pair of each species of animal with him into the New World. Another flood was supposed to have occurred thousands of years ago when an ancient continent, Atlantis, sank into the ocean wiping out an entire population. It has been told that this was due to their misuse of technology. Over the centuries floods have devastated numerous lands such as China, and parts of the United States, Africa, South America, Italy, Germany, Great Britain, Spain, Canada and even Africa. In recent years the rapidly changing weather has intensified the number of floods with no country or city being exempt.

Other than floods, many people are terrified of drowning, going into deep water beyond their ability to swim in, or even just being out of sight of land. As well, tidal waves and avalanches are not uncommon. We have exploited and not respected Mother Nature so much that it is no wonder we deserve her wrath.

We love water when we observe the beauty of a calm lake in the early morning with mist softly rising. We appreciate and give thanks to water when it answers our prayers by putting out forest fires, or quenching parched lands.

Water is flexible and adapts easily to the size of space and shape of either the land or the container in which it is held. It nourishes the one legged (trees), the two legged, and the four legged, as well as fish and mammals. Water is fluid and loves to move, in and out, back and forth as it finds a way to flow around, over, or through any object. Water is not only a shape shifter but also it is very strong and determined. It refuses to give up, loves a challenge and it is persistent. Water teaches us character, to believe that anything is possible and subject to change.

Today water may take the shape of a solitary raindrop, tomorrow part of a puddle and the next day a million raindrops become a river,

which flow into a mighty sea. Water becomes stagnant, when there is no movement. If we do not create movement in our lives, we too become stagnant.

Fire and water have always been in a relationship. The heat of the sun causes the water to evaporate and pulls it up into the heavens where it becomes clouds. The clouds in turn transmute into rain, hail, or snow that fall back to earth again. It is a never-ending dance.

Many cultures believed that the Gods lived in the Heavens and governed what happened on earth. As above, so below. Neptune was the ruler of the Upper World and early sailors prayed to him for peaceful waters and safe journeys. The Druids considered water and its many sources to be sacred gateways to the underworld where Poseidon was the ruler. Mist and fog were the intermediary between the two worlds.

There are cultures today that still believe in sea gods and spirits. Recently a young Cuban boy was found floating on a piece of debris left over from a wrecked ship. He floated safely for two days and it has been said that dolphins guided him to a nearby fishing boat. Once rescued, the Cuban people in Florida paid tribute to their God of the sea by leaving toys and candy at home made altars. The people believed this little boy was a miracle, saved by the God of the sea, another child.

The well-known psychiatrist, Freud, thought water represented the unconscious, the female side of the self, i.e. the mother. Dreams about water are very significant and represent either deep maternal instincts or submerged aspects of the psyche. Water is such a powerful symbol that it is often used in movies to evoke strong emotions. Also scenes of water are portrayed many times in advertising to sell a wide range of products. When we are shown images of water such as a waterfall, a beach, or the sea, they appeal to our deepest emotions. Water is everywhere and in everyone. We are water beings because we are mostly composed of water. Leonard Orr, the origina-

tor or the technique known as Rebirthing, believes that our culture is more advanced because we had more access to water, especially hot water.

The Church And Water

Most religions have used water for a symbol of baptism into a new life, a blessing or even death. When the person is immersed in water, or has water splashed on their head, it signifies a return to Spirit, to the beginning. One is cleansed and sinless. Water is used in death as one cleanses to meet their maker and washes away their lifetime of sins. Numerous cultures place their dead into the sea or lake as a symbol of returning to the great unknown.

When I was a child, my mother and father had religious differences. That is to say, my mother was British and an Anglican, while my father was a third-generation Canadian and a Baptist. Mother believed her religion was the best because the Queen was Anglican. Therefore I attended Anglican Sunday school. However, every once in a while I was taken to a Baptist service to be subjected to another viewpoint and to keep peace in the family.

When my father was away during World War 11, this task was given to Marnie, a family friend. One day Marnie asked permission to take me to a special service at the Baptist Church. As this baptism event happened only once a year, there would be a full house turning up for the ceremony.

Usually I did not mind going to church. It was something out of my regular boring routine and I got to wear my shiny black patent leather shoes and a pretty cotton dress. Sometimes there was an added treat such as an ice cream cone, or a coke, on the way home if I had been a good little girl. The sermons were generally long and many times during the service we knelt to pray. I found it very diffi-

cult to kneel quietly because my ribbed stockings left dents in my knees but other than squirming, I was well behaved.

On that particular day, the Minister led the people to be baptised into an alcove cut out of stone high above the crowd. They reminded me of angels, as they seemed to be just suspended in mid air floating in their white robes. One by one the Minister held the parishioners with one hand. Then he leaned them over backwards and dunked them in a small tub of water to symbolise Baptism. It was not easy to see, as they were only visible from the waist up, but I had a good imagination.

The Minister took the first person and bent her over backwards. Down she went and then up again, slightly soaked but beaming from ear to ear. She was reborn. The audience sighed with approval. All went well until the Minister reached the fourth person, who was a bit heftier than the others were. He lowered her down and couldn't lift her up again. Maybe he was tired, or she was too heavy, but suddenly it seemed to me that the person had been down there for a very long time.

I jumped to my feet screaming "He's drowning her, he's drowning her." Marnie's head snapped around and she quickly growled authoritatively at me to be quiet. Throughout the audience people began choking and sputtering holding their hands over their mouths to stop their laughter. Snickers were going off like random gunshots causing the Minister to quickly bring the woman into full view. The congregation, and especially me, could now witness that she was indeed still alive.

But I couldn't shut up. Once wound up, I was like a broken record that couldn't be stopped until I had answers. "But he was drowning her" I sputtered in a loud whisper. Marnie squeezed my hand hard and frowned. Why wouldn't she believe me? I had seen it with my own eyes. If I hadn't spoken out, goodness knows what would have

happened. I was getting louder and louder and more hysterical. She yanked me out of the seat and dragged me still protesting out of the church where I was promptly marched home. There was no ice cream or special treats that day. Mother was mortified hearing of Marnie's ordeal and I was sent to my room in disgrace.

I still don't know what the fuss was about. After all, I saved a woman's life, didn't I? Marnie wouldn't take me to church anymore and, by the time my father came home from the war, I was already studying for my Anglican Confirmation.

Myths And Fairy Tales

There have always been myths and fairy tales about water with each culture, race, or religion having their own stories and heroes. Many deities, such as Greek Gods or Goddesses came from the sea, while others lived in or near the water. There were tales that storms were caused by sea witches sitting on the rocks combing their long hair to make the winds. Mermaids became symbolic Goddess figures, the patrons of sailors, and lonely fishermen scanned the waters for a glimpse of a mermaid to break the monotony of a long voyage.

Greece had many Gods and Goddesses who were well known. Aphrodite, the goddess of love, was the most famous and she was reported to have been born from the foam of water. Diana of the sacred wells, was another favourite Goddess. She represented a source of fertility and by offering a coin, or token of appreciation to a well where she or another deva lived, your wishes would be granted. In addition, tribal members made offerings to the spirits of the springs or rivers for safe crossings, or to reveal any secrets they knew.

In the movie, *Three Coins in the Fountain*, a couple of American girls threw coins in a Roman fountain to ensure that they would return to Italy and their true loves. To this day people still throw pen-

nies, or coins, in a fountain no matter if it is in a shopping mall, a hospital, or a public square.

A few years ago, my friends and I were at a neighbour's cottage. One of the women, who was familiar with Goddess work and an expert at creating rituals, gathered us at the kitchen table where we were to write out our "ideal man" list. The request would be a sacred covenant between the universe and us. We were to seal the request with a special plea to the Goddess Diana who understood matters of the heart.

It has been reported that in days of old, it was the custom to prick a finger and shed a few drops of blood on a contract to show intent. Being modern-day Goddesses and not so inclined, we sealed the agreement by dripping a few drops of wax on each piece of paper. We were looking very pleased with ourselves when suddenly out of the stillness of the far north; the fire alarm went off giving us a good fright. Because sound travels across the lake at night we hastily turned off the alarm before the other cottagers descended upon us. There was no need to arouse anyone's curiosity.

After we calmed down, we went to the lake where a full moon was shining on the water. Our friend instructed us to throw pennies backward over our shoulders to invoke Diana's blessing as we concentrated on our petition. Then we took our lists and buried them under the flowers in the garden. As that was a few years ago and none of us has experienced a miracle in our lives, it makes me wonder if we should have thrown more money, because I don't think Diana heard us. I also live in dread that my neighbour's husband might dig up her garden and find our list. Hopefully the paper has disintegrated by now.

In the past, Greece had a history of contacting oracles for their most serious matters. The dead was thought to use water as a medium and for many centuries people barely made a move without consulting an oracle. The mediums were taken into underground

caves where they spent days, or even weeks, with very little food or water. Following this, they were led into another room containing a huge vat of water. It was thought that as they peered into the water, they had visions of their ancestors who would often appear to speak words of wisdom or show them scenes of the future.

But not all myths concerning water were happy. Many stories have been told of sea creatures or dragons such as the Loch Ness Monster or dragons that lurked in deep waters or stony crevices along the shores. These creatures caused shipwrecks or other troubles. The legendary dragon was a smorgasbord of the elements taken from various animals that are known for their aggressive traits such as crocodiles, snakes, lions and prehistoric animals. Each culture had its own unique dragons that caused great fear and many tales surrounded them.

Dragons could have many heads, some the size of mountains, and came in various colours, symbolising the supreme enemy with whom combat was anticipated. It was thought that the crashing of the dragon's tail or tongue made the storms and seas. Therefore, it was necessary to keep the beasts in good humour. Scottish dragons liked to be fed a virgin once a week to keep them happy. There are many tales of a hero killing the dragon and saving the virgin's virtue.

The Chinese believe all life comes from water and thus dragons must come from water, Often dragons were associated with the mysteries of the deep and were supposed to be the gateway to the Underworld or other world. In addition to water dragons, there were also air and earth dragons.

More importantly we seem to have lost our spiritual connection to water.

The Composition Of Water

A friend of mine told me that I could not write a book about wa-

ter unless I gave the chemical compound of water. Science has never been a favourite subject of mine thus I have been avoiding this topic. What is water and what is it made of? I had been taught in school that water was H₂O meaning that it was made up of 2 atoms of Hydrogen and one negatively charged atom of Oxygen. Now this is where it gets complicated. As someone who considers herself a breathworker, I am familiar with the concept that there are 32 types or levels of prana, or energy. It had never occurred to me that there were different kinds of water with different combinations.

There are at present 36 different kinds of water with different chemical makeup. Water can pick up minerals and memory and only distilled water is considered pure H₂O. Water molecules are joined together by hydrogen bonds that are strong enough to hold but can also break very easily. The way these molecules group together determines the water's behaviour. That is all I am going to say.

Water And Thought

Water acts as a conductor which draws thought, a form of energy, or electrical impulse to it. Therefore, we must be aware of our thoughts at all times and not put a lot of negativity into the universe. Reshad Field, author of "Here to Heal", tells us that every breath we take and each exhale contains moisture. When we breathe in we should breathe in kind words, or words of praise and when we breathe out we should send out blessings. We can send out love and kindness with each word, or we can add to the negativity and violence of the world.

The ancients believed that all ill health was the result of a disturbance in our breath. Now this may sound a bit complicated, but it is really very simple. The clearer and more honest our words, thoughts, and deeds are, the better the energy of the fluids within us. The water

in our cells can retain not only toxicity, but also memory, and an energetic force. Just as rivers and oceans can become polluted, so too can our cells become toxic by negative vibrations, or energy. If we fill ourselves with negativity, be it junk food, negative thoughts, or unexpressed negative emotions, our cells are affected. We are what we think, what we eat, and what we drink.

Dr. Leo Horowitz, a well-known author, photographs water and the effects of thought upon water. He projects thought patterns into water, (the energy of the thought patterns) and then photographs the water under a microscope to see how the water responds to specific energy patterns. Also Dr. Horowitz gives examples of sound creating patterns in water. Drunvalo Melchiezadek, a scientist, and author of *The Flower of Life* uses waves to purify water.

A visionary researcher, Masaru Emoto has published a book entitled "The Message from Water". His pictures prove that the human vibrational energy, thoughts, words, ideas and music, affect the molecular structure of water. Because most of the world is covered by water and we are also mostly made of water, it is very important to maintain its purity and integrity. The quality of our life is indeed related to the quality of our water. Water changes shape and adapts to its environment. The energy vibrations of the environment will change the molecular shape of water. This is what Mr. Emoto photographs. He tried various words and music with the water and the results were astounding. He believes that we now have profound evidence that we can positively heal not only the planet but also ourselves by the thoughts we choose to think and in ways to put those thoughts into action.

In the future water will be used to heal people on a scale not witnessed before. Try projecting your loving and healing thoughts of peace and goodwill into a bottle of water. The bio-photon light emissions will change in that water and you should be able to taste the difference between it and a glass of ordinary water.

Ramtha, channelled by J.Z. Knight, is an extraordinary intelligence of profound wisdom and love. Ramtha concludes that we are a water-based consciousness and a water-based planet. Humans, animals, trees and mammals come from water and are made of water and our planet is 90% salt water. Our physical body is also composed of 90% water, with the major fluid being our blood, which is also salt based. If we have healthy cells, we will have a healthy body and a healthy mind. Our cells and blood have the ability to hold within them the nutrients and subtle energies we need for our very survival. Our cells are our life.

Ramtha goes on to say that for us to feel safe in a world that is becoming more chaotic every day, our cells must be relaxed. He believes that our cells can either expand, or contract. When we are healthy and feel safe and loved, we expand and give our love, beauty and energy back into the world. When we don't feel valued, respected, or have been judged, our whole cellular structure contracts because we don't feel safe. Our cells have a holding effect, rather than one of release. When we expand, we go beyond limits, and release the creativity within us. When we are in expansion, we have the ability and the energy to solve life's challenges.

There is so much stress and change on the planet at this time that many people have withdrawn their energy and love from the universe, or have deadened their cells with chemicals or additives to hide their fears, or alienation. Cell phones, the Internet, or television where people don't have to meet face to face, have helped to isolate foster disassociation and us. We have withdrawn from community, family and life itself. Because we are not moving our energy, we eventually will create illnesses and ailments for ourselves which will cause us more stress, and society additional problems. The first step to resolve this is by creating healthy juicy cells and this is accomplished by paying more attention to the water we drink.

A friend in Poland sent me a recipe for water therapy, which is

currently the rage there. It is called God's free gift. It is claimed to purify the body, cleanse the colon and cure nearly every ailment to mankind. We are required to drink a good many glasses of water upon rising and I shall not recommend it here until I witness some of the claimed results myself.

Too much water can literally poison you or flush too many minerals out of your body. I have also heard that in a poor island in the Pacific, one tribe as intoxication uses water. Some therapists recommend that we drink half our body weight each day but that could be very time consuming. Eight glasses is the norm.

Water And Us

In The Beginning

Nobody knows for sure how we came to be here on planet earth. The Bible says that in the beginning there was the word and the word was God. Earth and all on it were created in six days from pure energy in the form of light. This was the beginning millions of years ago when our universe was created from one cell of the Creator. A bolt of lightening fertilised this cell and the cell multiplied and multiplied. The first atoms were formed – hydrogen and then helium, and then other gases. Matter began to form. The earth was covered with water and algae, the first green plants, the tiny water creatures, the snails, coral etc. The algae began to produce oxygen and finally about 450 million years ago the first plants emerged from the water and began interacting with rocks. Soil prepared the way for the first animals, the amphibians, to emerge from the seas.

NASA reports that last year a comet known as Comet Linear broke apart as it passed near the Sun. Scientists were amazed to discover the comet was likely made up of water with the same composition as water found here on earth. This supports a theory that comets, which hit the earth billions of years ago, could have provided most of the water in the earth's oceans. If the Scientists' theory is correct, this puts into question whether life on earth began from scratch or whether it came from outer space.

Over the years it has been thought that we descended from the ape but research has also shown us that we were aquatic beings. Time

and time again it has been proven that babies are very happy and adaptable in water for the first year of their lives. Could this be why we are born with fat distributed generously all over our bodies, which makes us very buoyant. We are water beings and in the beginning we came from water. Water has always been associated with the beginning of time as well as with Christ Consciousness. Some of my friends believe that all the rain that we have been experiencing means that Christ consciousness is coming back on the planet.

The Dangers Of Water

A Native Canadian friend recently told me that his people believe the next war will be fought over water and it will be fought with sticks and stones. The tensions and awareness concerning water rights is gaining momentum world-wide as countries are becoming more heavily populated and needing more water. Things are already heating up politically concerning water rights and ownership.

There are battles heating up as to who gets to use water. We are threatened once more by greed and control. If water gets into short supply, who comes first – the public, agriculture or industry? Industries by far use more water than anyone else does because they have more of a profit at stake. The competition is on.

Mexico is a good example. Apparently Mexico City itself was once an island in the midst of many waters. Now it is one of the driest, most polluted cities in the world. Mexico City pays the highest price on the continent for water which in large comes from aquifers. Water is being taken from the earth in gigantic quantities and not being replenished makes a great danger of cities or towns sinking and they are even more vulnerable to earthquakes.

In nearby towns water is non-existent and tanker trucks that sell water at an inflated price to the inhabitants, most of whom are poor.

John Ross, a writer, claims that the tanker agency used to be controlled by a political party, which dispensed water in exchange for votes.

Despite a dire shortage of water, Mexicans waste more water than people of any other country. There is no water-recycling program and the average per capita use is 324 litres a day. Many of Mexico's cities are facing water shortages. Logging and agriculture irrigation use 83 percent of Mexico's water, with 3 percent being used by industry and only 12 percent by humans. Some areas of Mexico have not seen rain in ten years. Deserts are springing up and social unrest and turmoil is not uncommon in some rural areas.

Because water is not always purified, or recycled, soft drink manufacturers are making huge profits. Coke consumption for instance now exceeds that consumed by the United States. In all, there are hundreds of brand names of pop. Mexico's water supply is now a matter of national security.

We must eat, or at least we think we do. But did you know that the biggest drain on our water supply is irrigating farmland? India for example, relies almost totally on aquifers to produce their water. The United States uses groundwater for nearly half of its irrigated farmland.

Not only do we have to be concerned about our tap water but also studies in the past few years have indicated that there is a spreading contamination of major aquifers throughout the world. The world is covered with water, but most of it is salt water and not drinkable. Apparently most of the planet's water resources come from underground aquifers with some countries being totally dependent on underground water. As both the population and pollution are equally on the rampage, clean water is essential.

Canada especially is becoming a haven for foreign investors who own hog or beef farms. Usually the waste from these animals goes to open-air lagoons before it is sprayed on the land. Unfortunately the

land cannot absorb all the nutrients from mineral-rich feed. Maclean's magazine reported in a June 2000 article that a 25,000-head feedlot produces more than 50,000 tonnes of faecal matter than 250,000 people excrete over a one-year period. In fact the dung heaps are equivalent to the waste of over 48 million Canadians. Most of this waste is not properly treated, regulated and monitored.

There are not adequate laws regulating these facilities and it is questionable because of the Federal and provincial budget cuts. Local municipalities are not equipped to perform the task. The scene is only being set for more environmental disasters and outbreaks of disease. Every day for the past year water was mentioned in the news or newspapers.

Recently there has been an outbreak in Ebola virus in a water supply in a small town in Ontario where I live. How could this happen in this day and age? The town is still reeling and in shock from the lives lost. Was it due to budget cuts at the Federal level, human error, contamination in the wells, or lack of supervision of the private labs, which tested the water? The finger pointing has begun. No one thought it could happen here.

Meanwhile in the search of profit "waste" management is leading to the degradation of the quality of groundwater and also streams and lakes. Agricultural runoff from farms is the leading source of disease-carrying bacteria and pollution in our countries.

The growth of factory farms has a great effect on groundwater. From coast to coast once safe farm communities are feeling the threat of big business. Who regulates these huge facilities is still questionable. The small farmer with a few heads of cattle or pigs has disappeared and has been replaced with big farms having as many as 25,000 cattle grazing in a small feed lot. Animals are fed many nutrients to produce juicier meat but their manure contains many minerals, numerous heavy metals and deadly pathogens.

Big business has taken over and will continue to do so as the need

for beef, hogs and poultry increases. For instance, I recently read an article that stated that there would soon be an 80,000-pig farm outside of a small Alberta community. The concern with all this of course is the amount of waste these animals can produce. The untreated waste from just one of these farms would be that created by a medium-size town.

We have always taken this good earth for granted. We bomb it, dump our garbage into the earth for disposal, pave it, cut down its trees and carve roads into its mountains. In our disrespect we throw our trash out a car window to pollute the land or drop our refuse into the ocean believing that our little bit does not matter. Everything counts. There is little respect and in turn Mother Earth is not respecting us. She is hurt and she is angry. What we must do is to care for her and in turn she will calm down and not hurt us. Over and over again I read that various corporations have been given years to stop dumping their toxins into our lakes. We need to stop now. We do not have years.

With all our intelligence, I cannot believe that people are so naïve to think that wars that dump thousands of pounds of metal and energy into the soil do not have a repercussion. A butterfly batting its wings in Japan will affect us. Everything is connected. So why are surprised when an earthquake rattles a country and suddenly we have major windstorms or hurricanes? This earth is what loves us and sustains us and without its abundance of fresh oxygen and clean water we would not last for long.

Major rivers such as the Nile and Danube are totally polluted. This means that not only water but also those who depend on these rivers for fish and eels are out of business, or supper. Oil spills and natural disasters add to the dangers. All over the world our beaches are dead and dirty and we are instructed to swim at our own risk.

Dr. David Suzuki, a well- respected voice in science matters, warns us that marine mammals face many ocean threats. Not all challenges

come from oil spills but from common everyday activities. Our water creatures are threatened by all sorts of human pollutants, from oil to PCBs, and even noise. One example is that PCBs were once widely used in pesticides, lubricants and plastics. PCBs disperse easily through waterways or they can even evaporate into air only to come down as rain on another body of water. As one creature eats another for breakfast thus transferring to the next food level. Large mammals have been found to contain high amounts of PCBs in their fat. Could this be one of the reasons that the birth rate amongst the larger mammals is dropping?

Dr. Suzuki also tells us that dolphins and whales emit noises both as a way of communicating with each other that can cause stress. He cites an example of 16 rare Cuvier's beaked whales in Bahamas that were found beached and confused, swimming in circles, many bleeding from their ears. It was found that the U.S.Navy had been conducting sonar tests in the area which are thought to have damaged the whales' ears.

There are also fishing practices whereby the fisherman puts sound into the water to steer away predators. These are only a few causes that our marine life is facing. In the end, it does affect us. It has also been told that the Atlantic and other oceans are nearly dead from the toxicity dumped into it. What affects the oceans will eventually affect us.

We are told not to worry because our water is cleaned up as it passes through a water filtration plant but is this enough? Water contains memory. Not only do we need to be concerned with the pharmaceuticals pumped into our drinking water but also some petrochemicals, food additives, pesticides, and hydrogenated oils are so heavy that it can be quite a long time before they can be broken down into their natural state. Some lakes are more polluted than others are.

Because many of our lakes and rivers are polluted, dried up or drained, nations are relying more and more on groundwater for all

our uses. Now our aquifers are being sucked dry on nearly every continent and many groundwater sites are also being polluted. What will we do if these run dry? Wells and aquifers were tapped in arid regions where water was in short supply. Often mountains were drilled into to find spring water which could then be sent into the nearby farms and towns.

As the civilisations advanced so did the technology and well-digging techniques. In the 60s there was extensive pesticide contamination of groundwater in farming regions. Gas, underground storage tanks rust in time and steady leakage of gasoline seeps into wells. And what about the spoils of war in bunkers buried underground? How safe are they? Recently a study was done on U.S. water and there were traces of DDT still found in the waters although DDT has not been used in over 30 years.

Another danger to our water has come to light and that is the excessive use of salt on our roads to clear snow. Studies underway suggest that if we continue increasing the usage of salt spread on our snow-covered streets, our drinking water will be dangerous for our consumption in the not too distant future. Dr. Lot Page, an American heart specialist, prepared this research in 1977. That means the time is now.

Salt has also been studied for whether it causes cancer or not. Excessive use of salt affects not only our ground water and water quality but also our animals and wild life. The powdered salt clouds inhaled by the population are raising questions as to whether they are increasing our risks of cancer. Salt, or sodium, is also a major contributing factor to high blood pressure and a major cause of heart disease and stroke.

Not only are we at risk but our trees and the very food we eat are also at risk. Farm fields that are already depleted of minerals and vitamins are saturated with salt. We are slowly and deliberately poisoning Mother Earth, not to mention her children and ourselves. We

wonder why there is so much sickness on the planet?

Lastly, someone sent me an article on the Internet re the dangers of heating water in a microwave. Apparently it is not uncommon for the water to blow up as the energy builds up in it. A wooden stir stick or a tea bag should be placed in the cup to diffuse the energy. This result is referred to as super heating. It can occur when water is heated and will especially occur if the water is heated in a new utensil.

There will be solutions to the water challenges and in the future we will see more saline plants as we tap into the earth's vast supply of seawater. Also many water savers will be put on the market. For instance most apartment buildings have installed smaller toilet tanks and there are also small plastic devices called Aqua Savers which cut down on the amount of water flowing through our toilet tanks.

Domestic water heating contributes approximately 6 million tonnes of carbon dioxide each year towards the greenhouse gas emissions. Solar hot water heating eliminates pollution or paying for expensive fossil fuels or electricity. As the cost of fuel is skyrocketing more people are turning to other money saving solutions.

Drinking Water

For centuries water has been used to alter, beautify or cleanse our bodies. We can not live long without water because it is our vital life force. Also what we drink influences the quality of our blood. Blood in turn supports and feeds every other function of our body such as organs, nervous system, digestion, etc. For quality blood we must drink quality water. Blood circulates throughout our body removing toxins and taking needed nutrients to the organs and arteries of our body. Our DNA is in our blood, a gift from our ancestors.

A large portion of each day is taken up with the basics of life such

as caring for ourselves by taking in fresh liquids and eliminating waste and toxicity. The fluids of our bodies release waste material by sweating, urinating and by mucous. We wash to cleanse our hair and skin from any impurities and to decrease electromagnetic pollution. Without adequate liquid in our bodies, we would soon become dehydrated and die.

Water is the key to becoming healthier. It is time we take responsibility for what we put into ourselves by increasing our intake of water each day instead of coffee, tea, or alcoholic beverages. It is also imperative that we detox regularly. Water cleanses our system of toxicity. "Your Body Cries for Water" by Dr. F. Batmanghelidj claims that many of us are ill because we do not drink enough clear, clean water to flush out toxins and replenish our cells thus causing dehydration. Water is energy and it is information. We need it in all aspects of our lives but how much and what kind is the question. There are so many choices.

Previous cultures learned to build their town and farms near lakes or rivers. Those not fortunate enough to do so soon learned to collect rainwater that was always considered valuable because it was not only soft water but also contained many mineral salts from the ground. Early civilisations would catch rainwater in basins or tubs or drain it from roofs into wells. Then it was pumped for daily use such as cooking, or bathing. Not many people collect rainwater any more because our skies are becoming as polluted as our lakes with the number of planes and chemtrails left behind. We can only have clean water if we have clean air.

During the last quarter of the 19th century there was extensive pollution and contamination of ground water. Factories dumping their waste into our lakes, oil spills, natural disasters, pesticides from farming regions all had an effect on our water. As well, designer chemicals used on golf courses, lawns, landscaping and landfills did damage. Even water in our swimming pools needs to be heavily

monitored for bacteria and disease.

One of the challenges with our tap water is that unnaturally bonded chemicals can be toxic to us. Some combinations will not break down – plastics for example.

People gradually switched to drinking bottled water; especially spring water that is preferred by its pureness. Tap water is available free to most people in the western world, although this is soon to change.

Spring water is consumed by many because generally it has more life force than ordinary water and seldom contains bacteria, because of its high mineral content. It becomes energised by flowing from the ground or over rocks rather than coming from a still body of water. The labels on all Spring water should be checked because each source has minerals and salts peculiar to the region the water comes from. The minerals or salts may not agree with your digestive system.

As well as spring water, mineral waters are also widely used and have been important to our health for many years. They are bottled at source and governed by strict regulations to ensure their purity. A spa is associated with most European mineral waters with Perrier being the only exception. Perrier and Lime is well known for being the drink of athletes and the official beverage of the Tour de France bicycle race. It was found that sparkling water is more rapidly absorbed into the tissues than still water. In France more bottled mineral water is consumed per capita than anywhere in the universe.

San Pellegrino water is rich in bicarbonates and sulphates and has been used for centuries to treat a wide variety of physical disorders. Over the years the water became so popular that an expensive spa was built nearby its source. If one cannot afford a trip to the SanPellegrino spa, there are home cures that feature their mineral water.

Evian mineral water is probably the most consumed mineral water in the world. The story behind its success is that a Marquis discov-

ered the mineral water on a friend's estate. He drank bottles of it and when he no longer had kidney stones he believed it was the water that had cured him. Word quickly spread and the owner of the property soon found many people were either requesting to drink or to bathe in his springs. He quickly got a patent and began to bottle the water, which is now shipped to over 100 countries.

However, all spring water including well water and mineral water are being questioned as to their purity. Testing at major aquifers has found that many of them are contaminated because it takes much longer for underground water to become clean than the time taken to cleanse surface water.

The quest and passion for bottled water has spread so quickly that in America alone the water business is a \$200,000,000 per year industry which is growing every day. Once water is privatised, it will be interesting to learn how much it will cost an individual for daily use. But what concerns me is what will happen to those who are too poor to be able to find accommodation, let alone food? Will we have a smellier world?

The Future Of Water

Climate change has created unfamiliar weather patterns. Also, with the population of the world escalating, more forests are being cut down and more crops and agriculture are needed to feed the masses. This is emptying our lakes, rivers and aquifers. Our lakes and oceans are polluted and in the name of profit and ignorance we do not seem to care.

Our future looks grim unless we wake up. Experts in many countries are now declaring water a commodity to be regulated by corporations. It will take some time to educate the public that they will no longer be able to take water for granted and will have to pay for the

water they use.

Some researchers estimate that our world will be in dire straights within the next 20 years. Members of environmental groups, international corporations and branches of the United Nations have declared themselves protectors of the world's water resources.

The expected profit of selling water is in the multitrillions. Just as Hydro electricity has been marketed, so too will water. Countries that have an abundant supply today could be begging their neighbours for water in the very near future. Already numerous countries have more people than their water sources can support.

Unfortunately trans-national firms can only provide the cost of fixing the world's water problems. To try to compensate for this, corporations are genetically altering seeds, which supposedly will be less thirsty. The newest stocks to invest in will be seeds and water. This could prove dangerous for the sweaty masses.

Canada has a lot of water to be traded or sold. Every day the pressure is increasing to privatise control of municipal water services and treat water resources as an export commodity.

Living Water

A recent study indicates 75% of Americans are chronically dehydrated. This likely applies to half the world's population. Many people mistake thirst for hunger. Lack of water is the number one trigger for daytime fatigue. Studies report that drinking as little as five glasses of water a day decreases the risk of colon cancer by 45%, plus breast cancer risk becomes as low as 79% and 50% less likely to develop bladder cancer. A middle-aged actress claims her beauty is the result of drinking two quarts of water each day.

We are a wave and our body fluids move with nature. This is especially evident each month around the full moon when the draw-

ing effects of the moon upon our body make many citizens very emotional. I once knew a man who never drank anything except at the end of the day when he drank a few Whiskeys or glasses of liquor. His innards were literally pasted together and it was no surprise to anyone when he became very ill.

Our modern cities have developed a polarity dangerous to our health. As water passes through miles of iron or plastic pipes and treatment plants where it is exposed to toxic chemicals, the water loses its energy. The better a water's absorption and capabilities, the better its energy. Water and energy are linked. High-energy water can get into our tissues easier and thus effectively detox our bodies.

In the early 1990s, the University of Georgia discovered that every diseased cell in our body that is harmed in one way or another is surrounded by something called unstructured water. A healthy cell is surrounded by structured water that has a different life force than unstructured water. The only difference between structured and unstructured water is in the number of electrons that are in the outer orbit. Unstructured water causes diseases because it is missing these outer electrons. Healthy water has these outer electrons and their shells.

Water flowing through rivers and lakes is structured, as long as the sources are not polluted. However, water that goes through a pipe, and into our bodies, and nearly all our water does, is unstructured. Therefore the water we drink in our cities is dead water because it comes from high-pressured water pipes. Not only does it pass through several rounds of filtration and chemical purification before it pours from a tap but there is no distinction between water for general use and drinking.

Water only has to move a few feet through a pipe under pressure and it can't rotate the way that it wants to. By forcing water to move in concentric rings, the outer electrons get ripped off and form unstructured water.

Because we are at least 90% water, most of our diet should be liquid. This does not mean that one should then turn into a coffee addict or an alcoholic. It means that our diet would be healthy if it consisted mainly of fruits and vegetables that are full of water. As consumers, many of us eat too much yang, or acidic foods such as coffee, wheat, sugar, and dairy. When we are too yang, disease occurs. When our system becomes too acidic, our body will pull minerals from our bones. No wonder there is such a high number of people with osteoporosis.

Cancer for instance loves to survive in an acidic oxygenless environment. When the cells are required to live in an acidic liquid, they are not able to absorb essential nutrients for good health nor eliminate waste.

Glen McNiven, who owns an alkaline water company, claims that it takes 29 glasses of alkaline water to reverse the damage done by one glass of coke. Alkaline water is "wetter" water because it has a better molecular structure.

Drink at least two litres of alkaline water per day and try to spend time in oceans, uncontaminated lakes, or health spas. It is easy to make water more alkaline rather than acidic by adding ionic trace mineral drops to your source of water. Also, spring water is alkaline. Another benefit of drinking alkaline water is that if we are too acidic it is impossible to lose weight. The fat can't leave your body until the acids are removed. Now that is as good a reason as any for me to give up coffee.

In the past few years research has found that many samples of tested water have a high level of pharmaceuticals in the water such as birth control pills, strong painkillers, and antibiotics. Tons of antidepressants are polluting our rivers, and lakes threatening not only our aquatic life but also us. We are being exposed to these drugs. Not only the ordinary drugs, but combinations of drugs to treat Aids, cancer, sex hormones, vitamins, Viagra, Diabetes, pills for

Fibromyalgia, etc. etc. are passing through sewage works and into the environment.

Everyone seems to be on drugs these days, even many of our children who have been put on Ritalin. There are also traces of numerous non-prescribed drugs such as Cocaine, Heroin and Ecstasy which are flushed down the drain and end up in our drinking water. Scientists have come up with 30 to 60 drugs in a typical water sample.

One study done on pregnant women in California tracked the amount, kind and sum of water drunk by pregnant women. There were traces of Trihalomethanes in the water that had had been treated with Chlorine. Alarmingly 16% of the women who drank more than a few glasses of water per day containing the Trihalomethane had miscarriages or spontaneous abortions. They also provided studies that indicated the more serious birth defects were associated with THMs taken in during the pregnancy through drinking water.

As well as prescription drugs, the water we drink can often be contaminated with nitrates, lead, cadmium and other toxic and harmful substances. Water treatment plants remove these substances and bacteria but treated water gives off electromagnetic frequencies, which correspond with those of the removed harmful substances. In addition, now there are studies that state toxic waste's electromagnetic waves are transferred into the water. The toxic material is eliminated from the water processing, but their waves are still in the water. Water contains memory.

My belief is that as above, so below. Although our tap water is heavily monitored and each province sets drinking water limits for harmful material, there are no studies available on what the effects of the chemicals are when acting together. Pharmaceutical companies have been asked to supply data on their drugs to the government but these reports will not be available for at least ten years. By then it may be too late.

The quality of our water is definitely on the decline and we are

sick and our planet is sick. The solution so far has been to add more chemicals to the water, especially chlorine. We need to be asking our governments to wake up and protect our water more. By performing more complex tests to ensure that all chemicals are being screened out. We may super clean the water but unless it is re-energized, it is still dead water.

Modern-day researchers have begun to look for ways to heal our water. One of these was Walter Baumgartner, former head of the Walter Russell School. He created a special container that would make structured water that contained certain minerals and had to be stirred in a certain way.

There are many other people researching water and its uses and testing ways to make it alive once more. There are even studies using the energy of rain clouds and using waveforms or vibrations to clear water.

Theodore Schwenk, a theosophist, has a theory that water naturally moves in a s-shaped way and it loses its life force if it has been sitting still for too long. Water has to be flowing and in order to maintain its vitality it needs to absorb light. Channelling it through straight pipes reduces its natural qualities. As well, if it has been sitting in the refrigerator for a week, it is virtually dead. This is true for either bottled or tap water. Although bottled water is preferable; we have no idea when it was bottled, or how long it has been sitting on a shelf in a warehouse.

For the maximum benefit, drink water that flows. To put more zip into your water, pour water from glass to glass and shake. Place the water in a glass bottle for a few days to absorb some energy and sit it in the sun. Water is better if it has been bottled in glass, rather than plastic. Place your hands on the bottle and charge it with your energy if need be. There are also small compact magnets which can re-charge water.

The latest living water is from Glaciers in the Arctic, which are

not only the oldest, and purest waters, but also they have not been subjected to pollution from industrialised nations. The water flows from melting snow on the glacial tundra and those who have tasted it believe the water is like nothing they have ever experienced before. One European company was endeavouring to move a glacier closer to the continent for their use but it proved to be too costly.

One of the best ways to clear the water is by ozone that reduces the presence of bacteria. The Greeks have always called ozone “the breath of God” and ozone therapies are much more prevalent in the Far East and Europe than they are in North America. The only treatment plant that I am aware of at this time is one in Montreal, Quebec. Since I began writing this book many people have passed on articles to me concerning water and ways to clear water using pre-filters, ceramic filters and advanced carbon filters and distillation.

One article I found fascinating was about a man who had a car running on water. He had invented a type of generator called a Joe Cell. The cell runs completely on, or collects orgone or life force energy. Because it is accessible to all, and costs nothing, this is a threat to multinational oil conglomerates. However, the man had his life threatened because if he publicises this method it could totally revolutionise our energy generation systems. It is thought that orgone energy is the living cosmic energy of Nature.

Magnetic Water

One way to re energise water is to run it through a specific magnetic field in order to alter the energy level of the hydrogen atoms. Magnetic water promotes good health. We spend so much time in our cars, or in sealed corporate buildings, apartment buildings, or concrete schools that we are not being replenished by nature. Not only do we lack the energy of the sun but also we can have our al-

ready weak magnetic fields, further weakened. Passing it through pipes that have electromagnets in them can re-magnetise water. Or simply leave your water on top of a magnet overnight.

The benefits of magnetically treating water are enormous. First less money is spent to heat water and there is less calcium scale build up. Any soaps, shampoos, detergents and cleansers work better and rinse away quicker. Anything cooked in this treated water tastes better. Most of all there will be less environmental impact.

Clustered Water

A doctor, Lee Lorenzen had a sick wife and nothing worked to heal her. One day he decided to try healing springs which were supposed to produce good results and he was curious as to what the water contained to produce these results. Dr. Lorenzen and a research team discovered the water was micro-clustered, or structured in geometric rings. The molecules looked like 6-sided snowflakes, most prevalent in the water of healing springs. Their size and shape allowed them to pass through walls freely delivering oxygen, proteins, vitamins and needed enzymes and removing toxic waste. Clustered water restores order to the body, re-energizes, reverses the ageing process, boosts nutrition assimilation and removes waste and toxins from cells.

The Ultimate Water

For centuries, the Hunza tribe living in the Karakorum Mountains of north Pakistan has experienced good health and long life spans. They exhibit no signs of cancer, heart attacks, or other major diseases. The source of their good health was pure water, which had mysterious molecular structure, and also it did not contain any of the

usual mineral salts found in mountain springs. This mysterious molecular structure is highly structured liquid crystal water that is present in all living systems.

Dr. Henri Coanda, the father of fluid dynamics, spent over 60 years trying to create the ultimate water, which had the same qualities as the Hunza water. He passed his research on to Patrick Flanagan, one of the ten most prominent scientists in America, and his wife Gael. After years of study, they came up with an exact molecular structure called Crystal Energy which restructures water, transforming it to one similar to our own cellular fluid.

It transforms ordinary water by acting as a catalyst that energises, alters and reduces the surface tension of water, making it a more efficient solvent and wetting agent. This means that by adding a few drops of Crystal Energy to drinking water, more nutrient absorption, good digestion of foods and better elimination of toxins can be obtained.

Some of the benefits of catalyst altered water are improvements to such problems as stress, blood pressure, arthritis, sleeping problems, skin problems and burns. It also reports good success with back pain, PMS, migraine headaches, hangovers, bronchitis, emphysema, asthma, ulcers and other digestive and respiratory problems.

Water And Memory

Scientists are doing research to determine the qualities of water but much is still unknown. Recently they have found that there is an order in the molecular structure and dynamics of water that was never understood before. It is believed that memory is stored in its structure. Because water remembers what has previously been put in it.

Rains fall down, becoming lakes, whose waters become bottled. We drink the water, which sweeps out toxins, and quenches our thirst.

The water is flushed back into lakes to begin the recycling process again. If it is true that water contains memory, is it not possible that with every glass we drink, we bring into our body and consciousness other people's memories, not to mention their drugs unless of course the water has come from natural springs and has never been ingested before. We are all one.

Reverse Osmosis

Reverse Osmosis is a system to rid water of the chemicals within it. It uses a water pressure differential to separate water from any impurities and ninety five percent of dissolved solids are removed. The only problem is that Reverse Osmosis is very wasteful of water as it takes many gallons to make one gallon. Health food stores sell Reverse Osmosis water and it is possible to buy equipment to make your own. With the increased awareness of water several water companies are now marketing bottled reverse osmosis water.

Willard Water

As water is our most important resource, Dr. John Willard discovered a way to change the molecular structure of ordinary water thirty years ago. This created a new form of activated water with extraordinary properties which he called "catalyst altered water." There are other forms of catalyst altered water, with Willard Water being one of the leaders.

This water helps our body assimilate nutrients from our food and it helps to break down waste materials and toxins for expulsion from our body. The benefits of using this water are improvement with such problems as stress, blood pressure, arthritis, sleeping problems,

skin ailments and all kinds of burns. It also reports good success with back pain, PMS, migraine headaches, bronchitis, emphysema, asthma, ulcers and other digestive and respiratory problems. It accelerates the healing process and it has also been used extensively on animals and increasing agriculture production.

The New Waters

As our consciousness shifts, there will be new waters coming onto the market. One water has been created by a 76-year old Sufi Master. It is called super-ionised water, which is water having 3 extra electrons on the outer orbits. He was told in meditation that this water was to be used for the healing of the world. High-level physicists and chemists are currently reviewing the water but until it is determined how and who will market it to the world, they have agreed to say nothing.

One teaspoon of this water will clear an average lake completely within two months. A test was made on Izmit Bay in Istanbul where the super-ionized water was sprayed over the lake totally clearing it of pollution. However, they couldn't keep it clean because of the constant traffic and pollution. More will be learnt of this water in days to come once the politics of how to market it have been finalised.

Last week I saw Ginseng water, Kava Kava water, St.John's Wort water, Echinacea water, Watermelon Water, Smart Water, Vitamin C or B Complex water and chlorophyll water. Only yesterday I bought a bottle of Pina Colada Soyawater with Isoflavans. Oxygenated water is also becoming very popular.

In. the south end of Boston, a young entrepreneur has come up with the idea of a Water Bar which serves nothing but water. The price ranges from 75 cents a bottle to imported water from Italy or Fiji at \$4/5 per bottle. There are even caffeine waters called "Krank 20."

The bar has become so successful that the owners are thinking of franchising them.

Apparently Israel has opened an underwater bar where patrons can sit and enjoy a quiet drink while watching tropical fish looking through the windows at them.

Meditation Water

Meditation water is used for meditation only and not to clear diseases or illnesses. Terry Welch formulated it. Terry is the wife of Ihan Doyuk who created water called Perfect Science. Both of the waters have a different consciousness.

The FDA has approved neither of these waters yet. However, the Perfect Science water has been claimed to cure liver problems and lupus. It is not available in stores but is easily obtainable on the Internet. It sometimes goes under the name of Mother's water.

Solar Water

Water gains its energy from sunlight that it then transfers into coloured wavelengths; with each colour having a specific purpose. For example, red gives energy, blue is calming, and green is healing. Green glass bottles will draw in the colour green, while blue glass will draw in the colour blue. This will be more understood once you have read the Chapter on Colour.

To increase the vitality of water try putting an ordinary coloured glass bottle of water in the sunlight for a day or so. Alternatively, a clear glass bottle with a coloured filter will draw in a particular ray. Say a prayer while holding your hands on the bottle and state your intention. What do you want this water to accomplish?

It is your intention that matters because ninety percent of what

we do is intention, intention, intention. You might have the intention that this particular formula will help you to sleep, prepare you to conceive, get rid of your headache, or heal a specific ailment. Now close your eyes and channel the energy from your hands into the water for approximately ten minutes and bless the mixture. Drink a few sips of water that were not charged, and a few sips of water that were charged. You will be able to tell the difference. My garden plants are watered with green water and the cats get blue water in their bowls, while in the morning I drink rich coffee made with red water.

In the future the heat and rays of the sun will be used to heat homes and especially to heat water which will save money and resources. As well, solar energy is well known to reduce green house gasses.

Healing With Water

Healing With Water

Water has always been associated with healing and good health. Oceans, seas or spas in particular have always been in fashion and recommended for renewal and healing. In particular the sea was thought to have miraculous healing properties and the sea air was healthy because it contained many minerals. Before our current medicines became available, it was found that submerging a wound in salt water would help catharatised and heal most injuries or infections.

The sea has often been thought of as “the mother” because it is supposed to have given birth to the earth and all that lives on it and both are salt-based fluids. Water therapies were always considered far superior to manmade medicine. Emmanuel, channelled by Pat Rodegast, says that one day we will need only colour, sound and pure water to heal human ailments. Our intention and our faith will make these treatments effective. After all, look at the miracles Jesus and Buddha performed with merely their presence.

Rebirthing

Rebirthing is a way of moving energy quickly and easily through the body to clear blocks and tension by means of conscious-connected breathing. In the beginning, all Rebirthing was done in redwood hot tubs.

Energy cysts, known as trauma, can be hidden deep within us and not easy to access. We are not even aware of some being there.

Generally, it is believed that we hold our emotions in the fluids of our body, our core issues in the hard tissue, our mental illnesses in soft tissue, postnatal memories in the muscles, and pre-birth memories in the tendons and fascia. The longer we hide our emotions, the deeper they are anchored in our bodies and the more we repress, the stronger our body armouring becomes. This makes the repressed material not as easy to access.

During the past twenty years, doctors have been researching birth and womb experience with numerous current books available on this subject. Conscious conception, healthy womb experience, natural birth and babies' rights will be the focus of much attention in the new millennium. Less technology and instruments will be used and women will be encouraged to take the time to have natural births.

When we are living in our mind and not in touch with our body, a breakdown in the immune system occurs. In this millennium I believe that we will have remedies for healing cancer and Aids. However, our biggest threat will be diseases of our nervous system. With the perks of technology also come the challenges. More and more people are suffering from information overload or are hyper tense from years of being stressed trying to stay on top of the information era, or keep a job. They are beginning to develop illness such as Fibromyalgia; Epstein Barr and even adults are getting Attention Deficit Disorder. This is only the beginning.

When I was training to become a Rebirther in California, Leonard Orr would not allow any of us to come into his company or into community unless we bathed twice a day. Somehow he always knew who had not bathed and some trainees were very embarrassed when he would point at them and then to the door.

Bathing was accomplished in a primitive fashion. Large tin horse troughs were scattered throughout the fields fitted with pipes that fed in healing sulphur water. The only problem was that it was a long dusty walk along the dirt road trying to find an empty trough, most

often to discover there was another Rebirther hidden naked in its depths. Mostly we were all so tired that a handsome virile movie star could be hidden in its depths and we would not have cared. All that mattered was that we had to bathe before we fell into bed or went back into community.

It was rather a unique experience lying in a tin tub in the middle of nowhere with the sun or moon shining down, while herds of black cattle grazed in the distant hills. My favourite horse trough was of course the one furthest from my tent site but well worth hiking to. The tub was sunken in the ground, with sage bushes and tall grasses surrounding it in a protective gesture. Often in the middle of the night I would lie there looking for shooting stars and feeling the peacefulness of the land. We were there to master ourselves. This could mean going without food or sleep. Aside from the smell of the sulphur, it was comforting to relax in the tub.

Over the years I have engaged in many healing techniques, but nothing has helped me as much as my rebirthing sessions. It is a lifestyle. Once having learned these techniques, it is easy to clear myself regularly. Also, when my mother was dying I came home every night and rebirthed myself otherwise I would not have been able to go back in the next morning. I was considered to be manic-depressive and thanks to rebirthing have been drug free for many years.

Cold Water Walking

As well as Rebirthing in water, simply walking in a tub of cold water is an excellent technique for healing headaches, insomnia, hyper activity, or nervousness. It also increases blood circulation and helps to build up the immune system.

The best time to perform this exercise is upon rising. To begin

turn on the cold water tap and fill the tub with 3 to 4 inches of water. Breathe deeply before getting into the water in order to absorb the shock. This is not for sissies. Start by walking in the water for one minute, then two and gradually build up your time to 20 minutes maximum. Let the water out of the tub and briskly dry your feet. If you can do this three times a week for a month, you will definitely strengthen your immune system, not to mention your character.

If you feel really brave, fill your bathtub up with snow and roll in it, or alternatively walk barefoot in snow in the back yard. The cold stimulates and strengthens your resistance to illness and is a protection against various diseases of this century. Many of us spend too much time in our heads and do not give our bodies enough stimulation.

An old boyfriend of mine loved it when the temperature dropped. He went on his balcony in the nude to see how long he could take it. He eagerly wanted me to join him but luckily we broke up before the first heavy freeze so I did not have to prove my love to him. He also bought me an arrow, which I was to put to my throat and then charge at the wall to break it. I told him I would practice at home. I could not even stand it pressing on my throat let alone to push forward on it. I must admit that I lied. I snapped it over my knee. When he asked me later if I had broken it, I replied that yes I had. Luckily he hadn't asked me how. So, I really didn't lie, did I?

Just when I thought I could relax, he bought a huge snake to overcome his fear of snakes and encouraged me to let the snake wrap around my waist to prove I was not a fraidy cat. It was not many more dates before I broke up with him. He was gorgeous but instead of my overcoming any phobias, I was turning into a nervous wreck anticipating what he would next come up with. I think he was watching too many self-motivation videos by Anthony Robbins. Whatever happened to romance?

Cold Water Baths

For centuries cold water has been an ancient remedy used for healing extreme conditions, such as fevers, and also to cool people down after an argument. For instance during the mid-1800's, cold bathing was used in a typhus epidemic to bring down temperatures. In the early days of the 90's some countries used severe water conditions to torture people. A few primitive cultures would freeze prisoners as a means of breaking their spirit, hosing them or even submerging cages containing inmates with only their heads showing above the water.

Cold water treatments were also incorporated into mental institutions for unruly patients.

Cold water bathing can greatly benefit your health and most of all your immune system but unfortunately it is important to check with your doctor before conducting any experiments with cold water. This is not recommended for people with high blood pressure, heart conditions, pregnant women, or weakness in any way. However, if you are going to experiment with cold water, begin with 30 seconds then very gradually build yourself up to five minutes.

Cold water can also be used when feeling over-whelmed, or over-emotional. There is cold and there is cold. For example cold water coming out of a faucet is not as cold during the summer months as it is during the winter months. Get used to the cold water slowly and do not make the bath so cold that you experience hypothermia. Fill your cupped hands with cold water, splash your face several times and do the same on the top of your head letting the water drip down your neck. Hands on techniques such as Reiki, or Reflexology are ideal at this time to help calm you down.

Cold water is also good for asthmatics. Have them submerge their entire body for 8 to 10 seconds in a cold tub, and then stay in for

a few minutes. Doing this once every few weeks will build up their immune system.

Hydrotherapy

Hydrotherapy is the use of water to heal and has been practised by ancient cultures since time began. Hydrotherapy is not just about water but it is more of a lifestyle which combines the effects of water, both hot and cold, with sun, rest, herbs, diet, exercise, and the use of colour and light.

Hydrotherapy is associated mostly with a young European man, Sebastien Kneipp who was working very hard studying to become a priest in the mid-1800s when he developed tuberculosis. Sebastian did not believe he would ever recover because he did not have adequate financial means for medical treatment. Sebastian had a lot of time on his hands and had always been an avid reader. He recalled a book about healing with fresh water that emphasised nature gives us everything we need to be happy, holy and healthy. As he lay ill in bed, his intuition told him that this was the road to take.

Even though he was seriously sick, he made himself bathe every day in the icy waters of the Danube River and within a few weeks his health was greatly improved. His recovery was quick and Sebastien decided to live a simpler life. He continued to bathe himself every day in the river to restore his health. A few months later he was completely healed.

From this experience he developed a science of water therapy known as hydrotherapy. Sebastien went on to study plants and their properties and also botany from which his now famous health products were created. Before long he became well known throughout Europe for his miraculous cures and a lifestyle which even today is followed by many. His company has an array of high standard prod-

ucts such as luxurious healing bath mixtures and oils which can add to the lushness of bathing, or showering at home.

Other forms of hydrotherapy are sweat lodges and saunas, which allow the body to sweat and flush out toxins. Body wraps, mud baths, steam baths and colonics, to mention only a few, are other ways to release toxins from your system by using water.

Another form of hydrotherapy is a hydro sonic relaxation system, which uses healing waterbeds with music piped through them to balance and tune the body as well as to relax it. The sound and the vibrations are amplified and accelerated as they flow into the human body through the water mattress. The music is programmed through an amplifier specifically to treat the body therapeutically. Since our bodies are mostly water, 98% of the vibration is absorbed into the body. The low frequency waves are programmed to penetrate surface muscles and internal organs providing a deep tissue massage to every single cell such as blood, bones, and our brain. It is an ideal treat and the next time you could use some pampering, why not try it?

Waterbeds can also be considered a form of hydrotherapy and have been around for years. It has been claimed that they ensure a great night's sleep and are better for our backs. However, while many people swear by them, especially the younger set, they do take some maintenance and getting used to. In the beginning they were not heated and could become quite chilly. Now the newer models have a temperature control. They are not for everyone though and my experience on a waterbed left me so sea sick that I spent the rest of the night on the floor.

Health clinics in many large cities feature float tanks for stress release. The tanks are small with tight lids on them cutting down on stimulus such as light and noise. They are filled with Epsom salts that relax a client enabling him to go deep within himself. If you do not like small, enclosed spaces, this is not for you. The one I tried

was quite confining rather like being in a waterlogged coffin. Far from being calming and meditative, the water was as thick as syrup and coloured bright orange. There was a constant drip, drip, drip as the water condensed on the lid. It was also hot and I could not wait to get out. Possibly it was bringing up birth memories. In fairness, there are float tanks that are well maintained and not as small as the one I came across, but I'll let you try one.

Water Gardens

Years ago a friend's father made a little pond in their backyard complete with a tiny waterfall lit up by small Christmas lights scattered in the rocks and shrubs. Water is calming and gives a sense of peace and well being whether it is a pond or waterfall. On an ordinary suburban street, his tiny waterfall created sacred sanctuary.

As the world is becoming more stressed and over-populated, many people are making their homes and gardens their sanctuary. There is something very grounding about watering a lawn or putting in the backyard, or watching birds bathe in a puddle. In the past few years water gardens have been springing up amongst the flowers and herbs in gardens and on patio decks. Swimming pools and barbecues have long been the standard fare for gardens. However, the water garden can not be placed just anywhere. The art of Feng Shui, the balancing of the elements, has introduced more sophisticated placement for home and gardens..

If you have limited space, colored bottles and bowls of water can catch the sun's rays and create sparkling focal points. Why not take the goldfish bowl out for a treat? But do not leave it too long in the sun. Watching fish swim is incredibly therapeutic. Also do not leave them unattended. Most neighborhoods have their array of cats that like nothing better than to add a few fish to their diet.

If you do not have room for a stone water garden, visit your local greenery center. In the past few years, stone gargoyles and water fountains have become more available and are sold in art stores, furniture and hardware stores. Some fountains hang on walls and must be plugged in. When the snow comes, they can be taken indoors. Birdbaths were very popular and were the centers of attraction of many gardens but now there are many choices.

The water site can be small and simple or it can contain small fish, stepping stones, or plants. It depends on the size of your garden and also another factor to consider is whether there are children around or not. If so, safety precautions must be taken. Now shrubbery or small stones can easily hide pumps and hardware, which activates the fountains or ponds.

Even if you do not have children, make it safe for neighborhood children who may curiously stray into your back yard. This can be achieved by erecting movable fences or screens, or even a net to cover the water area when not in use. At night candles, or torches can be placed on its banks or even set afloat.

Water gardens can take many shapes such as round, square, rectangular, irregular, or free form. They can be the center of attention in your garden, or part of a flower arrangement or a simple fountain in the corner. Once installed, you will be reluctant to leave home again.

Swimming pools can also be decorated to portray moods or themes. At a Caribbean resort I visited, it was their custom to use the swimming pool as a decoration. Banquet tables were sprinkled around the grounds and the pool was filled with floating flower boxes. One night they anchored a sailboat with a bright red sail in the pool. The beauty of the aqua blue water, green palms, and tropical flowers were only emphasized against the sky and the setting sun.

Water And Swimming

Many new healing modalities involving water are designed to assist children who have health challenges such as Downs Syndrome, Cerebral Palsy, and Autism. Some health problems can be aided by putting children in water and teaching them to swim. It has been found that moving and being free in the water often supports their psychomotor development and co-ordination skills. Dr. Ilona Auybf from Finland has devised a swimming course that focuses on their abilities, rather than their disabilities.

An American Occupational Therapist, Regi Boehme, treats neurologically challenged infants and children. Her water treatments include many resources and especially breathwork to help the infants clear any birth trauma. Parents are invited to be in the water and to be part of the baby's healing as the treatment is being undertaken.

Swimming and drinking lots of water are also recommended for children with Attention Deficit Disorder. Most of this condition can be cleared up with changes in diet and less electromagnetic pollution. One theory is that the children suffer from information overload and are absorbing too much electrical technology from microwaves, computers or television. They are for all intent and purpose "wired" or over stimulated. They need to get back into nature and become grounded. Another theory is called Absent Dad Deficit.

Bashar, channelled by Daryl Anka, (a brother of a famous Canadian singer, Paul Anka) says that we should not think of this disorder having anything to do with attention, but rather the way the person best processes information. Therefore, we must learn and teach how to absorb information that is best for an individual's system. He believes the deficit is in our educational system, and aggravated because of the toxicity and chemical imbalances of a body as well as a variety of environmental reasons. These factors can contribute to and

hinder an individual's inability to take in the information being delivered.

Once again, water plays a big roll. His remedy is basically to increase the water intake to flush out toxins, oxygenate the system, reduce stress, and check out food allergies. Exercise is vital and core beliefs should be looked at. Actually, this is good sense for any health problem.

"The Einstein Factor" a book by Win Wenger, has a wonderful account of the use of water and oxygen by Dr. Yoshiro NakaMats of Japan, the world's foremost living inventor. Dr. NakaMats has been credited with over 2,356 patented creations including the hard disk, the floppy disk and the digital watch face.

In the summer of 1959, Dr. NakaMats was forced to attend summer school because his grades had not been very good during the previous semester. When he found himself with free time in the afternoons as he began swimming. As days went by, he spent more and more time under water. His grades suddenly began to improve despite his previously poor academic record and bad study habits. To everyone's surprise he was at the top of his class when summer ended.

To this day when Dr. NakaMats wishes to brainstorm, he takes a swim in his pool and stays underwater for as long as he can scribble ideas on a special piece of Plexiglas. He calls this method "swim until almost die" and claims his best ideas come to him through this procedure.

Underwater swimming stimulates what is known as the diving response. When we dive into water, the blood flow to the brain increases and also to every organ of our body. Increasing the flow of oxygen to our brain will accomplish two things. It will activate areas of our brain that are not generally used due to lack of blood, and it will slow down the dying off of our brain cells. Any kind of aerobic exercise, such as swimming, running, tennis, or skiing will increase

the CO2 level and circulation to our brains.

Water And Dolphins

Some amazing therapies have been created which utilise water and dolphins. The Upledger Institute in Florida, for example, has created a program in which the client is taken swimming with dolphins while Cranialsacral therapy is performed on them in the water. The spinal fluid is stimulated in such a way that the natural healing powers of the client's body takes over to encourage wellness. It has been learned that having close contact with the mammals can trigger an ill person's healing powers.

Swimming with dolphins also enhances the learning abilities of the mentally handicapped and brings relief to the emotionally disturbed, as well as the depressed. The mammals have also helped people to recover from life-threatening illnesses. Amanda Cochrane and Karena Callen wrote an inspirational book "Dolphins and Their Power to Heal" based on their years of studies with these inhabitants of the sea.

Research has been carried out on dolphins and their effect on depression. Unfortunately, swimming with dolphins has become very popular amongst tourists and thus commercialised. As a result many dolphins have been getting sick because their bodies are not immune to our many viruses and ailments and the animals are often overworked. The dolphins are stressed and the working conditions for some of these creatures are deplorable. The animals are often overworked. It has become big business for some third world countries that now can make \$150 per tourist for a twenty-minute visit with a dolphin. Just today I learned that Mexico is going to look into reports of dolphin abuse in their resorts.

My favourite story about dolphins concerns Ram Dass, a leading

author and seminar leader. One day his friends convinced him to go to a pool with them where they could swim with the dolphins. He thought this was silly but reluctantly joined them. When he stepped into the pool a large dolphin, called “Rosie”, immediately took a shine to him and began to playfully swim alongside. She nuzzled and poked him and Ram felt his heart had been blown open because he had never felt so much love.

Ram touched Rosie and noticed there was an intimate, attentive, non-judging attitude about her. Rosie flipped over until she was vertically in front of him, with her belly pressed against his. He did not care. “Ah, Rosie” he sighed. The love he felt as he hugged and kissed her was beyond belief. He felt free and hung on to her as she swam around and around the pool. When she sensed Ram Dass was tired she pushed him gently to shore where his friends were waiting with grins on their faces. He was so entranced by Rosie that he did not hide from his friends how stimulating the encounter had left him.

In the 1960s the U.S.A. Navy funded a program to determine if a system of communication could be established with dolphins that can make at least 30,000 different sounds. The objective was to develop a system for converting dolphin speech into human speech and then translating human speech into dolphin language. If they succeed, our work with water and the beautiful creatures in it will have only just begun.

Watsu Therapy

California always seems to be ahead of the times and many of the new innovative healing modalities originated there such as Watsu Therapy. This gentle bodywork is done entirely in water with a therapist. Our natural movement is that of a wave due to our watery

makeup. As the therapist gently holds and assists the client allowing them to find their own movement and feel safe and supported. Stress flows out and deep relaxation follows.

Wassertanzen is an expanded form of Watsu in which the person is floated, stretched and massaged in a warm mineral bath. There is even a form of aqua reflexology in which your feet and hands can be treated. In these watery environments it is easy to let go of any recent tensions and escape from the busyness of life if only for a brief time.

Water, Water, Water

Water, Water, Water

Our bodies contain the elements of earth, air, fire and water with each element having its own characteristics and great wisdom. Taking the time to get to know the mysteries and secrets of each element, is the key to becoming whole, or a powerful healer. All ancient Shamans knew this and many could only master one or two elements even after a whole lifetime of study and devotion. Mastery of an element meant that one could control the element at will.

In native tribes there was one who could control the rain, or wind, or one who was given gifts of prophecy from the fire. The person who mastered the element of water had great emotional strength. Jesus, for instance, was a Master Shaman as he could part seas, walk on water, or turn water into wine, amongst many other talents referred to as miracles. Learning to love and respect water takes time and patience. The following exercises are an easy way to begin.

Water Listening Or Talking To The Water Spirits

While bathing, or swimming, take a moment to converse with the spirits of the water, called Devas. Thank them for all they do for you each day because the more we appreciate the elements, the more they will support us in all our endeavours. I often put a gift in the bath water such as a few drops of Holy Water, a Homeopathic Remedy, or a crystal

Sing or hum while in water activities and ask the Devas to send

your blessings to Mother Earth or up to Father Sky. You may also send affirmations or love into the power of the water. Chanting, singing, or even talking positively out loud is a good practice to get into. Combine your vocals with positive images or visualisations as a way to bump up your energy. The Universe is listening. What message does it have for you? If you are outside, is there a wind? The wind blowing across water or howling around rocky shores has a majestic sound and if you listen hard enough, you may even hear the voices of your ancestors.

Listen to the rainfall or to the roar of a storm. If there is lightning, the Universe is really trying to get your attention. What is it that you are not looking at? Lightning is the voice of Archangel Michael, hitting us with a two by four.

Last year I went to a seminar and the host told us one day he was talking on the phone during a storm when he was hit by lightning. He said that it changed his life because after all, how many people did God ring on the telephone? He had an out of body experience that made him realise that our time on planet earth is definitely not all there is to existence.

Becoming Water

The bathroom is a perfect place for meditating. However, for the true benefits of this meditation the water needs to be in constant motion. If you don't want to leave the shower running, purchase a small water fountain for your apartment or house and place it where you can see and hear the water's clear tones as it falls into a pool. A running creek, brook or any quiet outdoors spot where you won't be disturbed, works equally as well. If you perform this meditation outside, turn on the garden hose or watch the waterfall on your lawn from the sprinkler.

Sit quietly by the water spot you have chosen and make certain you are comfortable. Close your eyes slightly and pay attention to your breathing and hearing. Merge your spirit with the water. Many surfers end up on a spiritual journey from spending endless hours waiting and watching for the perfect wave.

Remain in a sitting position for at least 20 minutes, gazing softly at the water and listening. Water tends to have a hypnotic or pulling effect and as you enter deeply into your meditation, you must learn to resist the call of the water, otherwise it could become dangerous.

Become the water, its sound, its purity, and its strength. Surrender to it. Feel it. Be it. This water represents energy coming into your life. What would you like the water to take out of your life and what would you like it to bring into it? Be specific.

The movement of water teaches us to release and to go with the flow. Nothing stays still forever. Everything is always evolving and changing. If you are meditating near an ocean or lake, go with the water. Become the wave. Become water. Become the white caps, the foam. Where have they been? What treasures are they carrying with them? Where are they going? What adventures have they had? What shores have they washed upon? Who has sailed upon them? Oh, if they could only talk, the mysteries and stories they could tell.

Act as if you can flow and be carried on a wave. Feel the peace. There is always motion, even if ever so slightly. Sometimes mighty and forceful. Sometimes still and glassy. When you grow tired of pretending to be a wave, become a seashell, or a piece of beach glass. Look for a fish swimming. Tell the fish your secrets or problems and wait for an answer. Learn to ask interesting questions.

One of my favourite books is "Mutant Message" written by Marlo Morgan. The author was on a walkabout through the Australian outback when she became very tired and ever so thirsty. She did not even have enough moisture in her eyes to cry. She asked Spirit to help her find water. "Show me. Tell me."

Suddenly a thought came to her. “Be water. Be water. When you can be water, you will find water.” She shut out her left brain, the logical, rational side of herself and opened up her right brain to her intuition. She closed her eyes and imagined water in every way possible. She could feel water, cold, clear, blue, green, dirty, hot, warm, driving snow, pelting rain, soft steamy and misty water, replenishing, flowing forever. She could smell it, taste it, crunch her teeth down on imaginary ice cubes, splash it in her face, and see the force of a shower hitting her body.

Marlo was nearly fainting from thirst but kept walking until she came upon a sand dune with a rocky ledge on top, which was odd, compared to the rest of the landscape. As she sat down, stretching out her hand to steady herself, she felt something wet and thought she was dreaming. There, behind her, in the ledge was a pool of crystal clear water left over from a previous rain cloud.

The Aboriginal people believe that the land is characteristic of one’s ancestors. The giant rock had somehow formed “and could easily be a nourishing breast of some past relative.” Marlo gave thanks to the Universe and finally understood that the world is truly a place of abundance. There is enough for everyone and there are many supportive and generous people who will readily assist us if we let them.

Paulo Coelho, another of my favourite authors, suggests an exercise with water that will increase our intuition. He asks us to either find or make a puddle of clear water. Then with a finger, a stick, or some other non-absorbent material, begin to play with the water without any particular purpose other than to be creative. Now gaze into the puddle and study the patterns, shapes and rhythms that are made.

Paulo tells us that by doing this daily for a week, we can become more aware when our intuition is talking to us during the rest of the day. Keep a journal of the symbols, which keep reappearing. Eventually they will make sense. Our unconscious speaks to us in symbols and everything has a meaning. Some symbols have a universal

meaning. Other symbols are unique to the individual. A Native friend told me once that Spirit no longer knows how to talk to us because we have manipulated form and language so much. Originally the sacred symbols were carved in stone. He believes that the crop circles that are appearing all over the world are an indication of Spirit teaching us sacred symbology and universal language once more.

One Shaman could make a pattern in the sand where he placed a glass of water in the sand for each individual. He then said a prayer and gave the water to the person to drink. The patterns he made in the sand went in turn into the water, which then became the remedy for the sick person.

One of my spiritual teachers trained with Saibaba in India. As part of the initiation, the students were required to lie in a forest full of snakes at night. In order to conquer fear, they had to change their attitude and thus their vibrations. Instead of fearing and hating the snakes, they were to pretend that their rattles were the love songs of the Beloved and their “hiss” became the most beautiful melody they had ever heard as they slithered over the bodies of the students. At daybreak the students left the forest and rolled down a steep hill into the fast flowing river below. They surrendered to it completely, letting the river carry them in its bosom. By not fighting the flow, they were deposited on a grassy knoll sometimes miles away. They had become the water.

Babies And Water

Babies love a water environment as they survived in amniotic fluid for nine months in their mothers’ wombs. Studies have shown that babies are very agile in water for at least four months after birth and can swim naturally before their neo-cortex brain takes over their primitive brain.

Babies now are being introduced to water at an unprecedented rate and at earlier ages. It is thought that if babies feel comfortable in water, they will have a chance of rescuing themselves should they get into difficulties. They will become healthier by having greater stamina. Also, they will become more independent, and have higher self-esteem.

In Canada drowning is the second leading cause of accidental death in young children from one to four years of age. The very young will develop healthy attitudes towards water and aid in accident prevention when taught to swim. Often the baby is dropped or thrown into the water. It can be very stressful for a parent to first witness this, but they soon relax once they see their baby can adapt.

In the early 1960's, Igor Tjarkovsky, a Russian, was the first known person to set out to deliver his own child in a tub of warm water. Tjarkovsky was not a medical doctor, but rather a swimming instructor who loved to teach water skills to babies. He believed that by keeping a baby in a predominantly water state, free from gravity, the child would develop better co-ordination. Thus the baby's physical, intellectual and even psychic development would be accelerated. Many specialists have reservations about his unproven theories and some experts consider many of his trainings quite insensitive. At this time, California, and Russia have controversial programs for infants that can appear to be quite cruel. Some of the best classes are taught in England where their water skills program is non- invasive and does not unnecessarily stress the baby.

I question whether babies can adapt easily as one of my friends' husbands, who liked to drink beer and hang out with the boys, thought the survival instinct was prominent in babies. Sink or swim was one of his policies and he enjoyed not only living on the edge but also testing other's limits. One day when he arrived home from a party, their baby was crying. In a rage he took the baby and threw it into the pool. His inebriated condition led him to argue that he was teach-

ing it survival skills. To this day, the baby who is now fully grown can not even stand to take a shower, or bath because she is so frightened of water.

Water Births

Since the beginning of time women have been drawn to water hoping that it would help them to conceive. Some South Pacific islanders believed sexual intercourse only prepared a woman's body for conception. If she immediately bathed in the ocean after intercourse, the sacred seaweed would ensure conception. Also it was not uncommon for many tribal women to either birth in streams, lakes, or in the grass nearby.

On our West Coast beaches huge sperm-shaped seaweed glistening on a beach in the sun remind us of ancient times. Today when a woman is in labour, she will often ask for a bath, shower, or Jacuzzi to help reduce labour pains, especially if it is a long labour. Women feel weightless, use fewer drugs, and are less stressed when they either bathe beforehand, or actually have water births. It has also been discovered their husbands are less stressed if they are near water.

Chris Griscom, author of "Ocean Born", birthed her baby into the sea. Her entire family was present and each took part in welcoming the new baby into the world. It was all very natural and normal with each member of the family playing a meaningful part in the birth. There was no fear, or shame, or bright lights. Every day after his birth, the baby was washed in the sea, or in a large tub of water. In the book there is a picture of the baby walking at the age of two months because his little legs had become very strong from kicking in the bathtub.

A baby will not drown if birthed into water because it receives its oxygen from the blood flowing through the umbilical cord. It knows

what to do because it did not drown in its mother's womb where it survived for nine months in a sea of amniotic fluids.

In the 21st century birth and womb experience will be given much greater attention. There will be more conscious conception and less traumatic births. A healthy safe womb will be vital because that is where our early patterns begin and sets the stage for our future health. The womb is where we first reacted to stress or pressure. Womb experience is an indication of our future health. As well, schizophrenia, paranoia, low self worth, self love, are being traced back to the womb, or even the circumstances surrounding conception.

Operating rooms are very masculine because the majority of doctors are male. Generally there is a lot of light and noise. In the past, women helped women to give birth. Females were prepared for childbirth since childhood and did not fear this natural event as they had seen their sisters, aunts and village women give birth. They knew what teas to drink or herbs to take and which exercises to do to ease the birth along. I have heard that in the future women will once again be making certain sounds in birthing, making delivery easy, effortless and completely natural.

Rebirthers believe that a baby's personality or character is linked to its womb experience and type of birth. As life goes on, whenever we are pressured or stressed, we will resort back to the patterns we created in the womb in order to survive. There are many books to support this theory including "Babies Remember Birth", "Voices From the Womb", "The Secret Life of The Unborn Child", and "The Mind of Your New-born Baby".

The decisions we made about life at that time became our core beliefs. If you are familiar with a computer, our core beliefs are similar to the hard drive, which runs the software programs. Our language is the software. For instance you can repeat the affirmation "I deserve love" as many times as you want but if your core belief is that you are unwanted, or are not loved, the affirmation will not make

any change in you. It is necessary to tackle and unearth your core beliefs first and then do some affirmations.

Frederick LeBoyer, a French doctor, was very concerned about the violence of birth. He believed that if babies were born into a quiet atmosphere with low lights and immediately put into a warm bath, they would grow up happier. He also believed that we should do our utmost not to cause the baby unnecessary stress such as slapping it. Noise was kept to a minimum because it was found to hinder bonding with the mother. Many hospitals followed his advice and introduced his methods into their hospitals. Studies have been undertaken which show that the most hardened criminals had the most difficult births, usually with many drugs and technological interventions such as clamps and forceps.

In the 1970s a Frenchman, Dr. Michel Odent, began in earnest to do more research about women giving birth. By accident, a woman was enduring a very long labour resting in between contractions in a bathtub when she became so relaxed that her baby just popped out. From then on Dr. Odent changed his delivery procedure and his philosophy was based on trusting that each woman knew instinctively how to give birth in a way that was natural to her. His dedication and work has influenced many doctors in Europe who are now birthing babies in specially designed hydrolysed-birthing tubs made of Perspex.

The first birthing tubs were designed in Britain after a couple delivered their baby in a fishpond. The birth was relatively pain free and effortless and they began to tell their story to all that would listen. It was not long before they started a business specialising in birthing pools. Great Britain is now a leader in water births and there are many speciality stores with the latest tubs and accessories. Also their hospitals have the latest in birthing facilities and use many natural-healing techniques.

Aquatic antenatal classes and water births for babies were pro-

moted by Isabelle Gabriels, an artist and marine biologist, which organised a group “Aquarius”. These classes became so popular that Isabelle and her husband started a new organisation called “Aquanatal” to focus on researching the influence of the aquatic element in human evolution. They have initiated a birth centre, which offers women an opportunity to deliver their babies in the sea close to dolphins who are very intuitive and comforting.

These sea creatures have a wide range of tones and sounds that they make as a form of communication. Isabelle is not alone birthing babies with dolphins. A Russian midwife is using dolphins to assist with underwater births. Dolphins have been found to have an affinity with the baby in the womb and are greatly attracted to pregnant women. When a woman is about to give birth the dolphins sense it and gather around her. They give the mother a sense of security and often will nuzzle the newborn to the surface where it can breathe. The dolphins are credited with taking the stress of the baby and the mother during and after birth.

The History Of Bathing

History Of Bathing

Since the beginning of time, the art of bathing in water has been essential to one's good health and peace of mind. As early as the third century, bathing emporiums quickly became the fashion. The Greeks and Romans were the leaders in erecting many elaborate, expensive bathhouses in which they could conduct business, gossip with friends, eat, drink, or arrange sexual liaisons. Some public baths were so grand that they could easily contain lecture halls, art galleries, meditation rooms, and prayer stalls. As well there were always numerous separate enclosures for "private" business.

The larger bathhouses combined healing practices with entertainment, social festivities, and physical fitness. It was not uncommon for wounded or weary soldiers to find comfort after a battle before returning to society. Some of the finest healers worked in the baths and could tend their wounds.

The majority of the bathhouses were very spectacular and ornate, accommodating as many as 6,000 bathers at one time. The elite would bring their servants to run errands, feed or massage them. As soap had not been invented yet, the hired help used coarse tools and cloths to rub their owners down, taking off dirt and oils, powdering, applying makeup, and dressing them.

Although the Greeks and Romans discovered the perks of bathing around the same time, each had their own unique approach. The Romans bathed to keep themselves healthy while the Greeks believed only women should immerse their whole body in water. The Greeks

viewed bathing as something one simply did to cleanse one's self before conducting business, after a day's work, or before taking part in philosophical discussions, or battle.

Nevertheless, the Greeks built numerous rich, beautifully designed bathhouses for both sexes but the baths were not quite as splendid as those built by the Romans. The Roman, Greek, and Egyptian baths were known as temples of beauty, much like those from Atlantean times, and many therapies were developed to either heal or beautify those who entered through their doors. The Romans were believed to be the first who used different coloured plasters for specific ailments.

As many as seven healers at one time would take a client into a bath with each healer taking responsibility for a specific area of the body. Each had a field of expertise such as knowledge of herbs, oils, gems, or colours and their services were more sought after than local physicians were.

Not only Europeans, but also many other cultures had a passion for the many pleasures bathhouses offered them. The Turks developed very hot baths, which to this day are still known as Turkish Baths, or steam baths. Their bathhouses were very artistic and expensive with rich hand-woven carpets, tapestries and ornate columns, and gold, silver, or brass fixtures.

Bathhouses became so popular in Rome that not long after the third century the government learned to transport water by means of aqueducts. The initial reward was all of Rome was supplied with abundant water for their needs. The aqueducts became so successful that soon they were being built all over Europe. To this day remnants of these majestic aqueducts are still visible by the roadsides of Europe, especially Italy and Spain.

The success of the bathhouses was short lived as many plagues, epidemics and diseases were quickly spread by water throughout the population of Europe and England. The early viaducts were made

of lead and it was discovered that this was the source of the poisoning or toxicity. As well as disease, many people suffered from a form of poisoning while others became impotent or sterile. The baths soon became suspect and attendance dropped once the connection was made between the bathhouses and the spread of disease. It was not long before they were very quickly ordered closed.

In previous centuries homes and farms were built near a river or lake because all water had to be carried by hand. Without the viaducts to pipe water throughout a village, once again water had to be transported by hand for cooking, cleaning and bathing. Those who did not live near a well or a body of water had an even greater chore to obtain enough clean water for their daily needs. There was also the problem of heating the water and disposing of the dirty water after its use.

Although the first known perfumes came from Egypt, the Greeks and Romans loved richly scented baths. Great sums of money were spent to develop their own fragrances, which they believed would rebalance and cleanse their bodies after a night of excessive eating, drink and sexual escapades.

For centuries, Japan has been another culture known for its bathing customs and obsession about cleanliness. Spiritual pursuits of purity, hygiene and ritual purification were an important part of Japanese culture and bathing was done communally without regard for division of the sexes. However, as class distinctions became more pronounced, there was as much sexual activity taking place in the public baths as there had been in the Roman. Very quickly a law was passed segregating the sexes. Separate entrances and separate pools were created for the different classes, although sexes were not entirely kept apart. Where there is a will, there is a way. To this day bathing is still a major Japanese indulgence and passion.

The Moslems also erected bathhouses where one could meditate, pray to the Creator, or think. It was the custom to cleanse at a public

bath before going to the mosque to worship and many mosques were therefore conveniently erected in the same streets as the bathhouses.

In the late 16th century, and for the next two centuries, bathing lost its popularity. Churches became increasingly more outspoken about the sins and self-indulgence of those who spent more of their time in the various bathhouses rather than in church, working, or looking after their families. The Ministers were particularly disturbed that so many illegitimate children were created from dubious encounters outside of marriage.

As time passed by, various citizens began to protest against the sins of the bathers. The new Christian trend was to become grubby because cleanliness was considered to be too sensuous and sexual. Dirt was a symbol of one's spiritual purity and indicated that the focus was outside one's self, rather than on personal hygiene. Refusing to bathe was proof one was beyond such things and thus not egotistical or self absorbed.

It was also believed that dirt was a protection from germs due to the numerous plagues that had previously killed a large population of England and Europe. Rather than being put off by the smell, body odour was thought to be magnetic and a turn on. Powders, perfumes, wigs, cosmetics, and layers of clothes hid the grime and body scent. If overwhelmed by a particularly potent smell, a bit of snuff to clear one's nostrils was all that was needed.

Being dirty was giving mixed messages. Some folks bragged that they had bathed only once during a year. There were even those who thought it noble to be bathed twice in their lifetime, only at birth, or marriage.

In the early days of Christianity, people would dip in a stream or river in the summer but generally did so fully clothed. Water was also used in many rituals, especially amongst the Celtic and Germanic tribes who took baths only to celebrate the spring and summer solstices and equinoxes. During a year, many native tribes and clans

had ceremonies symbolising the washing away of their worries or grief.

Provisions for bathing were scant because there was not enough simple plumbing to make household consumption available. When the plagues hit England in the early 1800's, so many people became ill or died that, an immediate investigation was made as to how to connect the average home with water. It was found that water was not the cause of the problem but part of the cure. England spent a lot of time and money researching this and soon became a leader in bathroom technology.

Once water became plentiful, new water healing modalities, which used water, were created to prevent or cure many diseases such as typhoid and fever. Going to the baths became fashionable again, with Epsom, mineral and sulphur baths being especially popular. Spas were the rage all over Europe and became so important that hydrotherapy and thermal healing were taught in medical schools. Sessions at spas are still prescribed by the Government of numerous European countries and clients are sent to spas that specialise in treatments for their particular ailments.

World wide, people have adopted the same general attitudes towards water, using it to clean, to socialise and to heal. Spas, saunas, Jacuzzis, birthing pools, hot springs baths, and mineral or sulphur baths are once again increasing in popularity.

When I was a child it was not the custom to bathe every day, but once a week was generally the norm. Most homes and apartments were heated with coal, which also fuelled the hot water tanks. Coal cost money and hot water was not plentiful nor to be wasted. Therefore, it was common for several people to use the same bath water for economical reasons.

Generally, Saturday night was bath night. This way the entire family could be cleaned up for a party, church on Sunday, or school on Monday. During the War years, we lived in an apartment build-

ing that had a boiler room, which provided hot water for all the tenants in the building. Baths were planned but the problem was that everyone else in the building also took a Saturday night bath. The trick was to get in the bath first and run the water before others in the building ran their baths to ensure the hot water did not run out. If another tenant beat us to it, we would listen attentively as to how long they were running the water in their apartment. If they took what we considered to be more than their fair share, we hinted they were over their limit by banging on the pipes with a frying pan, or a hammer, until they got the message and turned off their taps.

Bath time can trigger memories for all of us. Some adults have very difficult memories of bath time because that was where they were sexually abused as children. My memories of bath time are happy except for one fateful incident.

On that particular day I was to bathe alone, because I had been invited to a birthday party and I had to be super clean. Usually I was popped into the tub with my brother and sometimes my mother but this time I was all by myself. For reasons known only to my brother, he came into the bathroom and offered to trim my hair. I don't know why I said "yes". I was always desperate to gain the approval of my elders. However, before I knew what was happening, my ringlets were floating in the bath water. "Stop" I said, but he was enjoying the role of barber too much.

Suddenly we heard mother's footsteps approaching. We scooped the curls up with our hands and tossed them behind the bathtub hoping she wouldn't notice but she was not one to miss much. She shrieked as she came through the door and saw me sitting in the hairy water. Mother had great pride and did not want the other wives to think she was a bad mother if they saw my hair, or lack of hair.

"No one will notice" I pleaded but mother held me up to the mirror and I discovered that my brother was not a very good barber after all. One side of my head was cropped to my ear, while the other side

had tight little sausage rolls. We both were given a good smack and sent to bed. There was no party for me that day. No pinwheel sandwiches. No birthday cake and no chocolate milk. The next day I was marched to the hairdressers where a smiling attendant tried to make some kind of order out of the chaos on my head. That was the end of my curls.

Gradually coal became a thing of the past and gas furnaces took over making hot water available at the turn of a faucet. In the early 1970's, steam baths became very popular, especially amongst the gay community and many singers, such as Bette Midler, got their start there. However, since AIDS came on the planet there are not as many steam baths, although there will always be some. Buyer beware.

Women tend to take a bath, while men like to stand up and shower. Showers were always depicted as being used by those with busy life styles, but times are changing. The shower is no longer a male domain because women are much more active both athletically and in their careers. Many movies feature steamy sex scenes in the shower but females are now often the seducers.

Float tanks, Jacuzzis, and water therapies such as rebirthing once more became popular in the early 1980s to reduce stress. Also waterbeds were the rage because they guaranteed a good night's rest. Cavorting on them became very popular but they were not recommended for people with animals who had sharp claws, such as cats, or dogs.

The population in the new millennium is becoming more interested in wellness and health and new spas are very luxurious and offer an array of healing modalities. They also have modern conveniences and programs not associated with water such as fasting, detoxing, sports, weight loss, meditation and strength training. Water is coming into its prime and bathing has evolved with many natural body and bath shops selling a wide array of bathing accessories, such as sponges, soaps, gels. This is merely the beginning.

The Basics Of Bathing

The Basics Of Bathing

The bath is a truly wondrous gift, which is readily available for use in most countries and individual homes. Leonard Orr has a theory that our civilisation is so advanced because of the availability of hot water. Not every country is as fortunate, especially third world countries do not have these advantages.

Every small act of kindness we do for our self every day such as showering or bathing adds to our health and well being. For a healthier life, make bathing a sacred celebration and not a Saturday night duty because water helps to release emotions, relieve stress, refreshes, soothes, and cleanses. Baths can be used for pleasure, beauty or spiritual growth and for healing illnesses. Take time to reconnect to self and spirit, to plan your day and to give thanks to the Universe.

The Bathroom

The bathroom can be a place to escape for a few minutes of privacy, nurturing or reflection, as well as a sanctuary in which to replenish yourself. When colour, aromas, essential oils, herbs, fresh flowers, and candles are added to your bath water and bathroom, magic and fantasy can occur.

A bath does not need to be costly, nor do you have to spend days searching for exotic concoctions to put in the water. It is your intention and the sacredness of the preparation that makes bathing a work of art. Where you bathe can be visually beautiful to your eyes, and it

also can be changed to enhance the mood and scene you wish to create. It is your sacred space, your sanctuary. There is no longer a reason for your bathroom to be dull or boring. Plan the mood and scene you wish to create and make a list of any accessories you may need such as candles, flowers, crystals, music, food, or a soothing beverage.

To begin, make certain the bathroom is sparkling clean. Declare the room sacred space by clapping your hands in the four corners of the room to break up any stuck energy. Start by clapping over your head and clap down the corners to the floor level. Do this several times slowly. Take your time. Put thought, or intention into all you do. Alternatively, the room can be sprayed with Holy Water, or smudge can be used. This will be discussed further in the Chapter on Ceremonies.

Before getting into the tub or shower, collect everything you need and place them within easy reach. For complete comfort, use a tray large enough to fit across your tub, which will hold snacks, a drink, or magazines. A small table could fit conveniently beside the tub. If candles are added to the decor, place them on either the sink, or on the floor. If you are very tired, or have used your eyes too much during the day, try bathing in the dark.

Stores that specialise in luxurious bath products are plentiful. Everything from inflatable furniture such as chairs, chesterfields and footstools, to showerheads with pulses or water softening attributes can be found there. In addition, there are fabulous strings of party lights featuring alligators, dolphins, and whales, not to mention bananas, pigs, bears, fruit, cowboys and seashells to light up your bathroom.

Do not neglect including some greenery. Many plants can readily survive away from direct sunlight in the bathroom, especially ferns. Also, there are abundant colourful plastic or artistic silk flowers available which can enhance the atmosphere.

Did you ever think of painting your bathtub or sink? There are some amazing paints, and painting techniques, which give a high gloss, metallic sheen, or glaze, and are thoroughly washable. Make the room come alive and reflect your personality or mood.

Need some new wallpaper? Helium balloons with interesting designs make decorating easy. Balloons with tropical fish, seashells, flowers, or messages are available in many sizes and can easily be found in gift or flower stores. The designs can easily be cut out and attached to the bathroom walls with double-sided tape, or light glue. If you would like them to become permanent, cover the wall with clear glaze. Another trick is to tape pictures of fish, seashells, or turtles to the tub to give an aquarium effect.

For a cosy feeling, place a large beach umbrella over the tub but make certain it is large enough for you to avoid experiencing claustrophobia. Or, why not tape a pretty piece of cloth or even a colourful plastic tablecloth lightly to the walls or hang beaded curtains for a feeling of privacy? I particularly like using butterfly or dragon kites which can be purchased in Chinatown, or any toy store.

To make the room look as tropical as possible, drape fishnets from the curtain shower rods, or tack them on the walls or ceiling. Other nets can be decorated with small shovels, seaweed, and pieces of coral and sand dollars.

When I first lived away from home with some roommates, we had little money for furniture or paintings. We collected driftwood that we sanded and stained with shoe polish and then hung the driftwood on the walls. One large piece stood in a corner and became the gymnasium for my two cats. We had taken a large piece of driftwood out of a farmer's fence. Farmers in our country used tree roots and rocks taken out of their fields to make fences. It was very creative and cost efficient. I must admit I had the guilts for years that one of his cows might run away or worse yet, get hit by a car on the road because we had created an escape route. Crime does not pay.

One of our walls was covered with fishnets that went well with our weather beaten hand me down furniture. We used our nets to make a costume for my roommate who went to a masquerade party as a beach and she carried a sand pail with her. We had sewn sea-shells and seaweed all over the net in strategic places. Sarah was the hit of the party but decided to go to the next year's party as something less open to suggestions. I know how Sarah felt, because my costume that year was the midnight sky. I thought I looked really pretty and became rather shy when so many of the men at the party wanted to pick my stars. I was not used to all the attention. Some even hinted at taking me to the moon.

The next year I went as a road, but that wasn't much better and led to some interesting remarks. I wore a grey sweat suit with a white line painted down my middle. In my hand I held a sign which said "stop" on one side and "go" on the other. Just as no one seems to pay attention to red lights, no one took my sign "no" seriously. Instead they got hug up on "soft shoulders, dangerous curves." I never should have put "merge" as one of my signs. I was pretty naïve in those days. The very worst costume was when I went as a ghost and spent the night in the barn talking to a horse. The other who girls went as ballerinas or cheerleaders got all the guys. I thought the point of Halloween was to give everyone a good scare. That was my last dress-up party but I must admit the horse was pretty interesting.

My hairdresser has a fish net on the ceiling of her shop for customers to gaze at while their hair is being shampooed. Her net is truly magical and contains everything from pictures of movie stars, toy trucks, an assortment of plastic animals and fruit, and Betty Boop dolls (she is really keen on Betty Boop). There are a few other articles up there on the naughty side but semi-hidden so you aren't really certain what your eyes are seeing.

Another way to create a mood is by using candles, which come in all shapes and sizes, not to mention colours, and textures. There are

numerous, affordable candles and candleholders which can be found on the market today. Candles can have fresh aromas such as pine, vanilla, or even freshly fallen rain and do not have to be expensive. Cheaper candles can always be dressed up, for example, with a bit of ribbon, stuck in an ornate glass, or piece of fruit, or paste cut-outs on them. Many are made from petroleum that in high dosages is not very healthy for us.

Why not make your own with supplies from a craft store? Be certain to burn all candles in a well-ventilated room. Use only natural candles and check out what they are made of ahead of time. Remember that we are absorbing the ingredients not only through our senses but also our skin. Last week a television special presented a case of a young man having brain damage. The doctors discovered the mother had been burning many candles with wicks made out of lead. The youngster had lead poisoning. Recently I was given some wonderful floating candles shaped like pink roses. Roses have a very high healing vibration and are a symbol of the Divine Mother. Even a picture of a rose is very powerful and where there is a rose, negativity can not flourish.

Once the bathroom scene is set, it is time to consider the bath itself. A good place to start is with bubble bath. There is something very soothing about bubbles and there are so many choices. Bubble bath is available in bottles or in tiny individual shapes such as whales, hearts, flowers, stars, or pearls, to name a few. Drop in a few pearls and imagine they are made from moonlight, or pretend a star can grant your wishes as it blends into the water.

If your budget is adding a few drops of perfume or essential oils to regular shampoo, or a gentle baby shampoo can make tight, rich suds. Be inventive. Dilute the shampoo with water first and then add the scent. If your shampoo is one of the many new natural herb-based blends, nothing will have to be added. It isn't necessary to spend a lot of money to have some foamy bubbles. A friend used a few

squirts of organic dish detergent, when she couldn't afford a bottle of bubble bath.

Other must-have accessories are scrub mitts and bathing gloves which come in assorted textures and colours. Also, there are loofas, which are coarser than sponges, and pumice stones to tone, build the skin, or soften the hard areas of your feet.

Oatmeal and bran can be found in most kitchens and are both good for healing the skin and softening the water. Be certain, however, to put the oatmeal or bran in a square of cloth. The first time I had an oatmeal bath, I dumped a cupful into a bath of hot water. It never crossed my mind that it would swell up like porridge and it took me three showers to get all the little bits of gloop off of myself, and the tub.

Another kitchen product is apple cider vinegar that is used to relieve tiredness and restore the body's natural acid covering. Chris Griscom, author of numerous books such as "Ocean Born", will not let anyone on her New Mexico property unless they are prepared to bathe in cider vinegar before and during their visit. One of the prerequisites for a week at her place is to bring your own jug of vinegar. If the smell is overwhelming, add some strong herbs to the jug of cider for at least a week and let it perk. Use one cup in a warm bath and finish with a cool rinse.

The cider bath to clear one's energy is 1 cup of apple cider vinegar in a medium warm bath. Soak in this for at least 20 minutes and send any perceived negativity back to the light. Say affirmations to yourself such as "I am safe and protected at all times, anywhere, any place."

Cider vinegar is an excellent skin softener and also helps your body maintain its acid balance. It would be best to keep the vinegar and herbs in a jar for at least a week before in order for them to merge.

To feel squeaky clean and to rid yourself of any psychic debris or unwanted germs, bathe at least twice a day in this mixture. When

you come out of the tub, give yourself a brisk rub all over.

Epsom salts, sea salts, or Dead Sea Salts are affordable, and are another basic ingredient for the tub. They relax muscles and ease tension that is stored within the muscles. Salts are not, however, recommended for sick people as the salt causes them to perspire and thus could weaken their delicate condition. Epsom salts are also not recommended if there is any kind of heart disease. If you want to be really clean, give yourself a salt rub beforehand and excess salt will dissolve once you hit the water.

Bath salts are basic for any relaxing bath. They are very simple to make by using the following recipe. Mix 3 cups Epsom Salts, 2 cups baking soda, 1-cup sea salts together in a large bowl. Adding colour, fragrances, essential oils, or herbs to this basic mixture may create your own special blend. When adding colour use Colour Baths in liquid form, or food dye dropping it very slowly into the above mixture.

Salt is still used abundantly in baths to soften muscles, release tension from our bodies and soothe weariness. Soaking in a salt bath, using a salt compress, or a salt wrap, will also help to draw out infections or cause boils and cysts to drain. A common stress technique is to soak tired feet in a salt bath or relax in a tub full of Epsom salts, or Dead Sea Salts. Bath salts should be strongly scented and the more potent the original scent, the less salts will have to be used. Begin with two tablespoons or more of the finished product in your bath and be sure to clean the tub thoroughly afterwards. Add more salts if you want a stronger scent.

Edgar Cayce, one of the most respected natural healers of all times, used a variation of this recipe to cure jet lag. He recommended taking a bath in tepid water upon arrival at a destination to which had been added one cup each of Epsom salts and baking soda. While in the tub, massage the right side of the body with your right hand and the left side with your left hand, ensuring that your arms and legs

stay in their own territory. Remain in the tub for 10-15 minutes. Get out of the tub slowly and dry yourself off without crossing any limbs over the midline of the body. After a good night's sleep, in the morning you will feel ready to take on the world.

When I am tired, feel low, or have been in a toxic environment, a sea salt bath will quickly alter my mood. I always keep a jar within easy reach on the bathtub ledge that is convenient. Sprinkle a bit in a washcloth to scrub your body. Have the water quite hot and stay in the tub for at least twenty minutes, letting the salt soften your muscles, ease tension, and absorb toxicity. Use no more than two tablespoons of the basic bath salts recipe as set out in the Chapter on Basics of Bathing.

A sea salt bath is great to take anytime, but especially beneficial before a first date, job interview or examination. Picture the tension leaving your solar plexus, heart and root chakras and when you are finished, pull the bath plug and imagine all negativity pouring down the drain.

Many ceremonies and rituals use salt because salt absorbs impurities. To cleanse an area, in which there has been a negative experience, simply leave dishes of sea salt in the room over night. Once a week do some space clearing by sprinkling salt throughout your entire environment for 24 hours and then vacuum it up the next day. The room will feel very fresh afterwards. It is best to use fine sea salt because the coarse sea salt tends to scatter when the air from the vacuum cleaner hits it.

In England a pinch of salt used to be thrown out the door to ensure a good night's sleep and Sumo wrestlers are known to purify the arena with salt before wrestling. Although I claim not to be superstitious, I still throw salt over my left shoulder for good luck if I spill any. Old habits are hard to break.

Another treat is to rub cocoa butter generously into your hair and face while you lie in the tub. This works especially well in a sauna.

Cocoa butter can be purchased at a local health food store and many West Indian stores carry excellent brands, which are very reasonably priced. It smells delicious.

Baths are the ideal place to languish while treating yourself to a facial mask. For a quick pick up, mix Aloe Vera gel, with a whipped egg white and slather on your face and neck. Aloe Vera can act as an astringent, yet it can be soothing at the same time. It aids the skin in retaining moisture, especially if the skin is dry from too much sun.

Once in the bath it is an ideal time to put on an eye pack. There are many eye packs available on the market consisting of gel or herbs, such as lavender. Eye packs also can be as simple as warm tea bags or even sliced cucumbers may be used. Chill the eye pack for puffiness around the eyes and pour a bath of warm water to relieve eye-strain.

Why not bathe with a good book? Many famous authors create or get ideas for their masterpieces while in the bathtub. Leonard Orr, the founder of Rebirthing, is a good example. Leonard spent time in India where he learned a great deal about spiritual purification and breathing techniques from his spiritual master, Babaji. When Leonard returned to California he was practising his breathing in the bathtub one-day when many birth memories surfaced. This was due to his bathing in warm water and a tight space, which resembled the womb. He added some techniques, such as affirmations hence the principles of Rebirthing were born.

Let us not forget soap, which is available in bars, creams, gels and fun foam for the children. The list of bath crystals, sparkling bath balls or body scrubs is unlimited. Another necessity is aromatherapy mineral baths that are biodegradable, cruelty free, and 100% pure essential oils of flowers, herbs and spices are a necessity. Buy bath products that are safe and softening to the skin. Another book called *Splish Splash* has many inventive ideas for making your own soap. Soap good enough to eat called rose petal soap balls, sage oatmeal

soap and lavender loofah scrub soap is only a few of their recipes.

Before you step into the tub, spread a towel on the floor and brush yourself from your feet to your heart with a brush, or scrub mitts. Next brush from your arms to your heart, and then from your neck to your heart which will remove any excess dirt, or loose skin. Then wipe yourself clean with a wash cloth before you get into the tub. Numerous toxins in our bodies leave through our skin.

Prepare your bath slowly and with as much care as if you were pouring it for a special guest, or loved one, only this time the loved one is you. Be creative and trust your intuition. Last but not least remember to have a giant oversize bathsheet or towel ready to rub yourself dry.

Not Positive Thoughts

The tub is not only an ideal place to meditate and to cleanse one's self, but also a great place to set goals and to practice upgrading your thoughts. A lot has been said about being positive, or acting as if one already had what was being wished for, or positive thinking. Recent studies have proven that this is not healthy and can be detrimental to self. It is not honouring one's true feelings. The current trend is to be real and to speak the truth. One of my teachers said. "I am not prepared to lose anymore so someone else can win." That means, she would not swallow her true feelings anymore because someone was expecting her to act in a certain way.

Recent studies have proven that this is not healthy and can be detrimental to self. It is not honouring one's true feelings. The current trend is to be real. Say it like it is. One of my very favourite affirmations is by Lee Carol author of the Kryon books, who says "Put me in my sweet spot," or "put me in my contract."

First we have a thought that creates a feeling that creates an en-

ergy that creates an experience. We are very much like a computer and language is our software. As a Rebirther one of the first exercises we were required to do was the Basic Thought exercise in which we wrote out our thoughts for ten minutes without editing anything. Then we were required to circle anything we had made wrong and change it into a positive context. We do not make any of our feelings wrong. By honouring all that we feel, we can get back to the love. We then looked for the gift in the situation. programming and put in the new thought. For example, we could write that we were angry but if we then felt guilty about our anger, we were making it wrong and creating another suppression.

I used to faithfully think up a positive affirmation for my client or myself but most of us have such busy lives that there is not the time to sit and write one sentence five hundred times. Instead I believe that working with out core beliefs and finding out where the negativity comes and editing ourselves as we go along is a more productive way. For instance the minute I find myself uttering something negative or not for my highest good, I will say the sentence over again in a more positive tone. If I do this consistently, gradually the old ways change. I also ask my friends to call me on any victim language I may use.

I do not pretend to be all sweetness and light. No one feels that way all the time. Even Jesus got angry. In fact, people who are always “on” or too good to be true, give me the heeby geebies. They are either in denial, or not in their truth. I find them frightening, and disassociated from their true feelings.

Many of us use language that comes from our unhealed past. Words of doubt, fear, insecurity, anger and other negativity fill our vocabularies and give energy to our wounds.

Carolyn Myss, author of “Spirit of Anatomy” calls our negative lingo “woundology”. Ms. Myss also believes that because we put so much energy into hanging onto our past, it robs us of energy needed

for our daily life and breaks down our immune system.

Visualise what you want. The greater the intensity of your visualisation, feelings and actions, the more quickly your goal will be drawn into physical reality. The main rule is to have fun. Write goals and thoughts on a big piece of paper and stick them on the bathroom wall while you are bathing. Please do not put all your energy into the end goal. Enjoy the journey. Or why not get some long sparklers and write your new thoughts in the air in the dark. Create magic.

Breathing

Our most important asset is our breath because it is that which gives us life. Breathing helps us to relax and as we become better oxygenated, we are better able to handle any stress in our lives. When our breath is full, relaxed, rhythmical and smooth, we have more energy and a quiet mind. When our breath is controlled to suppress our feelings, this generally results in body armouring and whenever there is armouring, there is always shallow breathing. Irregular or shallow breathing is believed to result in disturbances of the mind, emotions and the body.

The concentration of acid in our system determines our health. Rapid breathing makes us more acidic, burns up our cells and causes anxiety. When we are tense the circulation of energy is weakened through our body because we are too tense to breathe. Mental patients usually are very shallow breathers and studies have proven that depressed people usually have inadequate breathing. Further studies have proven that heart attack people have very tight abdominal muscles and tend to breathe in their chest rather than in their abdomen. Belly breathing eliminates heart attacks.

There are many types of breathing practices and also we breathe differently at particular times of the day and during various activi-

ties. A natural rhythm, which is sometimes called 'the Mother's Breath', is an ideal way to slow yourself down and to get into tune with the Universe. This breath practice is based on the Cosmic Laws of the Universe, which was written about extensively in P.D. Ouspesky's book, "In Search of the Miraculous". We are asked to breathe in to a count of seven, pause for one count, and then breathe out to the count of seven and pause for one count.

Each person is an individual and will have his or her own rhythm. Find the pace or rhythm that is suitable for you even though it may seem difficult at first. Practice your breathing while you are in the tub by beginning to do some deep breaths. Breathe in peace, and breathe out negativity. Keep it simple and tune into your body as you feel the energy flowing. Fill your lungs to capacity, not just the bottom, or not just the top part. Take your time. Some people are big inhalers and others are big exhalers. Your breath tells a lot about how you live your life. Do you give out more than you take in? Do you have a fast breath? A slow breath?

Breath is energy and the secret of life. Learn how to clean your nervous system and how to build energy by learning the art of breathing. A good place to start is through yoga, martial arts, and chi gong or meditation classes.

If you want to have some fun with your breath try doing the fog breath or the seashell breath as described in the soapdish book, "Soothing Soaks. There is currently a trend for some people to become Breatharians. This is especially popular in some poor Eastern European countries and Australia. These people are supposed to live only on prana or the breath. Many gurus in India may be able to master food, sleep and liquids, but most people in the western world are not living outside in nature nor living a life style which makes this healthy for them. A guru in India for instance is not sitting at board meetings, or in front of a computer.

If you have ever sat with anyone when they were dying, as their

body breaks down, the body begins to pull energy from the arms and legs into the organs. I have met a few breatharians and being in a room with them for five minutes left me drained and empty. After all where do we get energy? We obtain it from food, water, the environment and other people.

Bumping Up Your Bath

To truly relax in the tub, there is a technique called spinning that can be used to place yourself into a meditative state. Spinning is an ancient technique and can be very forceful. Rumi, a great Sufi master and poet of the 13th century created it. It is impossible to keep a train of thought while whirling and like meditation the mind becomes very calm and empty. In a clear space begin to turn thirty three times in a clockwise direction ever so slowly with your right palm up and left palm down. Begin by rotating on your left foot, using your right foot to drive your body around your left foot. Start slowly and do not practice daily unless you have already done a lot of inner work to open yourself up. Keep your eyes open.

This relates to the rotational direction of our planet and to the orbit of our solar system around the sun. If you wobble, or become dizzy, stop immediately. This sounds strange, but it works. What you are doing is opening and lining up your energy centres in order for universal energy to flow. You will feel very connected, and very grounded. Wait a few seconds, sit down to steady yourself, and then get into the tub, or shower. Relax, relax, and relax.

Essential Oils

Aromatherapy is the use of the properties of essential oils as a means to effect us therapeutically. These plant essences are extracted

or distilled from the flower, leaf, resin, in the seed or fruit, the heartwood, and even the root of a plant. The essential oils are highly concentrated complex organic compounds that can effect one's body, mind and soul when used with proper care and respect.

Rub oils or herbs on yourself, rather than putting them into the bath water. Essential oils are very strong and powerful concentrates of plants and herbs but until you are experienced, do not use more than eight drops in total. There are hundreds of oils available on the market to choose from. Do your homework and investigate. Even though they may be from the same flower, not all oils are the same. Oils for example which come from an organic source will of course be more expensive. Remember that it only takes seconds for a high quality oil to go into our blood stream. You get what you pay for. Less, rather than more, should be the rule until you can determine the results.

Everyone has different needs and some skins are more sensitive than others are. As you become more adept, increase or decrease the number of drops when it is evident what works the best for you. Our skin absorbs what is put on it, therefore, use only the finest in your baths and after the bath. If taking a shower, please do not stay in for too long unless your showerhead has a filter on it. Our lungs and skin are more exposed to the force of the water and unless the water is clean, toxicity will be absorbed into us at a greater rate. Also, don't overdose with any one cream or product.

Flowers have always been associated with royalty and divinity. In India, it is still the practice to throw rose petals in front of Saints' statues, or to toss them in the path of gurus, such as Sai Baba, or Sri Sri Ravi Shankar. The Egyptian Queen, Cleopatra, bathed in rose petals and strewed them on her lovers and her bed. A further luxury is to place fresh flowers or leaves into your bath. Beforehand fill the kitchen sink with spring water to keep the flowers fresh until you put them in the tub, using only the petals and throwing the stems and leaves

away. As you lie in the tub deeply inhale the aroma of the flowers and stroke them slowly on yourself, while trying not to break or crush any.

If any flowers remain, they can be put in a bowl beside your bed, or on your altar. You can also research which flowers are edible. Some flowers are not only delicious but also very nutritious, such as Nasturcions. That way, nothing is wasted. If flowers are not in your budget, try adding mint leaves or orange blossoms to your bath.

The kitchen is an excellent source of products for bathing. Fruit peel such as citron, lime, grapefruit or orange can be boiled in fresh Spring or Distilled water and then added to the bath. Herbs, for example, make a wonderful contribution. If you don't have access to fresh herbs, they can be found at most health food stores, or supermarkets. Herbal teas can also be used and for maximum effect, it is necessary to use 4 to 7 tea bags for each bath. First, boil the tea on the stove for twenty minutes, strain, and then add to your bath water. Mix several herbal teabags for unique blends. For more information on herbs consult the Chapter on Essences.

To prepare an aromatherapy bath add 100% pure essential oils over the warm water entering the bathtub because the oils have a tendency to evaporate very quickly. Essential oils are very concentrated so do not use in higher dosage than 8 drops per bath. They can be used as is, or they can be mixed with bath oil, which will allow them to integrate properly into the water. Essential oils can be used straight or diluted in carrier oils, such as sweet almond oil, apricot kernel oil, or grapeseed oil. A .37% dilution should be used to make bath oil (1 drop of essential oil per 2mls. of carrier oil).

Pregnant women, children, the elderly, or people who are very ill, should cut the amount by at least half. Any essential oils that are potentially skin irritating, or sensitising must be completely avoided. Pregnant women should consult a professional Aromatherapist to find out which oils are safe to use.

When using essential oils in your bath water, please be careful not to get any in your eyes, and do not submerge yourself.

The following list of codes indicates oils to be used with caution.

* Avoid during pregnancy

^ Potentially skin irritating/sensitising. Use small amounts, or should be avoided by people with very sensitive skin

0 Can trigger epileptic seizures in susceptible individuals

[] Photosensitive/toxic: causes sensitivity to the sun's rays. Avoid using before sunbathing, or can cause severe burning, or darkening of the skin. Increases blood pressure. To be avoided if you have hypertension.

The following oils will guide you.

Code Oil

*^0 **Basil** - mental stimulant, nerve tonic, minimises fear and sadness

^ **Benzoin** - stimulating, good for emotional exhaustion, tension, asthma, skin disorders

[] **Bergamot** - comes from fruit rind that grows in Italy. Good for eczema, depression, fevers, psoriasis, nervous tension, urinary tract infections, wounds, ulcers, cold sores, and chicken pox. Helps grief and anxiety, brings one back up to the light. Benefits oily skin.

*<>^ **Black pepper** - good for aching muscles, helps poor circulation, nausea, very stimulating mentally, and physically, aphrodisiac

*^ **Cinnamon** - aphrodisiac - do not put in bath, only spray around the room. Helps rid body of parasites.

* **Clary Sage** - oily skin, anxiety, depression, insomnia, aphrodisiac, sedative, enhances dream activity by making dreams more vivid.

Avoid using this oil if you have consumed any alcohol. It intensifies drunkenness and hangovers.

* **Cypress** - reproductive system, detoxes, treats aching muscles and joints, cellulite and varicose veins, mental clearing

^ **Eucalyptus** - opens pores and allows negativity to release. Rub on sore muscles to promote healing. Good for colds and fevers. Helps to lower blood sugar levels, very antiseptic, great for cold sores.

0 **Fennel** - unblocks all kinds of obstacles. Very soothing. Detoxes, good for cellulite, improves digestion, reduces fluid retention, oestrogen mimic.

<>^ **Ginger** - calms upset stomach, alleviates nausea, very warming and stimulating for the body and mind, helps with impotence and acts as an aphrodisiac

[] **Grapefruit** - energising, stimulating, lymphatic drainage, anti-depressant

* **Jasmine** - euphoric, good for female reproductive system. Eases menstrual pain, helps relieve pain of childbirth and promotes birth, aphrodisiac, warming and relaxing to the body. Helps treat impotence and frigidity. Beneficial for hot, dry sensitive skin, especially itching. Treats anxiety and depression.

* **Juniper** - sore muscles, detoxes, helps us to access at a very deep level, good for decreasing stress and anxiety. The Juniper is a bush that sheltered the Holy Family en route to Egypt. People with severe kidney problems should avoid it.

^[] **Lemon** - used to cleanse negativity, helps concentration and clarity, very energising, good for "winter blues", immune stimulant, fights infection such as colds and flu, helps in treating cellulite

* **Marjoram** -(sweet), very calming, helps with anxiety and depression, treats headaches and migraines

* **Myrrh** - good for rejuvenation, face masks, anti inflammatory, soothes respiratory tract, treats skin disorders and wounds

[] **Orange** - brings calmness, strengthens, self-confidence. Helps

overcome depression, loneliness. Good for skin, spleen conditions, chest, bronchial. To bring out

creativity, digestive problems, aids indigestion, fights infection

*^ **Peppermint** - mentally stimulating, refreshing, helps treat all digestive disorders, eases muscle spasms, cools fevers, treats sinus congestion and fights infection

<>^ **Pine** - adrenal balancer, mentally stimulating, very analgesic, treats cold and flu symptoms, increases blood pressure

* **Thyme** - very antiseptic, used for sleep disorders, bravery and strength, menstrual cramps

The following essential oils are safe and easy to use:

Bay Leaf - good for concentration, muscle aches, headaches

Cardamom - deals with shame or guilt, digestive complaints

Cedarwood - respiratory, bronchitis, coughs, chronic anxiety states, good for acne, or oily skin

Camomile - softens skin, helps to release emotional tension, such as anxiety, depression, and irritability and benefits the entire nervous system. Symbol of Mother of Mary. Patience and energy in adversity. Calming, treats stress, irritability. Anti-inflammatory, helps eczema, itchy skin, rashes, insect bites, analgesic, helps headaches, PMS, menopausal problems.

Coriander - resolves the fear of opening up, calming, nausea and digestive complaints, helps anxiety

Frankincense - sacred ancient aroma, often used to cleanse the environment, anoint the sick, or purify our aura, skin disorders, ec-

zema, asthma

Geranium - refreshing, very balancing, relaxing and has an anti-septic effect. Skin cleanser. Good for oily skin, very balancing, emotionally uplifting, hormone balancer.

Lavender - the most balancing of all oils. Magical and provides protection, especially from cruel treatment by spouse. Mary used it when she scented the infant Jesus's clean clothes. Purity, cleanliness and virtue. Relaxes both the nervous system and the muscular system. Can release emotional conflicts. Good for stress, insomnia, dry skin or eczema, headaches, hypertension. Very antiseptic which makes it good for fighting all types of infections, cell regenerator, anti-inflammatory.

Melissa - strengthens nerves, for migraines, muscular pains, skin diseases, asthma. Helps herpes.

Neroli - helps with loneliness, especially when experiencing a loss, treats anxiety and depression, upset stomach

Palmarosa - stimulates cellular regeneration, uplifts the emotions, calms the mind, acts as a skin balancer, helps ease symptoms of cold and flu

Patchouli - aphrodisiac, reportedly used in sanatoriums to calm hysteria, skin disorders, cell regenerator, anti-fungal, helps with eating disorders, anxiety and depression

Pennyroyal - protective to the aura so that negative thoughts or actions of others are repelled by it. Only blooms on Christmas Day.

Rose - this was given to the God of Silence by Cupid to promise not to reveal the love of Adonis and Venus. Good for female reproductive tract, emotionally healing, hormone balancer, PMS, benefits all skin types especially dry and mature skin, helps diminish wrinkles, connected to the heart chakra.

Rosemary - an old herb, has always been associated with beautifying and cleansing, also stimulates mental faculties. Physically stimulating, sore muscles, analgesia, cold and flu symptoms

Sage - one of the most sacred herbs of Native People. Powerful cleansing and balancing effect. Makes a relaxing and warm bath.

Sandalwood - increases self-esteem, relaxing aphrodisiac, great for meditation, skin disorders. Elevates spirits and lifts depression. When placed on the forehead aids in focusing the mind. Mixed with lavender, it enhances contact with the spirit world. Mixed with Frankincense it enhances the highest spiritual "octave" for the scents of Frankincense and Sandalwood have some of the highest vibrations inherent in a plant. It benefits dry, irritated skin, as well.

Teatree - antiseptic, antibiotic, anti-fungal, immune stimulant, treats colds and flu.

Vetiver - comes from root of a plant, grounding, aids in meditation, helps treat anxiety and depression

Ylangylang - aphrodisiac, lowers blood pressure stress and tension, and good for angry situations. Emotionally soothing.

ESSENTIAL OILS FOR THE CHAKRAS (ENERGY CENTRES)

Use any of the suggested oils for the specific chakra.

Chakra 1 - root - cedarwood, clove, cypress, ginger, black pepper, vetiver, cinnamon, nutmeg, sandalwood

Chakra 2 - sexual - gardenia, sandalwood, ylangylang, ginseng, musk, cedarwood, clary sage, rosewood, patchouli

Chakra 3 - solar plexus - bergamot, carnation, lavender, rosemary, ginger, lemon, sage, thyme, camomile, sandalwood, fennel

Chakra 4- heart - marjoram, rose oil, yarrow, rosewood, neroli, bergamot, lavender, and cinnamon

Chakra 5 - throat - benzoin, eucalyptus, frankincense, sage, jasmine, geranium, sandalwood, teatree, bergamot, myrrh

Chakra 6 - third eye - jasmine, mint, cedarwood, eucalyptus, juniper, peppermint, lemon, rosemary

Chakra 7 - crown - lotus, rose, spruce, amber, lavender, myrrh, frankincense

Herbs and essential oils are often used as infusions or neat with water to provide healing. Infusions are very simple to make and for complete instructions, it would be best to purchase a simple book on herbs. All infusions differ depending on the herbs and oils used. There are in addition numerous excellent aromatherapy books available at bookstores or health stores.

Beyond Basics

Homeopathic Remedies

Dr. Samuel Hahneman perfected the theory of homeopathy in 1790 based on the principle that “any remedy that, in large doses, could create a particular set of symptoms, could, in minute doses, relieve those same symptoms.”

Homeopathy stresses that each person reacts differently to disease. It administers personalised remedies for each individual with a specific problem. Homeopathy takes into account the client’s history both externally and internally as factors affecting a person. It can cure most common disorders but can not cure irreversible or degenerative diseases like cancer or osteoporosis.

It uses substances from the three Kingdoms, plant, animal and mineral. Homeopathy is natural, non-toxic and suitable for everyone including the young or the old. I do not know enough about this subject to advise anyone but I do know that homeopathic remedies, even in their weakest state, may actually change the molecular structure of water. They are very potent and change the vibration of the energy of whatever they are put into.

We can take the pellets internally or they may be put into your bathtub. Before self- medicating, it would be wise to visit a reputable health store or Naturopath who will advise you exactly which to take and in what dosage.

Herbs For The Bath

Some of the delights of Spring are the wild flowers or herbs which

can be gathered in the country or in your garden. If you do not know the difference between an herb and a weed, there are many instructors who are taking people on informative herb weekends, or herb walks to point out the different species. Some courses offer speciality weekends such as picking herbs especially suited for menopause or depression.

Whether you decide to buy herbs or pick them, it is simple to make some herbal bath mixtures. To begin, place a handful of herbs or flowers in an insulated thermos, or crock-pot and fill with boiling water. Let this stand overnight or all day. Strain the herbs and when the liquid infusion is ready it can be added to the bath. The mixture can easily be stored in dainty bottles or jars and the next time you are pressed for time and want a treat, simply pour the blend into your bath. Bottles of your infusions can be fancied up with sprigs of dried herbs and ribbons and they make personal gifts for holiday presents or even a dinner gift instead of the usual bottle of wine.

Alternatively, dried herbs can be added by using one teaspoon of herbs per cup of boiling water and steeping with the lid on for twenty minutes. Make infusions the same way you would a good cup of tea, including one teaspoon of herbs for the pot. Once you have made an infusion it can either be added to the water or sprayed over your body before you get into the tub.

Mindy Green, Director of Educational services at the Herb Research Foundation in Boulder, Colorado recommends that mixing teas and oils together will be more therapeutic than if used separately.

Use 1 quart of any strong tea and then add oils to the tub. The more you need to relax, the hotter the water should be.

Tinctures are a blend of herbs and flowers and the array of exotic tinctures is only as limited as your imagination. The base may consist of either 1 pint of rosewater, or 1 pint of reasonably priced red wine to which is added any of the following herbs or oils.

1 oz. Cinnamon
* oz. Cloves
1 oz. Marjoram
1 oz. Rosemary
1 oz. Lavender
6 Bay Leaves
fresh roses

Chop any fresh herbs and crush the dry herbs. Distil in large bottles for at least 6 days. Strain the herbs before adding the mixture to your bath.

Edgar Cayce, one of the most remarkable psychics of all time, purified his environment each night by spritzing his walls with a mixture of water and rosewater. Mr. Cayce was able to enter a state of unconsciousness at will and provide amazing insights into the mysteries of the body, mind and soul. Many of his natural and simple remedies are still used today, such as castor oil packs.

Flower And Gemstone Essences

Flower essences are liquid, pattern infused solutions made from indigenous plants and flowers which contain a specific imprint that responds in a balancing, repairing and rebuilding manner to imbalances in humans on the physical, emotional, mental, and spiritual levels.

The essences help to cure imbalances in our subtle energy fields and are either taken internally under the tongue, or externally. They can be rubbed on the skin, or added to the bath water.

I tend to follow the macrobiotic principles that what is best for us is grown locally. This includes not only food, but also herbs and plants.

Therefore, using flower or gem essences from your own country would work best for you, although the local brand may not be as well known as some of the more famous essences.

The most well known flower, tree, stone, or herb essences are Bach Florals, Fes Quissentials, Perlanda, White Mountain, Vita Florum and Aura Soma.

Aura Soma is a unique form of colour and herb therapy which was conceived in meditation by a Britain, Vicky Wall who had second sight from childhood, which enabled her to see coloured auras. When she lost her sight this ability was immensely sharpened and she was able to formulate the remedies. It was discovered that the coloured crystal-clear oils, plant extracts and essences had remarkable healing powers, which renewed and rebalanced the human aura.

In all there are 93 balance bottles as well as Pomanders and Quintessences of the Ascended Masters, which work on a higher level. They are not easily available in North America but a friend or relative taking a trip to Europe can be persuaded to bring some back with them. Also, the Internet offers countless shopping opportunities

Vita Fons is another gift to the planet. Elizabeth Bellhouse who describes it as the Creator energy made it. She believed that each human consists of seven different and interdependent levels of being – in other words the chakras, which are meant to relate freely with the Divine by our spirit.

When we are not in balance with our true divine self, we become energetically out of balance and our well being becomes chaotic. The Vita Fons products were made to restore balance and well being within each individual. Mrs. Bellhouse believed that if everyone on the planet took Vita Fons there would be no such thing as war or devastation because we would all care about each other and ourselves and there would be peace on earth.

Vita Fons products are encoded with a numinous energy which

improves the interface between the spiritual aspect of the user and the Divine. Vita Fons water can be used in the bath or try sprinkling the talcum powder all over your body for a sound night's sleep. It is the energy in the products and not the material substance in which it is encoded that does the work. The frequency with which it is used is more important than the amount.

An American, Machel Small Wright developed Perlanda Essences and they have some excellent remedies including one set which specifically aids Cranialsacral therapy.. I have loved Machaelle's work ever since I read a book of hers years ago titled "Acting As If the God in Everything Matters."

It is very easy to incorporate flower essences into your life and many companies have their own literature specifying which remedy is to be used for each illness or ailment. Some companies specialise in emotional characteristics such as sexual abuse, loneliness, despondency, overcare for welfare of others.

Holy Water

Holy Water is water that has been exorcised, blessed and consecrated with salt or alcohol to remove any negativity. Holy Water may be obtained from a sacred place, such as Lourdes, or from a Priest. It is also easy to make your own.

Begin by cleansing a glass or bottle before using and fill with water. Next put a double terminated crystal (with points at both ends) in the water, but makes certain the crystal is cleared first. Fill a bottle with spring or distilled water and hold it between your hands. Form an intention as to what you want to use the water for, such as clearing a particular health problem and ask Spirit to charge the bottle with pure white light and love. Add a few drops of brandy, or pure alcohol and let the water sit in the sunlight for a day before using.

Holy Water may be created for personal use, sacred ceremonies, or rituals. It can be used to cleanse objects or sprayed in the air to bring in positive energy. To put negative ions into the atmosphere use a feather or flower head to flick the water. This counterbalances the excessive positive ions being generated in both the home and office by televisions, computers, and other types of electrical equipment.

Stones And Gemstones

Stones are known as the libraries of the planet, the record keepers, and can give us much knowledge regarding Earth's history. Stones contain elements, which have a direct link with our vibrations that are based on molecular structure. Because different stones or crystals vibrate at varied frequencies, each gemstone affects the human body in a unique way.

Everything in the world has energy and stones are storehouses of energies. Once we become familiar with stones, we can use these energies to bring about change and healing in our lives. A stone's energy range of effectiveness is usually strong for about three feet. Therefore, keeping a few stones on your body, or merely holding a stone, can influence the environment around you. They do not have to be large nor expensive stones, and may easily be purchased in a gem store or a local speciality shop.

Gemstones work through amplification because they transport electromagnetic energy, which can be absorbed, reflected, generated, or converted and amplified into other forms of energy. Our bodies are electromagnetic in nature. Gems help to raise the body's electricity frequency and strengthen the body's energies. Depending on the colour and mineral properties of the stones, they can either give energy, or absorb energy.

According to ancient myths, after the great floods, Themis, one of the Greek Goddesses, taught the survivors to repopulate the world by tossing stones behind them as they walked through the land. They considered stones to be the bones of the Earth Mother. As the stones hit the ground, they became people. If the stones fell to the right, they became women and, if they fell to the left, they became men.

Stones can be charged or programmed. To use for healing, hold a stone in one hand and visualise what you need. Form an intention and put it into a positive statement, or affirmation. Now inhale deeply and exhale with force into the stone, charging it with your love and energy. The lighter and the more sparkling the stones, the easier they are to liberate us.

Pick up a stone the next time you are on a beach. Stones are the ancient ones and contain much information. The Native people suggest that before moving a stone from one place to another, give thanks and ask its permission to move it. There is a consciousness in everything. Everything is sacred. Everything is connected.

Having a bath with one or several of your favourite stones assists in a healing experience. Receptive stones are soothing, calming and create focus and peace. They can assist the conscious and subconscious to communicate.

Some of the receptive, loving stones are: blue, green or moss agate, amethyst, aquamarine, the calcites, celestite, blue, green, rose or smoky quartz crystals, kunzite, malachite, moonstone, sodalite, tourmalines and turquoise. These are only a few in this category.

Projective stones are bright, help to destroy germs, strengthen the conscious mind, and promote health and physical energy. They also can deflect negative energies. Projective stones are considered to give energy and are useful for healing, protection, self-confidence, purification, stress relief, and love rituals.

Projective stones are: black, brown, or red agate, amber, aventurine, bloodstone, orange calcite, carnelian, citrine, crystal quartz or

herkimer crystal, fluorite, hematite, obsidian, onyx, opal, rhodochrosite, rhodonite, tiger's eye, red tourmaline, and zircon.

Stone Drinks

Want more energy? Try putting some quartz crystals in a glass of water and leave the glass in the sun for an hour. Aquamarine, a stone associated with the sea-goddesses of the past, can also be dropped into a glass of water. Aquamarine is a very cleansing stone and can be rubbed on the body before a bath or a ritual, or even worn on the body. Try drinking a glass of water with a few amber stones in it to strengthen a sore throat. Amethyst water is comforting if you are grieving.

Stones By Color

RED STONES: ruby, garnet, agate, and carnelian -give energy, vitality, regeneration of cells, blood and tissues, good for mental and physical stress

ORANGE STONES: amber, topaz, and smoky quartz, coral - balance emotional body and digestive system, release self pity, lack of self worth, unwillingness to forgive, lack of focus, good for arthritic pain

YELLOW STONES: citrine, topaz, and yellow zircon- strengthen the mind, the colour of taking in and giving out, help us to develop discernment rather than judgement. Great colour for procrastinators.

BLUE STONES: sapphire, aquamarine, turquoise, lapis, blue lace

agate, malachite - chastity, cool passion, ease fears and doubts, wisdom, truth, integrity

GREEN STONES: emerald, tourmaline, and jade, moss agate - good for eyesight, stimulate visionary powers, neither hot nor cold, soothes, balances. Good colour for anger. Helps us to develop unconditional love.

INDIGO STONES: sodalite, amethyst - right hemisphere of the brain, can stop haemorrhages

VIOLET STONES: amethyst, clear crystal, sodalite, sugalite - transformation, change

Stones To Add To Your Bath

Here are a few suggestions for stones to add to your bath but they are by no means the only stones for each category.

<u>Purpose</u>	<u>Stones</u>
Adventure -	celestite, hematite
Arthritic Pain -	coral
Beauty -	amber, cat's eye, opal
Business -	malachite, amazonite, bloodstone, lodestone
Centering -	calcite, hematite, zircon
Childbearing -	pumice, geodes
Dieting -	moonstone, rose quartz
Emotional Balance -	pearl, lodestone
Goal Setting -	citrine
Headaches -	crystals, herkimer
Healing -	amber, malachite, celestite

Love -	amber, peal, jade, rhodochrosite, turquoise
Memory -	calcite
Money -	aventurine, calcite, emerald, jade, opal, earl, tiger's eye, tourmaline, kunzite
Nightmares -	citrine, celestite, rutilated quartz
Protection -	apache tears, carnelian, obsidian, , onyx, tiger's eye, tourmaline
Purification -	aqua, calcite
Sex -	carnelian, peridot, kunzite

Before using any stones make sure they are clean. Take a few deep breaths and breathe your intention into the stone to be worked with. Place the stone on your heart, or hold it in your hands. Remember that 90% of what we do is intention. Feel the peace. Thank your body. Feel the love.

Wish List

This purpose of this exercise is to get yourself focused and organised by writing down what you specifically want. The more detailed and precise the list, the easier it is to draw in the energies from the Universe. Shakti Gawain has written an inspirational book entitled "Creative Visualisation" which includes some excellent exercises to assist you in focusing.

Now, before you laugh about all this, I have at least three friends who wanted to be married. They each drew up a list complete with pictures cut from magazines of their ideal mate. The trick though is to be very specific. One of my friends got everything she asked for on her list, but had forgotten to put down any particulars about what her ideal mate should look like. Apparently, he had a face only a mother could love. My other friend got everything on her list but she

had forgotten to ask that her future husband should be gainfully employed.

My third friend who used these techniques was an ex nun. She told me she had spent twenty-five years in service and was now determined to get on with her life and clear any issues that might be holding her back. She made a list of the qualities of Mr. Right and then completed the exercises and the techniques in Bob Mandell's book "Two Hearts Are Better Than One". Shortly after, she met Mr. Right and was married within two years. So, never say "never".

Our thoughts must be positive and focused. Louise Hay, author of "Heal Your Life" says our thoughts are like magnets that go out into the universe to create all that we have. The more we realise that we create our reality with our thoughts and core beliefs, the better our lives will become.

Making a list of what you want not only gets you organised and focused but also helps you to become aware of limitations, old patterns and beliefs that are holding you back from your greatest good. To begin, take a piece of paper and write on the top of the page your goal or what you want to create. Focus on one thing at a time, such as: my dream job, or my perfect relationship, etc.

Now list the qualities or conditions that are most important to you, i.e. I only want to work three days a week, or my perfect house must have.... .acres of pine trees etc. Know what you want and be willing to ask for and receive what you ask for. Put down all the physical, spiritual, mental, emotional, professional, and financial qualities you expect. Put down why you want this, who will benefit and most of all when this will occur. State it in present tense and in positive terms.

Don't be afraid to ask for too much. The Universe is unlimited and creative so it will find and bring to you whatever you focus on. The mysterious forces or subtle energies of the Universe work in strange and miraculous ways. Therefore, as long as your intention is

good and what you want is in your soul's best interest, it will be so. It is not up to us to try to control these energies.

The next time you have a bath write your list in large print and tape it to the bathroom wall for you to look at it when you are relaxing in the tub. Put the shopping list on the bathtub wall and pour the water slowly into the tub, step in, relax and visualise all your requests coming true.

Mud, Mud, Glorious Mud

Down through the ages people have been bathing in mud. It is used as an astringent, hormone balancer, cell regenerator, other therapeutic procedures, and, of course, beauty treatments. Mud is rich with the properties of many plants, minerals and trace elements. Generally it is collected from the bottom of a lake, which is free from pollution and it is particularly successful in treating dermatology, skin ailments, and rheumatoid conditions.

Each country and region has its own colour of mud with its own special attributes. For example, spas in Europe have used mud's curative properties as the base of their preventative medicines for centuries and lately mud has come on board in North America. Do not use mud that has not come from a health food store or a pharmacy as it may have undesirable bacteria in it, or other little creatures.

Clay, which is a form of mud, can be used to bring boils or cysts to a head, or reduce the size of swellings and tumours, or can be used on the entire body to purify and detox. There is also an assortment of clays, which are used only on the face to take out toxins, and to improve circulation.

Understanding Energy

The Chakras

In order for us to understand which colours, oils, or gems are best for us, it is important to know a few basics about energy. The chakras exist in the etheric body where light hits the curves of our body and breaks into different wavelengths. Each wavelength vibrates at a different speed and frequency located in front of the spinal column and each chakra resonates to or draws in a specific colour. Wherever these channels meet an energy pool, a vortex is formed and these are called chakras.

Eastern studies of energy state that the human body has a system of organs and glands, which carry on various body functions. The energy from these organs is carried throughout the body by a series of channels called meridians. Our organs govern the meridians, which govern the hormones, which govern our personality. Thus, by balancing our chakras by something as simple as colour and sound, we are guaranteed better health. Each chakra should be fully open and vibrant. If one chakra is pulled in or twisted, it will throw the other chakras out of kilter, and cause us illness. If we have blocks in certain chakras, we will pick a mate or friends who are strong in those areas. This goes with the theory that opposites attract.

There are seven major chakras in our body and each represents a specific vital organ. However, there are hundreds of smaller chakras such as in our hands and feet, with many smaller chakras all over the body.

Most of us have at least one or more wounded chakras due to past history. As well, lack of natural sunshine, artificial lights, distor-

tion of sound or disharmonious vibrations wounds the chakras.

Some of us never spend a moment outdoors each day as we sit in front of artificial lights, computers and televisions. We wonder why we get sick. Our ancestors were generally healthier as they worked outdoors building homes, tending gardens, or working in fields to feed their families. They moved their energy and for the most part, had healthy chakras.

If we don't feel safe in our culture, race, country and specifically our body, our root chakra will be wounded, throwing the other chakras out of alignment. If there is an imbalance in the first chakra, the effects will be:

2nd chakra - jealousy, sexual fetishes and crimes

3rd chakra - possessiveness, cowardice, insecurity, unstable

4th chakra - misguided loyalties, hysteria

5th chakra - blocks creativity, or over-commercialises it

6th chakra - interest in occult, or gullibility

7th chakra- can twist it into making God a dysfunctional and judgmental parent, religious fundamentalism, obsessive controlling behaviour. When the second chakra is wounded, it separates from the first and then we get sexual addictions. It will affect the following chakras by pulling on them:

3rd chakra - sadism and masochism

4th chakra - addicted to romance

5th chakra - inhibition of every kind

6th chakra - addicted to pornography

7th chakra - excessive devotionism

People with a wounded second chakra are usually disassociated from their feelings. They generally grew up in an environment where they had to shut down their feelings to survive. As a child, they were not allowed to set boundaries and often their feelings were enmeshed. They could not separate their feelings and what were the feelings of the adults around them. They may not have been protected from adult frustrations, hysterical reactions, or sexual dramas. As an adult, they often feel guilty or responsible every time there is a crisis.

In future, all healing will be done with intention, faith, colour and sound, or with just water. As more is known about energy, especially subtle energies, healing will be easier to achieve.

Color

In a high tech world, we are all searching for simpler and more natural methods to maintain our health and many of us have returned to very basic and simple remedies used by our ancestors. Ancient wisdom and healing modalities are being reawakened in people as they crave for what is natural. The higher tech the world is becoming, the higher touch we are becoming. We thirst for the authentic and what could be more real than natural colour? By learning the specific qualities and energies of each colour, these can be utilised to their fullest in our baths and rituals.

For a long time researchers have been studying the influence of colours on the physical, mental, emotional, and spiritual aspects of

man. Every culture has always understood the values of herbs, plants, barks and stones of his country and the importance of colour. While some colours give energy, other colours block or absorb energy and if understood and used properly, colours impact and improve our lives greatly.

Before modern medicine, healers had to rely on natural remedies to bring a body into balance. Coloured stones, for instance, were used as well as herbs. The Egyptians were especially famous for the laying on of coloured stones to heal a patient, while the Romans used coloured skin plasters to promote healing. North American Natives were also adept at the laying on of stones. Many primitive tribes employed colour in face decoration or war paint to either charm or scare people from other tribes and villages. Today the cosmetic industry is a thriving business, with fortunes being spent to obtain the latest war paint such as this season's shade of lipstick, or nail varnish. The children of today think nothing of dying their hair flamingo pink, bright blue, Kelly green or purple.

The uses of colour are unlimited and vary from culture to culture, and individual to individual. Also, there are numerous audiotapes and videos on the market, which focus on colour for meditation, or relaxation. Colors have an effect on the body, each causing a different vibration, or energy. All colours work together to detox, cleanse, restore and heal every cell and organ of our body. Miraculous healing is now available to us through colour therapies which may be as subtle as the clothes we wear, the food we eat, wall paint, art therapy, or colour lights.

Color has specific attributes, but in the end it is up to you to interpret colour and its meaning for you. For instance, someone may associate red with anger, while someone else may think of it as being sexy. Black once was reserved for funerals but now it is a fashion statement and the dress code of the young. As well, there are black baby clothes including black leather jackets.

Studies in medical science have proven that different colours have profound and varied effects upon our nervous systems, and a definite effect on the behaviour of mental patients and prison inmates. Green for example is often used in schools, while many restaurants believe that beige walls will make people eat more.

An American prison Warden found that painted pink teddy bears on some of the cell walls had a soothing effect on the inmates. Another Warden had the walls of his institution painted soft pink, which resulted in a noted decrease in tension and aggression. At St. Quentin prison in the USA, when the men become restless and angry, they have huge pink lights switched on to calm them. England and Switzerland have also been experimenting with pink cells and pink lights with considerable success. Most of the overalls worn by the inmates in the USA prisons are orange. This colour is for the second chakra, and a sexual stimulant. Instead of settling the men down, it has the opposite effect.

The ancients used colour in their healing practices. Scents, aromas, oils and herbs were rubbed into a person's body before being emerged in a large bath, with coloured flowers, and oils. Crystals and other coloured healing stones were programmed and placed in the water, or on the person to enhance the session.

Learn to combine colours to increase your joy. This is easily achieved in your bathroom by using contrasting towels, bath mats, soaps, candles, bowls, and flowers.

Generally the attributes assigned to each solid colour are:

RED draws out tension. Use red to ground yourself. It stimulates the automatic nervous and circulatory system. It is also the colour associated with Christ energy. It is good for lack of energy. Use for impotence, or frigidity. Do not use red if you have Mononucleosis, or Epstein Barr Virus, if you are hyper, over emotional, or angry. A

good colour for leaders. Use it in winter to warm yourself.

ORANGE acts upon the adrenals. It is good for herpes, thyroid, and lowering blood pressure. Orange is associated with creativity and sexuality. It is a shock absorber, muscle relaxant, great for cramps, and PMS. It helps with qualities of self-respect and courage. It is also excellent for chronic skin problems, and it is good for healing with its increase in oxygen by stimulating the lungs. It has a drawing effect, bringing things such as cysts to the surface. Orange is good both before and after operations.

YELLOW is great for self-confidence. Use when sad, or tired. It is a nerve stimulant and builder as well as it strengthens hormonal and nervous conditions. It stimulates the heart. If you wear yellow when giving a speech, people will pay more attention because the colour is associated with wisdom. Also, it is good for cleansing the liver. Do not use if you are already emotional, have problems, or your mind is over stimulated. Yellow relieves tension and loosens the common cold. It is good for stomach-related problems such as anorexia and bulimia. Yellow helps heal skin ailments caused by nervousness.

GREEN is healing, refreshing, clean and effective for heart conditions. It raises the vibrations of the body above the vibrations of the disease. The colour of life and growth, green combats malignant cells. Use to calm yourself before meetings or exams. This colour is excellent to use after operations.

PINK represents unconditional love and is great for healing physically, or emotionally. Also anything to do with the womb, uterus, or monthly cycles. Pink is no longer a sissy colour.

BLUE is for the throat and for expansion. It is good for teething and pregnancy. It is the colour of the soul and has great healing power. Blue is associated with Mother Mary and symbolises purity and also the Dominion of God and the sky. Blue is good for hyper people as it is calming. It denotes peace, speeds recovery of wounds, and helps to overcome fear of speaking. Aids intuition and communication.

TURQUOISE is calming for busy minds. It is a brain depressant, eases aches and pains, soothes fevers, itching, and good for weariness.

PURPLE is the colour of Mastery and universal consciousness. Depresses over-emotional conditions. Excellent for deep meditation, decreases menstrual pains, reduces sex drive, calms children and helps to lower blood pressure.

VIOLET calms nerves, increases mental strength and is good for emotional problems. It is for low self-esteem, and lack of motivation. Use it to surrender to Spirit and a path of service. It is good for insomnia and depresses the appetite.

INDIGO is a strong sedative. Good for inspiration, intuition and creativity. Helps to focus on goals. It has a narcotic effect, produces a strong deep sleep, and acts as an astringent, tightening, firming and toning the flesh. Use for lack of motivation or for nervous disorders. Great for vision and hearing problems.

BLACK is good for intuition, rebirth, going into the void. Use black to block energy or absorb negativity.

WHITE represents wholeness, purity, cleansing.

The attributes of combined colours are:

YELLOW/GREEN - beginning of spiritual progress for the soul

YELLOW/PINK - the colour of rebirth, new beginnings

PINK/TURQUOISE - healing for heart and lungs, good for asthmatics and all reproductive challenges

PINK/VIOLET - healing with unconditional love

BLUE/GOLD - related to Mother Mary. Good for stress. Unblocks solar plexus.

BLUE/GREEN - used for rashes, asthma, chronic bronchitis, epilepsy, and depression, and calming

BLUE/PURPLE - use for anointing, poor memory, bruises, infections, insomnia, headaches, high blood pressure, sinus congestion, acute bronchitis, diarrhoea, sciatica

BLUE/YELLOW - to ground yourself if you are feeling scattered, and the coming together of the male and female. Healing.

GREEN/VIOLET - striving of soul to find its true self, good for manic depression, psychosomatic pain

GREEN/PINK - discernment, great after operations

DEEP ROSE/DEEP PINK - for self love, self-esteem, self confidence. Good for emotional problems, guilt

PURPLE/MAGENTA - a purifier - for those who have been to hell and back.

To use colour in your bath add a few drops of food colouring, but not too much as the effects could be long lasting. An alternative to food colouring is Color baths that are available in nine different shades. The packages are a mixture of glycerine and organic herbs either in powder or liquid form. You can also mix your own palette by using half a package of each. It is also easy to create your own colour formulas by using leaves, berries, or juice such as grape, orange, cherry, or cranberry.

However, when using colour experiment until you get the desired shade. You can have too much, or too little. Have a focused intention of what it is you wish to implement or change.

Color Lamps

Color lamps may also be used while bathing. These types of lamps contain a powerful light bulb such as a floodlight, over which a colour gel can be inserted. Stanley Burrough's chart in "Healing for the Age of Enlightenment" is a simple guide to follow. You can easily make your own colour lamp.

It is also possible to use a clamp lamp or a swing arm lamp. However, they are not as effective because they are not able to take a high watt light bulb. A friend of mine makes colour lamps out of plastic plumbing pipe, or stovepipe. Gel filters can be purchased from a "stage" lighting store or many art supply stores carry them. If you are using colour lamps, you should be in the nude or wear white in order for the colour light to do its work to have the full benefit. **WARNING - DO NOT HAVE THE LAMP ANYWHERE NEAR THE WATER.**

Ceremony And Rituals

Ceremony

The purpose of ceremony is to raise our consciousness and to become aware of the interconnectedness of all life. Ceremony is an act of power consisting of a series of actions in which we have an intention to call upon subtle energies from the invisible world. It is one of the richest ways for people to give meaning and structure to life. Every religion in the world performs ceremonies or rituals to lift the people temporarily to levels of consciousness, which cannot easily be attained by them.

To create ceremonies we can use all our senses such as singing, toning, dancing, or spinning to open up the body to the world within us. As well, colours and aromas make rich additions to the ceremony. Societies have honoured nature and the four elements earth, air, fire and water for centuries and generally ceremonies use something to represent each of these elements. . For instance, the Hunas, a Hawaiian race, performed special breathing techniques for as many as six hours before any celebration. They were true masters of the elements and could easily draw the energies of earth, air, fire, or water into their bodies.

Ceremonies can become a way of life, slowing us down and making the ordinary magical or helping us to clean away the old as a symbol of entering the new and the sacred. They take us out of our logical, rational minds and lead us into our intuitive or creative brains, where we can be unlimited.

Anyone can create a ceremony. They can be undertaken for special days like Christmas, birthdays, promotions, or special passages

of time such as anniversaries, graduations, or any other significant event. Ceremony requires quiet time, sacred space, respect and devotion.

Some cultures spend days detoxing, purifying, preparing and cleansing both themselves and the environment before a significant ceremony is undertaken.

Ceremonies can contain certain symbology such as:

1. The use of doors to symbolise crossing over from one state to another, such as in the custom of carrying a new bride across the threshold of her domain and new life.

2. Moving back out is a symbol of rebirth

3. To break away from the old ways of being and thinking, various cultures break glasses, bowls, or sticks.

4. Rock tossing. Throwing rocks over your shoulders as a symbol of leaving the past behind you.

5. Calling the light. Lighting candles is an old custom to honour the return of light to the planet.

Ceremonies can be performed indoors or out, as a special event, or in your own home. They can be performed at night for closure, or in the morning to signify new beginnings. They can be undertaken to pray for fertility, creative energy or for relatives and friends not present. Ceremonies can be created to rename you, or to represent commitment to a new way of life. Names can be very symbolic and often used only in ceremony.

Rituals

A ritual is part of a ceremony that is repeated in the same way,

over and over again without thought. Brushing our teeth each morning, drinking tea on the way to work, or reading the newspaper in bed, or telling a story to our children can be considered rituals. Performing a Mass in church or doing the Wave at a ballgame are other common rituals. They are performed at the same time each day and in the same way and usually are done in silence. Rituals are a way to give back to the Universe some of the love and energy we are always receiving. When we sing to the Universe, we give energy through our voice and when we pray, we give energy through our hearts. Rituals allow us to pray a certain way, for a certain purpose, and to call in our spirit guides, angels, or ancestors.

The basic ingredients for a ritual are:

1. Preparation. Have everything you need ready ahead of time such as props, candles, clothing, any furnishings, or a tape deck, etc. Clean the designated area and create sacred space.
2. Opening. To hold the Universe's attention, incorporate the element of surprise into your opening by using a dramatic gesture, words of prayer, greeting, invocation, or special music. A strong opening puts you in the mood.
3. Content. This is merely doing whatever intervention you have decided upon. In other words what is the purpose of this ritual? Renewal, letting go, breaking a pattern, celebrating a holiday? Keep it short.
4. Closing. This is the conclusion or end of the ritual. A good closing reinforces your connection with the Universe, and gives a clear and easy transition from formality to informality.

Creating Sacred Space

To create sacred space it is important to clean away all negative energies and raise the vibrations, or light in the atmosphere to perform the ritual, or ceremony.

Energetically, energy goes out in ripples and imprints the walls, floors, ceiling, furnishings, and objects, often intensely. The energy can be heavy or stifling, especially if there has been negative energy such as anger, depression, or sadness in the room. To make the space sacred, clean the room thoroughly, especially the corners and smudge with sage. Light candles, sprinkle Holy Water, and offer flowers and prayers to the guardian spirit of the room. Call in your own personal spiritual guides and helpers.

Smudge is a Native tradition used to cleanse and link us with Spirit. It usually consists of herbs such as cedar and sage tied in a bundle or in loose leaves. Smudging cleanses any negative energies or old emotions that had accumulated before the ritual and signifies the entering of ritual space and time. The smoke of the smudge connects us to the Creator, while the herbs cleanse us. The most common herbs used to smudge are:

Sage - to cleanse and purify

Lavender sage - for walking the beauty path

Sweetgrass - very sacred to the Native people and should always be used with great respect. It is used to cleanse self, but not a whole room.

Cedar - to balance body, minds and Spirit. To bring in new energy

As you walk about your space you may say, or chant the following prayer, or create your own. "Dear Spirit, fill this sacred place with your love, wisdom and blessing."

Now that your space is clear, cleanse your own aura. Light some

sage and ask the Spirit of the burning herb to take your prayers up to the Creator. Cleanse and clear yourself of any negativity. First bring the smudge to your eyes. “ May I see with Spirit.” Bring it to your ears. “May I hear Spirit’s voice”. Bring it to your lips. “May I speak with Spirit’s thoughts”. Now cleanse your aura and touch your heart. If there is someone with you, offer him or her the smoke so they too may be cleansed.

Once your sacred space has been created, we can make it even more special by setting up an altar.

Creating An Altar

Altars and ceremonial places may be created wherever we are. When we take a moment to stop each day and go within, this is where we can find the peace that we so deeply crave and what the earth yearns for. The more we pray in the same place each day, the more we increase the spiritual power of that spot. We do not have to run all over the world seeking out power spots.

Altars can easily be constructed in the bathroom by covering the sink with something solid, such as a large tray or breadboard and then placing a ceremonial cloth over it. Next we make a circle, which represents wholeness and represents the energies you wish to bring in. Put items that have meaning for you on the altar. As we give, we are open to receive.

Use symbols that represent the energy of the four elements earth, air, fire and water. Many people collect objects that have a special significance to them such as stones, something from nature, pictures of loved ones, or special herbs, or crystals. These objects have meaning for the person who uses them. Remember that it is your intention that counts. If you meditate at your shrine every day it can become a healthy practice to lessen the stress in your life. In Bali most

households have an altar in every room and they start each day in prayer and gratitude.

Many of our ancestors, carried medicine bags or crone bags, containing sacred objects around their neck, the contents of which were known only to them. It is their personal power. It is still a custom today for natural therapists to wear medicine bags. Use sacred objects to assist you in focusing yourself for prayer or meditation, or a healing bath.

Remove your shoes before bringing the earth element into a ritual. This leaves any impure energy outside the room. Earth energy enters through our feet and is drawn up through the body. It is very grounding. Flowers and plants also symbolise love and were often given to the Gods. We offer flowers back to the earth as one of the most beautiful parts of her. We can also use stones to symbolise earth energy. Position stones in the four corners and visualises them anchoring energy.

Air gives us life. To represent the air element on your altar use incense, sage, herbs or feathers. Fire connects us to Spirit and cleanses negativity. Candles are symbols of this element and beams of light, which direct the flow of energy and help purify the space while you are working. Fire warms us, heats our food, and allows us to see. Water keeps us alive and cleanses us. Spray the room and yourself often with Holy Water.

Anointing

Anointing is a symbol of blessing. First anoint everywhere the body moves, such as the joints, including your fingers and toes. Next, anoint your forehead, ears, eyes, nose, mouth, throat, crown, and all the openings for Spirit to enter.

Anoint with sandalwood, rose, frankincense, or basil oils but use

only on the third eye and be sure to dilute these oils with almond or sesame oil first. Basil especially can burn your skin, if not diluted.

“I close my aura to all except my Higher Self. May I know, speak, touch where Spirit enters.”

Vows

Before undergoing a ceremonial bath, write out the commitment, or rules of behaviour, which are being pledged. This is particularly beneficial to renew a relationship, marriage contract, or to release an old pattern. You may even want to quote a poem or some meaningful verse. Write down only what you want, not what you do not want. I like the book “The Conception Mandala” by Mark Olsen and Samuel Avital. Although it applies to consciously conceiving a child, their method also works for whatever you want to consciously create in your life. Keep a master journal and a rough journal. Work out your own plans in a rough journal and when you have a specific goal, request, or value you find important, transfer it into your master journal. Consult your master journal to make up your vows or commitments.

My father told me on his deathbed that everything could be taken away from us in life. The only thing that no one can take away from us is our identity, what we are at a soul level and what we stand for in life. I take my vows very seriously. The more I can be in my truth and integrity, the safer others will feel with me, and the more centred I will be. Also, everything in life is transient. No one will be with us from the time we are born until the time we die except ourselves and Spirit. Parents, children, loved ones will come and go. Therefore our relationship with Spirit and ourselves must be that of a best friend.

Gratitude

I became aware of gratitude last year after reading “Simple Abundance” by Sarah Ban Breathnach who encourages us to pray from gratitude rather than from need. The Creator knows what He/She is doing and what our needs are. We no longer want to come to the Creator from victim consciousness, begging, complaining, or whining. It is time we all get into Mastery.

Thank the Universe for all the love and for all the good in your life. Give blessings for your life and the daily miracles that occur. Thank the Creator for your teachers and guides who have developed and inspired you. Give thanks for living in a safe and caring country and for your health, body, mind, gifts and skills. Thank the Universe for the abundance and energy in your life. The more I focus on what I already have, or am, the richer and more grateful I feel. Even on the days when I am not my greater self I can always find something to be grateful for.

Invocations

Invoking is a way of focusing energy and surrendering our ego. We invoke, or call in energy from the invisible world, such as the Creator consciousness, or those ancestors with whom we have a strong connection and whom we trust to guide us. We can also call in the four directions, or ask specific Ascended Masters, or feminine energies, such as Mother Mary, or Kwan Yin to send us their energy. When we invoke, we say the name three times.

Picture that person, or persons, supporting and assisting you, bringing in their specific qualities and gifts. Believe it and it is so.

“I call upon ... to be present here today to bless, to love, to empower me.”

Or, ask the Universe to send down specific energies or qualities.

“I call in the qualities of peace, love, healing...” Feel yourself opening and filling up with the quality. Then proceed to create your sacred space or ceremonial bath.

Here are three words I use a great deal.

1. Invoke - I call in.

2. Command - I tell the energies what I want them to do.

3. Bless - I express gratitude and thanks for their assistance.

The following Ascended Masters each has unique qualities.

For abundance, energy, harmony and peace invoke El Moyra and Lady Miriam

For **knowledge of living things** of plants, the sea, the sky, and all mankind, call in Kuthumi who has the wisdom of the sages

For **pure love to soothe anger** and belligerence, frustrations, animosity and all negative emotions, call in Lady Nada

For **love of truth**, inner communication, call in Hilarion

For **clarity of vision** and purpose, call in Serapis Bay

For **the still small voice** within, call in Jesus

For **protection**, call in St. Germaine

For **accelerated growth** call in Aeolus and Paellas Athena

For **protection** call in Orion

For **justice** and balance, call in Lady Portia and St. Germaine

For **mercy** and compassion healing at all levels, and the understanding of the cause of illness, call for Kwan Yin, and Lao Tsu

For **the highest love** call in Sanat Kumara

Prayers

The power of prayer lets us open up to our Higher Self and to a higher state of consciousness. As we surrender, we become more open, loving, and draw to us opportunities which create more choices.

Let prayer become a way of life for you. Even repeating the name of God, or saying the same prayer over and over again will increase your faith and overcome your negative thoughts. Prayer fills us with serenity, faith, and hope as well as keeping us grounded.

The Alcoholics Anonymous group has a saying, "If you worry, pray and if you pray, why worry?" Pray from your heart, not your head. Pray from gratitude, and not from need. Act as if God has already brought into your life that for which you have asked. As Gandhi once said "Our life is our message." We must strive to live a life that the Creator would be proud of.

Bartholomew, channeled by Mary-Margaret Moore tells us that prayer can become such a part of us that if we do not turn to prayer often during our day, we will feel incomplete. Bartholomew says that soon we will find more than anything we will want to live every moment where a part of us is always turning its face toward the Divine. We will do this no matter where we are or what is going on around us. One of my teachers told me that if I kept my mind on God, repeating his name, or that of a Mantra, there would be no room for fear. That is also why people repeat the Rosary over and over again to increase their sense of being positive or get out of their negative state.

Being near water strengthens thoughts and prayers. Chanting or toning beside water can induce a deep trance state and increase your perceptions. Here is a favorite prayer of mine.

"Deep peace of the running wave to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the Son of Peace to you."

a Celtic Benediction

Basic Baths

Sand Bath

A sand bath is very relaxing, and like a salt bath, it will draw out tension, toxicity, and may also drain fluids as well. Therefore, be certain to drink large amounts of water while in the tub. Beforehand order a few large bags of sand from a Craft or Flower store. Be certain the sand is clean.

For this treatment you will need the help of a friend to cover you with sand once you are in the tub. Before filling the tub with sand, completely clean yourself. Dry the tub thoroughly. Next line your tub with white plastic garbage bags and then place the sand in the tub. Use a heat lamp to warm the sand once you have put it in the tub, or wrap some heating pads in plastic bags and bury them in the sand. The sand must not be damp, but quite warm.

Step in and lie back. Next have a friend cover you, or your affected parts, with the warm sand. It is necessary to stay in the tub for up to three hours to give the sand time to remove the substances from your body that have caused your condition.

There is no need to be bored. Play a tape deck or radio to keep yourself amused, or use the time to meditate and count your blessings. Alternatively, spend some quality time with a friend, but don't get overheated, or animated, and make certain you don't disturb the sand. Remember you are a captive audience. If your friend does not want to sit with you that long, he/she should still be within calling reach.

Take a large bottle of cold water in with you. At the end of your session, have your friend remove as much sand from the tub as pos-

sible, in order not to plug the drain. There will always be some sand left in the tub but this small amount should not cause a problem. Wash yourself off well and give yourself plenty of quiet time to integrate the healing.

Sand also has been used therapeutically to relieve arthritic or rheumatic aches and pains. This can also be done on a beach but once again, be on the cautious side as the sand must be clean and many of our beaches are very polluted. Just last week there was an article in a national paper that depicted a row of Japanese people buried in rows on a beach with only their heads showing. They were buried in rows facing each other so the time could be passed talking.

Money Bath

3 drops Patchouli oil

2 drops Basil oil

1 drop Cinnamon oil

1 drop Cedar oil

1 drop Cloves oil

Bath Colour - green

Colour Lamp - green

This bath encourages abundance in your life. People who have money, LOVE money. However, most of us fear that we don't have enough money, or that we will lose what we have. To help overcome this phobia, make a trip to the bank and purchase a couple of rolls of loonies, and toonies (basic currency of my country), plus some twenty, fifty or one hundred dollar bills. Smell and know the odour of money. Spread the coins on the bottom of the tub and pour your bath, adding the aforementioned essential oils. Keep some fresh bills

nearby and rub them on your body and in your hair. Make a mat of fresh twenty-dollar bills to stand on when you get out of the tub. Cover the bills with clear plastic, or Saranwrap to protect the money.

Repeat out loud affirmations to increase your financial abundance, such as “I am a money magnet” or “Money comes to me easily and effortlessly”. When you are out of the bath, dance on the money. Throw the currency in the air. Catch the coins. Become money. Love money.

Meditate on your core beliefs about money. What were your culture’s beliefs? Your family’s beliefs? Often our beliefs about money are connected to our desirability to receive love. Do you believe you deserve love? Do you believe you deserve money? Where are you unbalanced? To remove any blocks holding back the flow of abundance into your life, or any emotional conflicts, buy a money book such as “The Trick to Money is Having Some” by Stuart Wilde, or “Creating Prosperity” by Shakti Gawain.

We are what we believe and what we expect. Our thoughts create our reality. If we believe in scarcity, or lack, then that is what we will create. Think positively of all you can do with your money both for yourself and others. Think also of all the other people, animals and creative pursuits that make your life rich. Remember that money is only energy. What do you have to be grateful for? Are you rich in Spirit? Treat money with respect and love. It is time to let go of the fear and poverty consciousness. It is time to become a master.

In the days to come, true leadership will come from the bottom up, from the grass roots. The new receivers of wealth will become the new distributors of wealth. As each of us gets into our creativity, this planet will be an exciting place to live, and to prosper. No one will be without.

Bath For Hot Summer Days, Or Nights

Lemon or Mint Herbs

Bath colour - lime - mix * yellow and * green

This bath which uses herbs such as lemon or mint, is excellent for a hot day in summer if you wish to feel refreshed and cool. Boil the herbs on the stove and let simmer for 20 minutes. Squeeze in the juice of one lemon and grated peel. Strain the liquid into a lukewarm bath and float small dainty yellow flowers on the surface. Take a glass of lemonade, or tonic water to cool yourself down into the bathroom with you. If you have a chilled gel ice mask, now is the time to put it on your eyes. Have a bowl of crushed ice nearby and don't be afraid to sprinkle some on yourself. It feels so good.

If you do not have herbs in your garden, visit a local herb shop, health store or take a trip to your city's Chinatown to check out their herbs and teas. Alternatively, walk through your local farmers' market and pick up a few bunches of fresh herbs.

Winter Blues Bath

1 bottle of Chianti wine

20 Cloves

Pieces of Cinnamon Bark

Peel of grated lemon, and grapefruit

4 drops of Tabasco Sauce

Bath colour - red or orange

Colour Lamp - orange or red

Winter is a very special time to build up your resources, tuck into

a good book and relax in a warm bath to heal your soul. Boil the wine, cloves, cinnamon bark and the grated peel on the stove. Splash a dash or two of Tabasco sauce into this mixture and let simmer for 20 minutes. Strain and add to a warm bath. If you wish, sip a glass of wine without the Tabasco. This bath not only cleanses but it will leave you very invigorated and ready to brave the cold outdoors.

Spiritual Bath

For a very special bath add as much as four to five gallons of spring water to your bath. It will help to raise your spiritual vibrations and awareness as well as increase your sensitivity. Float some pure white, or purple flower petals, such as lilies, lilacs, gardenias, or violets on the surface when the bath is poured. Put on some quiet music, step into the tub and expect to drift off into the universe. This is an excellent bath in which to meditate.

Gemstone Baths

Rose Quartz Bath

This is definitely a love bath because Rose quartz is generally associated with matters of the heart. First light the room with warm colour, either using a pink light bulb or a colour lamp with a pink gel. Next, fill the tub with soft water to which has been added a few drops of pink colouring. Float some tiny pink flower candles on the surface for a romantic effect, and strew the tub with your favourite pink petals. Lace a few flowers in your hair if you are a woman. If you are a man, you might want to think about this. Now put some rose quartz stones in the tub, saving one to put on your heart chakra and one on your third eye, which is located in the middle of your forehead.

Sometimes, I put a picture of the person I am thinking of on the bathroom wall in order to focus on them while bathing. Other times I will use pictures of people who need healing and focus my love and blessing upon them. We can do so much with our thoughts and our love.

There is an interesting story about a Russian astronaut who was in a space ship. In Moscow people in a ballroom were asked to think of questions to ask him. When he was consulted, he knew exactly what the thoughts of the audience were even though he was that far out in space.

Another story is told in "Mutant Message" about one member of a tribe receiving a message telepathically from another member who had broken his leg. The injured member was a half-day's journey away. The tribe increased their speed and also knew what herbs to bring with them to heal the broken leg.

Thought is just another form of energy. It is very powerful and can go beyond time and space. In the days to come we will all be much more telepathic because the energy on the planet is becoming stronger. We will be beyond mere words. Be aware of your thoughts and refrain from making judgements. The universe is not only watching, but it is also listening. This is becoming more and more evident as many people are now practising long distance healing with good results. We won't need all the "spy" cameras in stores, on streets, or in our offices.

Amethyst Bath

3 drops Rose oil

1 drop Lavender oil

A handful of amethyst stones

Colour Lamp - purple or magenta

Bath Colour – purple

An amethyst bath can help to connect you to your Higher Self and is especially good for healing grief. Add the above ingredients to your bath water and then step in, letting the water cover you. Breathe 20 deep breaths as you put one amethyst on your heart, and one on your third eye. Play some inspirational music in the background. During times of great grief, adding a few drops of Bach Floral Remedies, such as Star of Bethlehem for comfort, or Sweet Chestnut for relieving great anguish, can also bump up this bath.

Hold your hands on your heart. Massage it. Let the pain out. Love it. Let the tears flow. Tears are very healing. Every situation has a gift, a teaching, no matter how dire the circumstances. Look for the gift. Did it help you to develop new strength? Compassion? Did

it teach you endurance? Loyalty? Towel yourself off and return to life. Be kind to yourself.

The Rainbow Bath

An assortment of coloured stones

Basic Sea Salt Bath

Colour Lamp - violet

Colour Bath – lemon

This bath will help to raise your consciousness and is great when you are having one of those days when decisions don't come easy. Simply add at least twelve multi-coloured stones to your bath water. This creates a rainbow effect. Rainbows remind us that there are many ways to look at things, as well as teaching us balance and harmony. As children we were taught to wish on a rainbow after a storm.

Seal your bathtub in crystal white light. "Dear Spirit fill me with your love, light and healing. Raise my vibrations and energies and let me live to my full potential." Say a prayer and ask the Creator to send his vibrant love and light into the stones and into your body.

Imagine the healing energies and colours of the stones being activated and penetrating your body, bringing healing to all the cells. Imagine any pain or illness leaving your body.

Take a bowl of rainbow foods with you and sink your teeth into some grapes, cherries, plums, or celery while relaxing in the tub. The author of "The Rainbow Diet", suggests that if we eat one food from each colour of the rainbow each day, we will be healthier. If you can't find a food of a certain colour, eat more green foods.

There is a story that in the beginning we were all one colour but when we began squabbling over petty things, the Creator got fed up. He decided to send us off in the four directions, north, south, east,

and west to learn the gifts of those areas. In time our original colours turned into four major colours, black, white, yellow and red. The Creator said a day would arrive when we would come home to the centre, bringing with us the lessons and gifts from each of these directions. When we did, we would become the rainbow people, one great race and a great nation. The time has come when this will take place and when it does, this universe will see creativity beyond our wildest dreams.

Diamonds Are A Girl's Best Friend

5 drops Rose oil

A handful of Citrine stones, or Herkimer Diamonds

Colour Bath - pale lemon

This is the bath to make you sparkle. Place white candles around the bathroom and hang some cut crystals that will throw light on the walls of the room.

Before pouring the bath, think about what you want. It does not necessarily have to be a mate. It could be exotic holidays, a top of the line automobile, gorgeous jewels and clothes, or any other sign of elegance and prosperity. Write down as many details as possible in your journal. Be very specific and include the time that you want this to occur. Take the journal and list to the bath with you.

Place a few citrine or Herkimer stones in your bath water. See the yellow of the citrine filling your aura and empowering you. Once you are relaxed in the tub, look at a specific goal in your journal and begin to imagine yourself having this. See it happening easily and effortlessly. If it is easy and effortless, it is of Spirit and meant for you. If you ever have to force or make something happen, it is not for you and not of Spirit. If it is your bedtime, put the stones in your bed

and sleep with them under your pillow until such time as your goal becomes a reality. The stones will also assist you to remember your dreams.

Crystals and Herkimer diamonds are also powerful healers. Herkimer diamonds are found only in Herkimer, New York and can be double, triple and even quadruple terminated. Place Herkimers in a straight line down your body while in the tub. This clears pathways for the energy to flow, and if you feel any area of your body where energy seems to be sluggish, place a Herkimer on it. After a bath I will put a stone for each of the four directions in my bed. Then I go to sleep holding one in each hand and ask that any negativity in me be absorbed into the crystals during the night. Also, I place one at my feet and one under my pillow. No wonder only the cat sleeps on the bed.

Another way to work with stones is to ask that any information they contain be released into your consciousness during the night. Edgar Cayce, a well-known healer, put a book under his pillow and would wake up in the morning having absorbed its knowledge. If you are studying a power deck such as the Tarot, or Medicine cards, place a card under your pillow to have it imprinted on your consciousness.

Healing Baths

Changing Beliefs Bath

- 2 drops of Juniper oil
- 2 drops of Lavender oil
- 2 drops of Coriander oil
- Bath Colour - blue

This bath is great for clearing the mind. It also helps to release emotional or spiritual blocks that are holding you back from reaching our highest potential and fulfilling our life's purpose. As we peel the layers behind the blocks and look for the core beliefs, the tensions dissolve and disappear. Work on your beliefs concerning relationships, money, life, God, etc. Our beliefs about life can hinder us and can become our future. They are our personal law or blueprint of the world.

Blocks are energy cysts that draw energy, stop it, or re route the flow. Blocks may be the result of repressed feelings such as shame, fear, hate, sadness, anger, or any other emotions, which were stifled, or impacts received from accidents, or trauma. If the block is purely physical, or is buried deep, it may be necessary to break down the body armouring by sessions of Rebirthing, Rolling, or Cranialsacral release work.

Blocks are warning signs that we have closed ourselves off from life and the world. To move the energy, we must first come out of denial and acknowledge there is a problem, or challenge. If we are afraid of our body, we will not be in it. We will be disassociated.

Whatever we don't heal, we pass on. We are made of the same

chemistry as our ancestors. If our parents stuffed their feelings, and their grandparents hadn't expressed theirs, all their unfinished business has been passed on in the cells and is now part of us. This is called cellular memory. This has been very evident, as studies of holocaust survivors have shown that children and grandchildren are abnormally sad, angry, or depressed. In each subsequent generation, the body is less frozen and thus the repressed memories are coming up even stronger.

Many of our energy patterns are already set. Some of the patterns began in the womb such as attempted abortions, unwanted pregnancies, or abuse. This is where the baby first reacted to stress or pressure. That is why we could be in talk therapies forever and never get to the root cause of some of our feelings. I am not saying that talk therapies are bad just that they not always be able to get to the root of suppression in our cells.

Write out a belief that you want to change on a tiny piece of paper. Now blow up a balloon and put the paper in it, tie the balloon securely and press the balloon to your chest, until it pops. This symbolises popping the old belief. As it pops, yell out a new belief you wish to have. Our beliefs have gone in under trauma, or force, so we let them out with force.

After the bath, visualise your new belief and then write it on a piece of paper. Can you imagine yourself having this? Put energy into what you want, and ignore what you don't want. Unless you believe it, it won't happen. The more successful we are, the more inspirational we are to others. Blow up another balloon and put your new belief in it. Let the balloon float into the air. Later you can take it outside and send it into the universe where it will draw energy to you.

Form your intention as you release your balloon into the light. "My intention is to release, or let go ofthat is holding me back from achieving my full potential." Wouldn't it be ecstatic if you looked

out the window one day and saw a zillion balloons floating through the sky and you knew everyone in the world was shifting their reality by clearing their old dysfunctional beliefs. Wow!

Breaking Patterns Bath

Add to the bath any or all of the under noted Bach Floral Remedies depending upon the condition:

10 drops of Agrimony for the truth, the whole truth and nothing but the truth

10 drops of Aspen, if you have fear of letting go

10 drops of Chicory to help you release

10 drops of Walnut for protection against outside influences during major periods of transition or breakthroughs

10 drops of Chestnut Bud, particularly if you are prone to making the same mistakes over and over again. It helps you to learn from past experiences

Colour Lamp - blue

Colour bath - purple

Once you have unearthed your core beliefs, it is time to break old patterns. This bath is excellent if you are trying to rid yourself of a bad habit such as smoking, or over-eating. Bach Floral Remedies are liquid, potentised plant preparations that carry a distinct imprint, or etheric pattern of a specific flower. Place the above drops in the tub and also place a few drops under your tongue, or make yourself a cocktail by placing the drops in a glass of warm water.

If you are drinking these remedies, use no more than 4 drops of each remedy at a time. Lie back in the water and visualise the water absorbing your need and passion for the habit. See your negative programming for this habit flow out of you and into the water. When

you feel that all traces of the problem within you are gone, simply pull the plug, letting that negative energy flow down the drain. When the bath is empty, run some fresh water and feel it flowing into the empty spaces that are now within you. Fill the void with light and love. Repeat daily until the habit, or pattern, is no longer a part of your life.

Bye Bye Love Bath

5 drops Walnut Bach Florals for new beginnings
4 drops of Pine Bach Florals for those who blame themselves
4 drops of Chicory Bach Florals when over concerned for needs of those close to you, are over protective and possessive, or co-dependent.

Bath Colour - pink

The purpose of this bath is purely ceremonial and symbolic of bringing in new energies as we release the old. No matter how a relationship turns out, in order for us to be free, we must release this person back to the Universe with love. What did they teach you? What did they mirror back to you? All relationships help us to grow, develop and shed light on where we still have healing to be done. As a Rebirther we believe that love brings up anything unlike itself to be healed. Thus the closer we get to someone, the more our unhealed past comes up.

Lie back and visualise an image of the person you wish to let go of in front of you. Use a photo if you have one and imagine the loved one getting smaller and smaller as he or she fades into the sunset. Bless them, release them. "I love you, I release you and I move on." Communicate at a soul level. Release them into the hands of the Creator.

Visualise a new love coming into your life. This may be the time to do the Diamonds Are A Girl's Best Friend bath. You can't bring in the new until you let go of the old. You have to have your connectors out in order for anyone to get hooked on them. A well-known author tells a story about how he pulled his energy in for a year or two after a divorce. When he finally got tired of being alone and decided it was time to get involved again, within a two-week period he met five women who liked him. Two wanted to marry him. Also, he was living on a desert at that time.

Forgiveness Bath

Basic Sea Salt Bath

Bath colour - purple

Colour Lamp – pink

3 yards of pink ribbon

The bath is a very healing place to perform a ceremony. It is not only the situation, or other person we must learn to forgive, but also sometimes even ourselves. After pouring the bath, take the ribbon into the bath with you, letting it trail over the bath's edge in order not to get wet.

If you have a list of people to forgive, buy a long ribbon. If you have a lot of people to forgive, make a list and take it to the bathroom with you. Now look at a name on your list and tie a knot in the ribbon. Ask for your Higher self and their Higher Self to be present. See the person before you. Speak to them. "What I want is... what I regret is..." Tell them you want to accept them and complete any unfinished business between you. Avoid blame. Keep it short and focused. They might have some things to say to you. Nothing is ever one-sided.

Now forgive everything and everybody who can possibly need forgiveness in the past and present. Tie another knot in the ribbon and go on to the next name on your list. Take as much time as you need. Don't rush. After you have gone through your list and completed with each person on it, take the ribbon outside and bury it. Mother Earth will transmute the energy for you.

Skin Bath

- 1 drop Geranium oil
- 4 drops Lavender oil
- 2 drops Patchouli oil
- 1 drop Rose oil

Pour this bath for a special treat when your skin needs some extra nourishment. There are numerous reasons for skin ailments such as weather, age, or even allergies. As well, many people who are nervous, anxious, or sad, often get skin disorders such as eczema, hives, or psoriasis. When my mother was terminally ill, I began to itch from head to toe and after years of pursuing one treatment after another I had myself regressed. The therapist said to me "What would your skin say, if it could talk?" I immediately replied "My skin is weeping, because I can not." I have seen this time and time again when someone is very ill or dies, the caretaker comes down with a skin ailment, even skin cancer. Once I realised this, I threw away the assortment of pills I was prescribed and began to find healthy outlets for my grief, such as long luscious baths, breath work, and yoga.

Most of us have such a busy life style and wages to earn, or people who count on us to be strong, that there is little time to give in to our grief. If you make this bath at least once a week, your skin will soon be radiant and healthy.

Transmuting Anger Bath

Basic Sea Salt Bath

Bath Colour - red

Colour Lamp - red

This bath is great if you need to release some anger, or any other negative emotions. Anger is never an easy emotion to release especially for women. It is a very expressive passion, which if turned inward and not released can cause depression, or other serious illness. I met a woman once who said that she was totally committed to being in her truth. She was not prepared to lose anymore so someone else could win.

I have been attempting to follow her example. I am not allowing myself to stuff my feelings anymore that left me with blood diseases tension and sleepless nights. That is being phoney. It is totally fine if I have a bad day, or am sad or upset. Why should I have the added strain of trying to hide it? We all seem to be so afraid that the other person will leave us or walk away if we say what we are feeling. It is time we all got real and got society working again. No more Mr. Nice Guy or Miss Nice Lady. Just be in your truth in a conscious and respectful way that is all that is required. The world will not come to an end.

The quickest way to release anger is to move the energy through your large muscle masses, such as your legs. Before getting into a bath, lie on your bed and kick your legs up and down in large swinging actions. You can also use your arms to bang on the bed, or punch a pillow. Now pour yourself a medium-warm bath a few inches deep. Make a red bath to help you visualise, or see red and add sea salt to ground your energy. Sit in the tub and pour enough water to cover you. Then lie back in the tub face down and yell whatever you like

into the water, which will muffle the sound. It feels good to let it all out and sometimes just making a sound or yelling into the water will clear your head and bring you back into balance.

After releasing the blocked energy, you may want to go on and do a forgiveness ceremony.

Depression Or Exhaustion Bath

Basic Sea Salt Bath.

Bath Colour - red, orange or pink

Colour lamp - pink or red

This bath is a definite pick me up. Mix the salt mixture well into the bath water and clean the tub meticulously afterwards. If you do not have sea salt, use some wheat grass. Wheat grass is one of the richest sources of Vitamins A and C. It is also high in Vitamin B, and an excellent source of calcium, iron, magnesium, phosphorous, potassium, sodium, sulphur, cobalt, zinc and protein. It is an amazing skin cleanser and can be absorbed through the skin for nutrition. Experiment as to how much wheat grasses your body needs. Start by adding three ounces to the water.

Slip yourself slowly into the warm water and soak for 15 to 20 minutes. This bath will give you strength and build your immune system. Spend the time meditating to centre yourself, or listening to some uplifting music. Take a few minutes to go inside and search out the clues as to the source of your problem. Take a few tablets of natural supplements such as St. John's Wort or Kava and relax, relax, relax.

Energy Bath

- 1 drop Ginger oil
- 3 drops Rosemary oil
- 2 drops Lavender oil
- 1 drop Lemon oil
- 1 drop Basil oil
- Bath Colour - red or orange

Celebrate life with this bath. Put on some “red” music such as heavy metal, jazz, rock and roll, or whatever makes you feel vital and alive. No “hurtin” music.

The ideal time for this bath is on a weekend, or early in the evening, but not before bedtime. Fill the tub with slightly cool water and add the above oils and colour. For a pretty effect place red carnations heads, peonies, or a few floating red candles on the surface of the water. Rub yourself vigorously with a loofa or bath mitt before you step into the tub. If a friend is available, have them rub your back or do reflexology on your feet.

To give yourself even more pep, throw in the basic salt bath mixture. Next take handfuls of the water and sprinkle it over yourself. Visualise the water containing energy that is absorbed into your skin. Breathe 20 deep breaths and affirm to yourself “I am healthy and have abundant energy,” or a similar thought.

As you lie in the tub, why not treat yourself to your favourite beverage, or take in a bowl of red food such as cherries, strawberries, red liquorice, or a glass of beet/ carrot juice?

When you leave the tub rub yourself briskly with ruby red or bright orange towels. Dance as you dry off and get dressed. Now, what are you going to do with all that energy?

Insomnia Bath

- 4 drops of Lavender oil
- 2 drops of Clary Sage oil
- 2 drops of Bergamot oil
- 5 drops Scleranta Bach Florals
- 5 drops Rescue Remedy
- 2 drops Peppermint oil
- Bath Colour - violet or indigo
- Colour lamp - blue

This bath will not only calm your soul and mind but will also help to relax your muscles and release the day's stored tension. Put all the oils in the tub except for Peppermint. If you feel weary of soul and depleted of spirit, do some deep breathing while soaking in this tub. The sandman will soon visit you.

In addition to the above, take a glass of warm water or tea with you into the bath. For a calming effect add 5 drops of Scleranta Bach Florals Remedy and 5 drops of Bach Floral Rescue Remedy to your drink and sip it very slowly while in the tub. You can use up to 8 Bach Floral remedies a day to treat yourself, so don't worry that you will overdose. Your intention may be that this particular mixture will help you to sleep, or help you to heal a particular ailment.

For complete relaxation have some music or lullabies playing softly in the background. There are some wonderful tapes called "Transitions" which depict what a baby hears when it is in its mother's womb. If you don't have a colour lamp use only one small candle to create a soothing effect.

When I am very tired, or have a headache, I use some tiny birthday candle stuck in a bar of soap. Wallow until your first yawn. Rub

yourself with a big towel and have your bed open, ready, and inviting with crisp, clean sheets. Put two drops of Peppermint oil on the end of your nose and inhale. You can also sprinkle a few drops of Lavender Oil on the pillowcase. Pleasant dreams.

Going To The River

Pine Bath Mixture

Bath Colour – blue, green, or * package of each

At the end of a long day the bathtub is one of the best places to relax and meditate. Pour the water into the tub and add a pine bath mixture.

Once you have set the scene, leave the bathroom door open, go into your bedroom or a room close by, and relax for a few minutes. Have your favourite nature music playing softly in the background preferably with the sound of whales, dolphins, or ocean waves. Be very quiet and begin to take long, slow, even breaths. On the inhale, breathe in the light and blessings of the universe. On the exhale breathe out any negative thoughts and release all tensions.

Imagine yourself in a thick lush forest abundant with tropical wild life. This is a very safe sacred space. The sky is clear and blue and you know that Father Sky loves Mother Earth and all is well in the world. Drink in the clear unpolluted air. You are happy and glad to be alive.

Suddenly something is calling you and you feel a desire to move. The Devas of the water are calling you to come and emerge yourself in their healing qualities. Walk slowly into the bathroom knowing that you are entering a peaceful sanctuary. Slowly drop your clothes to the floor and very gently step into the water.

When you are ready, sit down and lie back in the tub letting the

water wash gently over you. Pour handfuls of the lush water over you and rest back in it, feeling its support and nourishment. You will feel it washing away all negativity and tension that has accumulated in your body, down, down, down and out the bottoms of your feet. Let the water in. As you become one with the water, all boundaries disappear.

Relax and imagine that you are floating along a river. Completely surrender. As the water carries you strongly, yet gently on your journey, become aware of mossy banks on the riverside. Up above, the sky smiles down upon you and every now and then a tree growing on the bank casts leafy patterns on your face. The trees are swaying back and forth and the birds are calling to each other from their branches. All is well with the world.

You become aware of tiny inlets along the river and every now and then a stream joins the main river. Mother Earth is alive and well and her waterways are very much like your own fluids, which flow energy and nutrition through your body. Earth is her flesh, the mountains her bones and the trees are her lungs. You understand how everything in the universe is alive and serves a purpose. You have a greater and greater understanding of how everything in the universe is connected. We are one with all.

Suddenly before you there is a bank of soft mist that is calling to you. "Come. You must cross the river. There is a new life waiting for you."

Imagine that you are on a raft floating easily and effortlessly to the far shore. You are letting go of the old and welcoming the new. New adventures await. You realise that you are very safe and very loved. The water will not harm you if your surrender to its wisdom. Rest in your aliveness and freedom as you very gently bring your attention back to an awakened state. Take a deep breath. Breathe into your arms and legs, your torso, your head. Open your eyes and know that your life will never be the same again. You have stretched

your limits and the far shore is now within reach. You feel renewed and refreshed.

Sexual Healing Bath

10 drops Crab Apple Bach Floral Remedy, or FES Quessentials

Eucalyptus Bath, or Basic Sea Salt Bath

A bowl of small fresh flowers

Colour lamp – orange

Bath colour - orange

This bath incorporates FES Quessentials that have many remedies for specific areas of sexual abuse. Sexual healing does not have to be only about sexual abuse, it can also be about sexual shame, or guilt. Many of us have received messages from infancy that our bodies are inadequate, dirty, or it is not ok to have sexual needs.

Sexual guilt is especially prominent amongst women because many cultures have taught them to control their bodies and their needs and not to act on their sexuality. Women are in great need of healing in their lower chakras as most women have at some time in life either been touched without love, suffered from PMS, labour, menopause, abortions, miscarriages and infections.

Your body is your home and needs constant care and respect. Start by anointing yourself with Crab Apple Oil, which was used initially to purify love altars. Anoint your joints and body openings. Pour yourself a bath and as the water covers you, close your eyes. Go inside yourself and notice where in your body you are holding tension, guilt, fear, shame, sadness, or any other negative emotion. Ask yourself what you are feeling and breathe into these emotions. Breathe in the colour pink and offer yourself unconditional love, no matter

what emotions are coming up to the surface for healing and purification.

Feel the sea salt pulling all the tension out of your body. When another wave of negativity, or a negative thought comes up, notice it, bless it and release it on your breath. Forgive yourself. Feel your groin glowing and warm. Feel it expand. Feel its openness and its aliveness. Feel yourself filling with mercy and compassion.

Pull the plug out and stay in the bath until all the water has drained taking your negative feelings with it. Stand up and turn on the shower. As the force of the water hits you, imagine it is the love of the Creator. Its warmth fills every cell and you are no longer empty or apart from this Universe.

Put in a pink bath colour and some flowers. See them floating around you, delicate and fresh, touching your body lightly and lovingly. Pick up a flower and stroke it on your face, your arms, and your chest. See your body healed and whole. Continue this process for as long as it takes for you to feel wholesome once more.

Mantak Chia, author of numerous books such as “Cultivating Female Sexual Energy” teaches techniques to heal sexual energy. He has also written a book on male sexuality. Men can carry many issues in their lower chakras. While few will admit it, they too can be sexually abused, shamed, or made to feel inadequate

After the bath, towel yourself dry and then rub cream on your body. Carol Hanson, a prominent seminar leader, has an audio-tape “Lighten Up” that recommends using a luscious oil to cream your body every day for at least five minutes. Affirm to your body how much you appreciate and love it for all it does for you. When she did this, her body shed unwanted pounds and got a new glow. Many others who have followed her teachings have reversed illnesses.

Affirmations for every area of sexuality may be found in a book such as “I Deserve Love” by Sondra Ray. Affirm to yourself that you are loved, safe and healed.

Rebirthing Baths

Sweat Lodge

Basic Sea Salt Bath

4 drops Eucalyptus Oil

Spritzer Bottle with ice cold water

Bath Colour - red

The purpose of a sweat lodge is to bring healing, cleansing and purification of the Spirit, mind, emotions, and body. The Natives (Anishwabe) people honour this practice and many other cultures are learning to create sweat lodges as part of their healing process. We can create a sweat lodge in our own bathroom. When I did volunteer work in the prisons, the most advanced spiritual people in my classes were the native members who regularly attended a “sweat”. They had actually made a sweat lodge within the cold prison walls where they could retreat to once a month.

Before any ceremony is performed, it is necessary to cleanse our bodies inside and out. We empty ourselves of the old and all that is holding us back in order to bring in the new. If we are carrying hate, envy, or anger within our cells, we cannot raise our consciousness and make changes.

Each Native band has their own version of the elements, such as placing fire in the east and water in the south, but this is the version I follow. Sweat lodges must contain the following elements for specific uses:

- **the water element** which represents the west, the physical, and is felt through steam coming up from rocks, and drinking water

- **the earth element** which represents the east, the spiritual, and is symbolised by the heated stones from Grandmother earth
- **the fire element** which represents the north, the mental, and is felt as the heat of the rocks and
- **the air element** which represents the south, the emotional, and enters through the door of the lodge.

Sweat lodges are usually built of willow, symbolising rebirth, and covered by blankets, or animal hides to keep the heat in and light out, thus creating a feeling of being back in the womb.

Rocks that have been heated in a fire are brought in one by one to build up the heat and the elder determines how much water is to be poured onto the rocks to make steam. The Native people believe that rocks have been around forever. Therefore, when the water is poured onto them, they will release the wisdom stored within them.

We can make our own sweat lodge in our bathroom. I have tried many ways to build one at home with some successes and some failures, actually mostly failures. Once I used a small Hibachi but this turned out to be one of my catastrophes. The Hibachi contained the memory of many hamburgers and hotdogs stored within it and my tiny bathroom was soon not only very hot, but also very smelly. The smoke had nowhere to go and I was soon choking.

To begin, it would be beneficial if the bathroom door faced the East, the direction from which Spirit enters. In a true ceremony, the participants enter the lodge crawling on their knees, reminding themselves to be humble, acknowledging that they are no greater, nor lesser, than any other life form.

My current recipe is as follows. First, close the ceiling vent, if there is one, and put a towel across the bottom of the door to keep the heat in the room. Next, fill up the bathtub nearly to the top with hot water, adding a few drops of Eucalyptus oil to soften your pores and allow energy to drain out. Light a few candles and turn off the bathroom light making the room quite dark. Choose a spot close by and

sit down carefully on a towel on the floor. You don't want to fall into the bathtub by mistake.

If you become too hot, use a sportier bottle to spray yourself and keep a bottle of cold water to drink beside you. Sometimes I heat rocks in an iron pot in the oven and bring them into the bathroom as needed. Not an ideal solution! It is best to heat the rocks ahead of time, otherwise every time you have to open the door; it will cool the room down. This defeats the purpose. Next spray the rocks to bring up the steam.

If the room is not hot or steamy enough, have a small heater already plugged in that will bump up the heat. Make sure it can easily be turned off, or on. BE CAREFUL water does not touch the heater causing a shock.

It is also important to remove as many knickknacks from the room such as pictures, cosmetics, or things that may melt. Do not try this method if the bathroom is wallpapered. This is a real paint peeler and your bathroom must be able to withstand a good steaming. However, if you can stick it out, the results are worth it. You will feel squeaky clean and clear. The clearer we are, the more information we can handle and the more energy we have.

I must admit, my steambath cost me a good man. I don't think it was what he expected and it was only minutes before the gleam left his eyes and panic set in. Could I help it if the door got stuck and he couldn't get out? Oh well, he said he will never forget me.

A friend of mine, also a Rebirther, went to a traditional sweat lodge some months ago. She told me that the Native members kept throwing stones on the pile and looked at her to see how much she could take. They were sure she would either bolt for the door, or ask for the lodge's flap to be opened, but she was determined to prove that a White woman could take it. She is tiny and tough and, although she had a lot of emotions come up for at least two weeks afterwards, she was not the first one to ask for the flap to be opened.

Returning To The Womb Bath

Bath Colour – red or pink

In the past few years many doctors have been researching womb and birth experience and have written books on this topic such as “The Secret Life of the Unborn Child” by Dr. Thomas Verny, “Babies Remember Birth” by Dr. David Chamberlain and “Voices From the Womb” by Michael Gabriel. This bath will help to heal birth trauma. It also can be used for the days when you just want to feel babied.

Many of our experiences in the womb and at birth are preverbal. Leonard Orr had an exercise whereby he suggested we stay in the bathtub for an hour longer than we normally would. This would give us a good idea of the helplessness the baby would feel when it was ready to leave the womb.

Studies have found that low self worth, schizophrenia, psychopaths, manic depression are all being traced back to conception and womb experience. Rebirthing helps people to release cellular memory and to remove any blockages, or birth trauma, easily and effortlessly.

When I perform this bath with a client we use the Rebirthing breath but that is not necessary for you to bring up birth memories. Have the room dimly lit and pour yourself a skin temperature bath. Add the red or pink colouring to the bath water. Take a tape deck in with you and either play a tape which will stimulate birth memories such as “Sexual Innocence” by Rhonda Levand and Jeffrey Baker or “Birth Separation” by Potentials Unlimited. If you don’t have a copy of either of these tapes, read from “Birth without Violence” by Frederick LeBoyer, or pick a passage from “Life before Birth” by Marjorie A. England to help repressed memories come to the surface.

Step into the tub and imagine that you are back in the womb. For

the best effect, use a snorkel and nose plugs and lie in the water face down. Breathe deeply. After you have been breathing for a while, try curling up on your side in the foetal position. Ask yourself stimulating questions as to what was going on for you when you were in utero. One client told me that he could now realise why he had been so accommodating all life because he had learned to accommodate in the womb. Another man began to make pushing gestures with his hands on his abdomen. It was not until then that he remembered his mother had tried to abort him. He had no conscious memory but his body remembered.

A Mother's Love Bath

10 litres of homogenised milk or 10 litres of pure cream

1 cup liquid honey

1 cup crushed almonds

Bath colour - white or pale yellow

This bath is especially good for people who had traumatic births, such as cord around the neck, forceps, or breech. I will rebirth adoptees, or unwanted babies who began life in a somewhat rocky in a milk bath. Canned Carnation milk or powdered milk also works well but does not feel quite as decadent.

Make sure the bathtub is sparkling clean and pour into it as many quarts of milk or rich cream as your budget will allow. In the past, it was the fashion to use a donkey's milk, which had amazing therapeutic and healing effects, making one's skin as white and as pure as fresh snow. However, in these modern days we have to settle for cows' milk.

Cleopatra, the most famous Egyptian Queen, was known for her radiant soft skin and it was reported that she always had a milk bath before any of her amorous encounters. It has been reported that in

London, England, in the 1800's some members of royalty bathed in milk. The dairy industry began to suffer loss of sales because there was a rumour that they were recycling the milk, which many believed the upper class had bathed in.

If you really want to be creative and have soft skin, in addition to the above ingredients, put one tablespoon each of marshmallow or comfrey herbs to 3 cups of milk. Steep on the stove on a low heat for twenty minutes and then add to the water. Mix ingredients well with a wooden spoon before adding to the bath. This is a very comforting bath and also it is very healing. To really pamper yourself, take a baby bottle full of your favourite beverage (preferably not alcoholic) into the tub with you. When I was on my Rebirthing course in California it was not uncommon to witness trainees walking around with a baby bottle full of juice or, of course, milk to trigger their memories of being breast-fed or nurtured.

A theory is that many of us were not breast fed when we were babies. If a child is not breast fed or not given the breast enough, it can be wounded psychologically and energetically. It has been proven that this can disrupt energy moving through the child's upper torso, most specifically the shoulders, neck and mouth. Self-expression, meaning the expression of thoughts and emotions verbally and non verbally are weakened. Studies have shown that baby girls are breast-fed less often than baby boys are.

After you have totally nourished yourself, curl up with a book or sit by the fire if you have one and count your blessings. The past is over and you can lovingly reparent yourself.

This bath is high octave and rich. You can do this yourself, or with a professional Rebirther. It may seem like we are babying ourselves, but sometimes this is exactly what we need. As a Rebirther we often try to recreate the past and reframe or renurture the client where he was not given the love, or the attention he needed at that time. Many times we will sit on the floor and I will rock the client. We have to heal the past before we can go forward.

Ceremony And Ritual

A Whiter Shade Of Pale Bath

Fill bathtub with warm water, but not too warm.

Add a cap of Javel, or Clorox bleach.

Put one cup of coarse sea salt into the water.

Add a few drops of your favourite bath oil or perfume.

Bleach works very well to give yourself a quick, deep cleanse, especially if you have been in a large crowd, or around a lot of negativity. It would be wise to wear a bathing cap because bleach is quite strong and not recommended for your hair. Hold your nose and completely submerge yourself before exiting. Do not stay in longer than 3 minutes.

If this bath does not work, a cider vinegar bath is also an excellent way to prevent, or get rid of any negative energy. Remember no matter how much protection we put around ourselves, if we are meant to learn a specific lesson, we will. Kryon, an entity channelled by Lee Carroll says “ tar won’t stick to light”. We would have to be already carrying some negativity within us in order for us to absorb anything negative. The moment we ask for protection, we are coming from fear. Believe you live in a safe and happy world and it will be so.

Bath Of Protection

- 2 drops Frankincense oil
- 3 drops Lavender oil
- 1 drop Rosemary oil
- 1 drop Lemon oil
- Bath Colour - white or violet

This bath will protect you from negative energies. Personally, I don't feel like I need protection. I believe in coming from love, not fear and that which we fear, we shall attract to us. One of my teachers, Stuart Wilde, says we vibrate at 18,000 cycles to 24,000 cycles per millionth of a second, when our energy is strong. When vibrations are high, we are in better health, attract more positive circumstances and have more opportunities available. When low, we vibrate at roughly 18,000 cycles. Flues, colds, or car accidents vibrate around 18,000 cycles. Therefore, if we are depressed, sad, or worried, we vibrate at a low frequency, and the probability of attracting something negative to us is greater.

Once you get into a slump, you will just keep attracting to you more and more negativity until you strengthen yourself and command your mind to think more positively.

Purification Bath

- 1 drop Frankincense oil
- 2 drops Geranium oil
- 3 drops Lemon oil
- 1 drop Peppermint oil
- Bath Colour: white or green

This is a ceremonial bath especially beneficial to people who have experienced shame, or abuse. It may be performed at any time in your life when you want to baptise yourself into the new. Ask all your guides and those whose guidance you trust to surround you and send down their light and purifying energies removing (state the challenge) and erasing the energy of (name of person or problem) that is affecting you. Feel light and love flowing into any area of your heart, mind, soul, or body that is not of the highest truth and love.

See a crystal white light, flowing through the fluids of your body, washing all negativity out of you. See it penetrating into your bones, organs and flesh. Visualise angels sweeping you clean with big brooms, or pretend to have taps on the bottom of your feet which let the unwanted material out. After this visualisation is completed, thank the Universe.

Daybreak Bath

5 drops Lemon oil

Bath Colour – yellow

Colour Lamp – yellow

The Native people perform many of their sacred rituals at dawn and they tell a story about the eagle, that goes like this. The Creator was very upset with the people on planet earth and said He was going to bring on another flood. The eagle, who is the closest to the Creator because it flies the highest in the sky, said “Oh no, please don’t do that. I will keep an eye on them and report back to you every day.” The Creator agreed.

When night comes it means the eagle is flying by watching over the people and it is dark because his wings are covering the light

from the sun. When dawn comes, it means the eagle has flown by and we have been given another day of reprieve, another chance to do well. Many indigenous people perform ceremonies such as tobacco prayers when they see the first rays of the sun. In other cultures the custom is to pray, or meditate at dawn to start the morning focused and with good intentions.

It is very simple to perform tobacco prayers. Buy yourself a pouch of raw tobacco such as the kind used to roll your own cigarettes. Take a pinch of tobacco and offer it to Mother Earth by placing it on a plant or bush, or throw some on the ground. If you are indoors, sit in front of one of your potted plants and put a pinch of tobacco on its soil for each blessing in your life.

A Native friend of mine throws a tobacco offering out the car window requesting Mother Earth to protect her journey. Start your day by stepping into this bath when you arise and your day will be blessed.

The Wedding Bath

4 drops Rose oil

Bath Colour - pale pink

Fill your bathroom with flowers and candles. In the background play some special wedding, or sacred music, that is meaningful to you.

When I was in California training to become a Rebirther, I met a divorced woman wearing a wedding ring. I thought this rather strange, as the custom is that once a person is divorced, they take off their wedding ring. Rene told me a story, which I have always remembered. After a particularly stormy marriage in which she had given her power away, Rene decided to marry herself. She bought

herself a new ring, a beautiful dress, flowers, and created a meaningful ceremony in which she committed herself to herself. She would love, honour, obey, support and be there 100% for herself until the end.. The powerful vows she made to herself that day allowed her to live her passion and develop a business, which since became very successful.

Rene taught me that we can only love another to the extent that we love ourselves and thus our strongest relationship must be with the Creator and ourselves. There is no one who will be with us from the moment we are born until the moment we leave this good earth except for self and Spirit. No one else would be with me nor know me as well because everyone in life eventually leaves, including parents, husbands or wives, friends and children. That means I have to be as good a friend to myself as I would be to others. Your life will change too when you make a sacred contract with yourself.

This does not mean that we should become narcissistic and self centred. What it means is that we must be in our truth and balanced. Only then can we have a wholesome relationship with another. Ivanya Vangantz, author of "In The Meantime" says that we must become the Beloved. When we become the Beloved, we will find the Beloved everywhere.

Set up your altar. To begin, shower to cleanse your body, then dry yourself off and slip into whatever dress or robe you have chosen for this ceremony. It is even more meaningful to be naked. If you have memorised your vows, fine. If not, you need to write them down, but make certain to write them on a beautiful piece of paper. Look in a mirror at yourself. Make contact and look into your eyes, maybe for the first time in your life. Say your vows. Make the connection and the commitment to yourself.

Slip out of your dress if you are wearing one and pour a warm bath. Add the rose oil and the colour. Step in and now lie back gently in the tub. Relax. Have a glass and a bottle of your favourite bever-

age, be it water, or the best champagne. Lift your glass high. Toast yourself. Your life will never be the same again.

Renewal Bath Of Blue

Basic Sea Salt Bath
Bath Colour - blue
Colour Lamp - blue

This is a ceremonial bath to take when you are about to begin a new phase in your life. It could also be taken to renew a commitment to yourself, or to change your luck. In the Caribbean, it was the custom to have a bath of blue to change one's fortune or destiny. When I heard this, I popped bluing cubes into my bath but somehow they did not have the desired effect. Food colouring worked for awhile, but I couldn't relax, as I imagined turning midnight blue if I walked for too long, plus I had to use a lot of drops to get the right shade of blue. Several times I threw a couple of bottles of blue Gatorade into the bath water but mostly I just drank the Gatorade and pretended the water was blue.

Once I read a book about a cure, which would protect people from all illness forever, but the catch was that people would turn green. Those who took the cure became known as the "Greenies" and were outcasts of society. They made others feel guilty because they preferred good health rather than a glamorous image. What if in my desperation to turn my luck around I became a "Blueie" and no one talked to me again?

Thank heavens life is simpler now and if I want to change my luck around simply throw in a packaged colour bath or shine my colour lamp with a blue filter on the water, or best yet upgrade my thinking. It is the intention that counts. This is a great bath to take for welcoming in the New Year.

Completing The Past Bath

Basic Sea Salt Bath Mixture

Colour Lamp - green

Bath Colour - green

This ceremonial bath will release you from the past in order for the new to come in. Too often change can be threatening. As one of my friends said when he was stuck in a dead marriage, but just couldn't get out of it " The hell you know is better than the hell you don't know". It takes courage to let go, change, grow, or heal. People can hang on so hard to who they think they are, that they often will endure great hardship and even death rather than admit to the truth.

Carolyn Myss, author of "Why People Don't Heal" tells us that wherever we are holding energy from the past, i.e. fear, anger, even hatred, we are taking energy from our tissues and cells. She believes many of us have weak immune systems because we still have a lot of energy invested in the past and we are not in our bodies here and now. We are disassociated.

As a Rebirther, we are always working at clearing our past and healing our lives. We believe that we need to accept 100% responsibility for everything that happens to us and the clearer we are, the clearer our clients will be. If we were abused in the past, we may not like what happened, but hanging on to the trauma only weakens us. Releasing the emotions we have held on to enables us to move on. There are no accidents and we may never know why something was caused. At some level our soul created it.

Healing takes time and hard work. There are no magical pills or quick fixes. A thorn hurts as it goes in and it hurts as it is pulled out. That does not mean – no pain, no gain. I do not believe in therapies that are abusive, or where people are acting out. All they are doing is

retraumatizing their nervous system. The path is very individualistic and everyone has a different place to start. Some people need to begin with their diet, while others need to clear their negative thinking. If people don't change their attitude, they will recreate the emotions over and over again. We have to change our thinking and our behaviour otherwise all we are doing is mowing the lawn.

When clients have been in therapy for ten years and they have not healed yet, we must ask why not? Carolyn Myss, author of "Anatomy of Spirit", says there is either a forgiveness problem, a payoff, or failure to let go. Louise Hay, author of "Heal Your Life", stresses this over and over again also.

The important part of any ceremony is making a symbolic gesture to break away from the old and make way for the new. Include in your ceremony, something to break, untie, bury, burn, or make an offering. The Greeks for instance have a custom whereby they throw plates on the floor to symbolise luck and happiness.

Make a list of anything you want to let go of on a small piece of paper and put it on your altar. Now pour yourself a bath symbolising new beginnings for you. After the bath, offer the list to a candle flame, sending the message into the ethers.

You Sexy Thing Bath

2 drops of Sandalwood oil

1 drop of Ginger oil

1 drop Ylang ylang oil

2 drops of Rose, or Jasmine oil

2 drops of Frankincense, or 2 drops Tangerine / Mandarin oil

Bath Colour - peach or light orange

This bath is wonderful if you are not feeling your greater self, or not quite “good enough,” and it will help melt inhibitions. You will know when to have this bath. Fill the room with candles and flowers. Drape lace or silky textures from the shower rods, or invest in some beaded curtains to make things more sensuous.

Sandalwood and Frankincense oils have been used for centuries and baby Jesus was given a gift of Frankincense by the Wise Men. Frankincense was thought to be more important than gold. This was evident when King Tut was dug up, there were gallons and gallons of the oil buried with him.

Rub yourself with oils, or your favourite perfume and put a few drops on the lights before you take a bath, but make sure you put the drops on cold light bulbs.

Take a book with you into the tub and read some romantic literature or poetry either for yourself, or to your mate. Drumming can really get things moving or you could play music that you find erotic and stimulating. Perhaps you prefer “Salsa”. “Do you think I’m sexy, just reach out and touch me” or “You Sexy Thing.” Pour yourself some sparkling water, or a glass of wine with lots of bubbles. This is no time to have your old T-shirt on or your flannel nighty. Even if you are alone, dance and sing. Be happy.

If you don’t have a partner, now is the time to update your wish list, visualise and dream. Put the list under your pillow and sleep on it. Or better still, the next morning take the list and put it high, high up in a tree so the winged ones can take your request up to the Creator for you.

Simple Showers

Healing Waterfall Shower

The shower is an ideal place to meditate. As you slowly begin to turn on the faucets, imagine you are hiking through a lush green woods which has many clear well-trodden trails. There are little animals peeking at you from behind bushes or shrubs and some are even perched on tree limbs. For a moment it is as if you stepped into a Walt Disney movie. The forest has magnificent old trees which Native people call the standing people, or the one-leggeds. The trees have witnessed much, contain great wisdom, and are so large it is impossible to wrap your arms around one.

Rest for a moment and lean your back against a sturdy maple whose strength and support comfort all those that pass. As you look up through the leaves you are mesmerised by their beauty and grace. The sun scatters patterns on your face; patterns that only angels know how to decipher.

Suddenly you are aware of another sound. It is the roar of a waterfall. In your mind you follow the sound of the waterfall as it gets louder and louder. It can not be far off. As you walk softly along the trail the earth becomes springy under your feet and you notice it has become luscious green moss.

A stream leads to tall waterfall that is dropping straight down the rocks into a translucent turquoise green pool. You walk over to the pool on the velvet moss carpet, step out of your shoes, take off your clothes and wade in. Floating on your back, you glide gently on the water until you are near the waterfall and then turn, stand up, and walk into the waterfall. Lift up your arms in surrender and welcome

the water upon you. All is well with the world.

Sit down with your back towards the waterfall allowing the water to hit the top of your head. Imagine that the water has the power to wash any negative thoughts out of your mind and all negative emotions out of your system until your body and mind become clear and pure. Feel the vapours and mist filling your emptiness with white light. The sparkling water pours over you. Imagine that you are being filled with life affirming energies and the Devas of the water are dancing with you. Stay until you feel renewed.

Swim, or float, to the shore where you left your clothes, step out and let the sun dry you. Put your clothes back on, turn and thank the healing water. As you go back up the path to return to reality, you know your life will be totally new and alive.

Turn off the shower, knowing this special waterfall is available to you at any time. Make up a herb bundle, or sachet in a washcloth and thoroughly scrub your body after your shower. Towel yourself dry and most of all be happy.

Toning In A Jacuzzi, Or Shower

This exercise is best done in a group, or with one other person. Toning, or sounding can be very healing because it releases cellular memory. We are made of colour and sound and each of our chakras vibrates to a specific musical note and colour. Try repeating a vowel, or a mantra over and over again. Do it in different pitches. If you are in a group have someone sit, or stand, in the middle of the Jacuzzi, or sauna, and ask them what word or sound they want to hear and where on their body they need it.

The rest of the group holds hands and chants or tones that note to the one in the middle and to the spot the person has requested. This is a very powerful technique, that gives you the tingles, and the per-

son will actually bend and stagger under the might of the human voice.

At a Conference in Poland about 40 of us stood in a circle to perform this exercise. One woman in the middle nearly dropped to her knees from the intensity of our toning at her. I wonder what it would have been like if we had all been in a body of water. Take turns and most of all, have fun.

Another way to bring sound into your body is to sing rounds, or a familiar song. Imagine the energy creating waves going out into the universe and back again. Feel the circles of energy making circles in the water and the cells of your body perk up and merge with the widening circles of the water. Becoming one, rippling through your body, through time, through space. All is one. No boundaries. No limits.

Touched By The Sun/Moon Shower

Color filter - pink

Bath Colour - yellow

It is not always easy to express our emotions, especially grief. An inmate once told me to process his sorrow when he was incarcerated, he cried in the shower. It was not macho to cry and this way he saved face amongst the other inmates. To help yourself release sadness, stand in the shower and move back and forth as you imagine far above your head the beautiful glowing sun, shining and pulsing through you. Feel its warmth, its love.

Now bring it closer. Visualise it about a mile from you. Bring it closer. Now it is a city block from you. Release and let it go. Bring it to about 50 feet above your head. Relax. Now bring it one foot above your head. Now 6 inches. Release. Let it go. Pull it inside you. Feel

yourself tingle with its energy. Imagine each of your chakras absorbing and anchoring the light within you.

Imagine sun drops flowing through your head, down your throat, into your chest and lungs. Slowly they fill your arms and flow out through your fingertips. See your lungs expanding and filling with soft golden sunlight.

The warmth and healing powers of the sun flow through your meridians and arteries, cleansing and purifying all they touch as they flow to all your organs, and especially your digestive system. See the sunlight as thick nectar from the Heavens, washing, transmuting, and bringing health, harmony and peace to everything within you that it touches.

The healing elixir drip, drip, drips into your solar plexus and your pelvis. Breathe in. Allow the Universe's cocktail to flow through every part of your body. Down, down, down through your thighs, knees, legs and feet. Surrender. Mantak Chia author of "Chi Self-Massage", suggests that we inwardly smile and turn our attention to all our organs, glands and body systems that serve us so endlessly and efficiently. Thank each and every part of your body.

You are now pure white light, glowing and sparkling bright as the sun, or the light of the moon. See yourself taking your light out into the world and touching everything that needs your love. Now that you are pure sun energy try drawing the energy of a star, the moon, or a rainbow into yourself. Feel yourself expanding. Tingle.

Imagine you are holding a golden star in each hand and apply this star energy to any area you may have a problem. An Egyptian technique asks us to imagine that our arms stretch up to the heavens to touch the sun. See each finger on your right hand become a long ray of light and at the end of each finger is an additional hand. On each finger of your left hand see an eye. Now you have five hands and five eyes. Use these extra hands and eyes to see and feel your way through your body.

You can imagine that these extra hands and eyes work as a team to keep you in top form. The hands can hold either tiny golden brooms for sweeping away toxicity, or pink or green ointment for mending, as well as a blue light for any healing that needs to occur. As you let any waste flow through you, hold up your hands to the sun and let the small hands and eyes retract into your palms to be stored there for future use. Feel the sun's warmth and energy come into you. Rub, or hold your hand on any areas of your body that need love or healing. As you place your hands over each area feel each centre becoming cleaner and clearer. All negativity and stress flows out of you and you are ablaze with white light. Breathe in. Breathe out. Let go. Let go. Breathe in love. Breathe out stress. When you are finished, shake your hands. Send down to the earth anything that is not for your highest good. Step out of the tub feeling light and free.

Elastic Skin Shower

A dear friend, Mary-Anne Sutton, suggested this interesting shower. Face the showerhead, and position yourself under it allowing the full force of the water to fall on your shoulders. Rest your head against the wall, or allow it to fall forward naturally. Allow your arms to hang loosely at your sides letting the water hit your back just above the shoulder blades. Breathe slowly. You will feel the water flow down, drawing the skin on your back downward. Continue to breathe deeply and slowly as you visualise any heaviness or gunk flowing away from you with the water.

After a few more breaths, the skin on your back will, quite forcefully, be pulled up towards your ears. Continue to breathe slowly and allow the phenomena to occur. Let yourself imagine whatever comes to you. You may feel energy being drawn up, or more heaviness leaving your body through your shoulders. Enjoy whatever

happens. Breathe slowly. After a few moments, you will experience a neutral point before the water changes direction again and begins to pull your skin downwards. Breathe slowly. Once again, a neutral moment will occur and you will feel your skin pulled upwards as before. Continue to breathe slowly and repeat the exercise until you feel refreshed and energised.

Medea's Water Dance Shower

Medea is a natural health care professional but I think of her as a dance Goddess. Here is a delightful shower she has come up with.

Prepare bath space as follows: candles (make sure they are safe), flowers (any flower you like) scattered all over the bathroom, evocative music (whatever inspires you - New Age, Classical, Jazz, Drumming)

Smudge yourself and space with sage, sweet grass or any other sacred herb. Make sure the telephone ringer is off and no one is going to disturb you. Focus inside, clear your mind and emotions, and be in the present, in your body. Relax your body and do some deep breathing. Ground yourself to Mother Earth, and you may want to do some sounding, toning or chanting. Use your intent to imagine your chakras aligning.

Turn the shower on.

Dance ceremony. Invoke the Spirit of the water and step under the shower. Bring your arms up and ask the Spirit of the Water to move through you cleansing and purifying. Focus your intent and your open heart as you do this. Start feeling the purifying spiritual energy of the water through your fingertips. Bring your arms and hands down your body slowly all the way to your feet. Imagine and feel you are bringing this purifying energy down your body outside and inside.

Let this energy start moving through you, as waves, undulations, or circles under, through and in the water. Move your arms, hands and face. Feel the energy of the water purifying your mind and heart. As you are being cleansed, you are freeing your love, joy and bliss. You feel these emotions as you dance with the water Spirit.

Closure: You come to a place of completion. You feel purified, renewed, energised and centred! Turn off the water, give thanks to the Spirit of the Water, come out and gratefully put everything away.

Unusual Baths

The Dead Sea Float

2 * cups coarse sea salt

2 * cups Epsom salts

Did you know that you can turn your bathtub into your own flotation tank? First fill the tub with warm water, but not too hot, and add a combination of Epsom Salts and sea salts. Coarse table salt could also be used, or best of all, some actual Dead Sea Salts which are a bit more expensive but easily obtainable from your local health food store. Begin with 5 hefty cups of the above mixture and experiment until the desired state of buoyancy is attained. A few drops of green, or blue food colouring may be added, or use a pre-packaged colour bath mix.

The salt softens your muscles thus allowing tension to flow out of your body. Salt also alleviates various aches and pains such as PMS, arthritis and skin problems.

If you want to really imagine you are at sea, throw in a handful of seaweed or shells and munch on some Dulse. Dim the lights, place a candle on either the sink or floor, or bathe in the dark. Play music with ocean or dolphin sounds for a calming and restorative effect, or simply go into silence. You will feel like you are floating on a wave and the benefits, such as less tension, are unimaginable.

From The Vine Came The Grape Bath

I have always wished I had been born an Italian because they are so alive, get to eat lots of pizza and pasta, ride around in gondolas, and they love to sing, especially opera. In some movies I noticed they were yelling from balconies at each other, and jumping into fountains in the middle of the night with their clothes on. They love life and are not afraid to yell or argue to clear the air. Tension does not build up in their relationships and Italians do not need psychiatrists because they have each other and the Pope. They are passionate and lusty like Sophia Loren, and Giancarlo Gianini and they don't take any guff. They always drink wine at every meal and they love to laugh. At least, that is the ideal life I imagine they have.

In small Italian towns during the grape harvest, the villagers make wine by stomping around in huge wooden vats squishing plump juicy grapes between their toes. They have wet and messy grape fights, dance, sample the pulp, or new wine and eventually run off for a bit of kissy face in the vineyards.

Why oh why was I born a Canadian? Because we are still recovering from being a British colony and still have allegiance to the Queen, many of us are too prim and too conservative. Old ways die hard. Also, we could be more reserved because of our northerly climate that can make us a bit sedentary or serious. Watching hockey, or having snowball fights is kind of interesting, but dancing in a tub of grapes, aside from running in front of the bulls at Pamplona, comes high on my list of fun things to do. As I have become older, I have scratched bull running off my list. But grapes are still high on my list which is why I have created my own version of grape stompin' and here it is.

First of all, it is best done in the autumn when grapes can easily be obtained by the bushel to make homemade wine, or jam. Buy as

many grapes, either red or white, as your budget will allow.

Wash the bathtub out well and by all means thoroughly cleanse your feet and toe nails, although a bit of dirt never hurt anyone. Generally I line the bathtub with huge plastic garbage bags which can be lifted out later with the pulverised grapes in them. This saves endlessly scouring the tub. Also, be sure to cover the floor with a piece of plastic or newspaper and anything else that might find itself in the line of a flying grape.

Next put on your bathing suit, and wear a full cotton skirt or trousers over it. Part of the fun is tucking your clothes up. Get into the tub and prance, leap, jig, jog, laugh, dance, sing. Ask a friend to join you but you may have to take turns as most bathtubs are not very large.

Seedless grapes are the most squishable and not as hard under the feet. If they come on the stems, throw the stems away. Once the grapes are thoroughly mushed, you can place them in a plastic garbage bag and then either proceed to make wine or jam with them. You can even take the mess to a do-it-yourself wine store and ask the owner to run the mash through his machines.

Of course, you will need some inspirational music to get those feet flying, or some Italian arias to inspire you. Why not take in a bottle of your own favourite wine to put you in the mood? Heck, a party is a party and life is what you make it.

Prior to this, my only experience with grapes, or particularly one grape was when I was at camp as a youngster. One night we had a haunted house, which we were required to walk through, blindfolded. At every bend there was something to spook or scare us. They had created creaking noises, things that went bump in the night, or tickled the back of our necks as we passed by, and ooey gooey objects brushed against us constantly. The other girls told an elaborate story of how the place was haunted by a dead sea captain who had come to a sticky end. Just when I thought I had navigated the course and

would be soon out in the fresh night air, there was one last test of courage. The sound of heavy footsteps seemed to be coming closer. I can still recall one of the girl's saying "the captain was beheaded and here is his eyeball to prove it". They then guided my hand to touch a juicy round object which I of course being the gullible person that I am, was the Captain's eyeball.

The other horrific part of the evening was when I had to point at his horse's front and back legs. Then they told me to point to where his horse's tail would be. I did and my poor finger suddenly was surrounded by a horrible mushy mess. It took days before the girls would admit there was no horse and it was a jar of peanut butter I had plunger my finger into. The eyeball, of course, was a grape. It was, wasn't it?

Smartie Smartie Had A Party Bath

Assorted candies, chocolates

Marshmallows, Popcorn

White plastic garbage bags

Who says all baths have to be made of water? For a therapeutic change of pace, indulge in a candy bath. To keep the cost within budget, visit a bulk barn and buy bags of your favourite candies. Pounds and pounds. You are worth it, whatever the cost. Actually for this bath it is necessary to clean yourself and the tub really well beforehand. Then dry the tub and line it with disposable white, or clear plastic garbage bags. The candy actually looks more appetising on white plastic bags.

The first layer in your bath can be made of marshmallows or popcorn. Next toss in an assortment of Smarties, jujubes, salt-water taffy, gumdrops, chocolates, or whatever are your favourites. Soft candies

work the best. Smarties tend to stain and chocolates unless they are really cheap stuff, melt.

It would be sensible to make yourself a garbage bag jump suit before you get into the tub, otherwise your body heat will melt the candy. If you have a wet suite, or some old vinyl clothes, now is the time to get them out. You could also wrap yourself in Saran wrap before you get in. The advantage of Saran wrap is that it will make you sweat and lose weight. Whatever you do, don't sweat on the candies.

Now sit in the tub and begin. Have fun. Throw some small candies in the air and try to catch them in your mouth. See if you can toss only the red ones into a basket on the other side of the room. Write an affirmation on the wall with the blue ones, or draw a picture of a flower. Eat until your heart's content, or rather your stomach is content, but not to the point of feeling ill. Just to be safe, place your chocolates in a separate bowl. Hold a chocolate bar in your hand and see how long it takes to melt. Lick it off. Smear some on your face. Be messy. If you want real excitement, turn out the lights or wear plastic gloves so you don't know until the last minute what you are popping into your mouth. Surprises keep us young.

Afterwards the leftovers can be thrown in the park for the pigeons, but not all at one time. You could be up on charges for cruelty to animals, should you kill them. These birds will eat anything and I am sure they must get sick of breadcrumbs.

The Beanie Wienie Bath

30 cans of Beans in Tomato Sauce

1 bowl and 1 spoon

Beanie Weenie was a heavily tattooed man who swore he had

found a cure for arthritis. I read about Beanie in one of the weekly enquirers, which print news articles that do not make it to the more conservative papers. Beanie stressed the importance of a clean bathtub. Once this is accomplished, fill it with cans of beans in tomato sauce. Do not to use pork and beans, or beans and wieners because the pork, or wieners could go rancid. Otherwise the beans can be left in the tub for three days.

Beanie has a bathing suit on in the magazine, I suppose it wouldn't hurt to go in the nude. After all, they are your beans. He suggested soaking in the mixture for one hour at a time several times a day, for three days. Also, he recommended taking in a bowl and spoon, should you feel hungry while passing the time. I can understand why he earned the name Beanie but if there were no wieners in the can, why was he called Wienie? Life is a mystery.

Beanie didn't elaborate how he cleaned himself between bath, possibly he had a shower as well. Beanie swore his arthritis improved tremendously after this bath, but he was having difficulty finding a girl friend.

Having A Ball Bath

Some large restaurants and furniture stores have playrooms piled high with small rubber balls where kids can hang out until the adults have finished shopping. This has always appealed to me because we did not have these rooms when I was a child and I feel a lot of us have been short-changed. As I am now a grownup and too big to participate, this inspired me to invent my own way to have some fun.

To begin, line a bathtub with small rubber balls, but not as small as tennis balls, or golf balls. They must be solid, or else they will float. Do not put in water at this point. It is important to be able to balance on the balls and put them at strategic hot spots of your body

where you are holding tension. The balls can also be placed under your back neck, or calves of legs to break down the fascia of your body, or body armouring, thus releasing tension and stored memories. Once you are comfortable with the balls under you, put some water into the tub.

There are many exercises which can be performed such as taking small balls and holding them under the soles of your feet against the tub wall. Every nerve ending of your body is located in your feet. Roll the balls up and down your feet. Actually there are numerous exercises which can be done in the bathtub. In "Soothing Soaks" by Melcher Media they suggest exercises such as belly softeners, hand delights, face melts, leg fall always, feet turn outs

For a real challenge, try suspending yourself on balls on the floor once out of the bath. For those who really want a to test their endurance, try doing it on golf balls. The smaller the balls the more of a workout they will give your body. I often rebirth my clients on an assortment of balls on the floor and not in the tub. Once the client relaxes and finds their balance, they usually love it and have a very good session. The idea is to not fight the balls but to relax on them. It gives a strange floating feeling once you stop tensing on the balls and your muscles will feel very relaxed and stretched afterwards.

The Cure For Baldness Bath

I have heard from a very reliable source that the ideal cure for baldness is to have a cow lick your bald spot every day for a month. However, no ordinary cow will do, and the saliva of a Guernsey cow is supposedly far superior to that of a Holstein. As many people do not have access to our four- legged friends, the following bath is suggested.

For the best results, it is necessary to drink a beer while doing a

headstand against the wall. As this is not an easy feat, it is suggested that a friend hold your beer bottle for you. After you have consumed the beer, for maximum benefit balance on your head for another five minutes in order to give the suds a chance to settle.

Come down slowly and take a moment to get grounded before stepping into a tepid bath. Now this part is easy. So is drinking the beer. The real test is in the next 24 hours.

After the bath, go out and buy one, and only one, lottery tickets with the number 33 on it.

Count 50 red Toyota cars going north on any street

Look for one cat without a tail

Find one woman with a tattoo of Jimmy Hendrix on her left forearm

Look for one man with two rings through his bottom lip

Find six women wearing blue cowboy boots

Eat one old fashioned banana split

Do 35 push-ups on one arm only

Stand at a main intersection and wave to 100 cars driving by

Do 25 acts of kindness without anyone knowing

If you still haven't sprouted any hair by this time, repeat the entire procedure because you probably either drank the beer too quickly, or you skipped an item on the list, or the bath wasn't hot enough. You may not grow any hair, but you sure won't be bored. If your list is not complete within 24 hours, start the procedure over again, but this time drink two beers while standing on your head.

Fantasy Baths

Lynne's Street Fair Bath

My fantasy bath would take place in my own neighbourhood where once or twice a year our main street is closed off for a fair. The neighbourhood is very eclectic and multi-cultural. Such treats as Hungarian elephant ears, Kobassa, corn on the cob Jamaican style, shishkabob, falafel's, buffalo burgers, Indian curry, Tai noodles, Sushi, perogies will be featured with lots of water or beer to wash it all down. All the Polish sausage wagons will be frying up hot dogs and sausage, although not many of the owners are really Polish. My corner coffee shop will be serving red-eye for the hearty, which is a dark roast coffee with a shot of espresso in it. Definitely a hair curler.

In the gym on the corner, there will be exciting events in every room. The circus class will let you swing from a trapeze, bounce on the trampoline, or climb a rope. One room will be completely filled with balls for everyone to bury him or herself in, or bounce on. Preference will be given to adults over forty. Another room will be completely waterproofed and will host water fights with water-filled balloons, or water pistols.

There will be also be a room reserved for Jell-O fights with raincoats being the dress code. The showers for this day only will be mixed, but bathing suits are a must. There will be a rocking room where ample bosomed, generous-sized mammas will towel you down and then rock you in a giant rocking chair for as long as you want.

The swimming pool itself will be dyed aquamarine and filled with a combination of sea salt, Epsom Salts and Dead Sea Salts turning it into a huge flotation tank. A much loved Canadian singer, Rita

McNeill, and myself will wow the onlookers by walking on water and I'm going to let her go first. After a good soak, Rita and I will sit by the poolside and munch on lobster sandwiches. We will sip our tea with maybe a bit of Screech (Newfoundland moonshine) and talk about worldly matters, for example, where to get the best price on retired Beanie Babies. In my fantasy bath, the young kids can go to the weight room where our 80-year old female weight lifter will show them how real women pump iron. If the children are polite, another instructor will move the muscles on his back to make his tattooed tiger flex its claws. It is quite a site.

All my heroes and heroines will be there, including the men who rolled across Canada in a wheel chair, a man who swam across Lake Ontario without legs, the Cape Breton Miners, the fishermen of the East Coast and real women such as Louise Milgaard. Louise fought for her son's freedom from prison because he was wrongly convicted. DNA tests proved his innocence. What Canadians don't recognise or give ourselves credit for, is just how courageous and strong we are

All my favourite singers, dancers, musicians and actors will be there including Rompin' Ronnie Hawkins and Stompin' Tom Connors. Ashley McIsaic will be doing his fiddlin' with or without a shirt on depending on the weather. Rita, who loves to sing in bare feet, will belt out her well-known tunes and the Red Hot Chilli Peppers will definitely be there but their blue-haired guitar player can not come in his underwear. K.D. Lang will be singing at our oldest pub, the Brunswick House, in a pink tutu where she sang before she became famous.

Lorena McKenna a former subway singer, will entertain from her favourite subway stop. Celine Dion will be here, of course, and Shania Twain, The Rankins, Sarah McLaughlin, the Skanksters, and other bands who will be only too happy to entertain you en route. We will be showing you how to do Canadian swing and step dance to some squid jigging' music and Rita and I will teach anyone inter-

ested how to play the spoons.

Alanis Morissette will be singing her throaty songs but she must wear clothes. Rita will use huge microphones to wake up the city, and afterwards there will be bungee jumping from the CN Tower. The politicians will go first and we are going to let some of them bounce a long time before hauling them up again. Our Mayor will be assisting those reluctant to leap off the platform.

The Police SWAT team will be on duty to take Rita McNeill and myself body surfin' high above the crowds without dropping us. Only those over 90 will be allowed to jump from the stage. There will be no body slammin' or moshin' because this is a celebration and pain; other than from laughing too much, will be strictly forbidden.

The streets will be greased to make one giant slide for a game called Midnight Traveller with the Cape Breton Miners forming two lines. The lights on their hats and candles will be placed in lines marking the way. The purpose is to take a long run, throw yourself on a leather cushion and see if you can slide to the end without taking out a miner, or burning yourself on a candle. Originally this game was done in the nude. However, due to the various ages and values of the crowd, I don't think this would be appropriate. Our fire department will be there to hose the participants down and for those requiring a bath, there will be a dunking tank available.

The Native Canadians will build a sweat lodge in the park for those who wish to experience this phenomenon and there will be bon fires on each street corner for those interested in doing a vision quest. There will be drumming and dancing the likes of which you have never seen nor heard before. There will be drummers of many nationalities and those without drums will be issued tin cans, or plastic milk pails to keep the beat. They will send their heartbeats out into the night. Of course, there will be many teams of steel drummers adding to the jubilation.

The Mounties will be giving Musical Rides to anyone under ten

and the fire department will freeze some streets where skaters will be inspiring the onlookers with their creativity. Giant rubber castles will be on every corner where not only the young but also the old and the fat and the weary can bounce to rejuvenate themselves. Real Princes will be on duty and will be giving instructions as to how to properly party in a castle. This used to be my job but last year at the fair I let a rather hefty boy in who jumped so hard he deflated the castle and the walls came tumbling down.

We shall dance and sing until dawn after which time we will have one final bath, shower, or swim before heading home.

Virginia's Bath Of Spiritual Renewal: The Violet Ray

Suggested elements:

White towels, lots of white candles

3 violet or purple candles

* or more floating white flowers (roses, carnations, lilies, etc. Snip the stalk close to the flower head; after bath place in a bowl for days of enjoyment and a reminder of your renewed focus.

Drinking water infused with watercress** or parsley

Essential oils:

3 drops each of geranium, peppermint, cinnamon, lemon, pine*, spruce*

Optional: 2 drops each of clary sage, frankincense, myrrh

Crystals and gemstones – Quartz crystals, rose quartz, onyx, amethyst, citrine. Place in water once bath is ready.

(The Rays are vehicles of light and colour through which we come into life. They sustain us and through light we extend the boundaries of our individual and group expression. We enter each incarnation on a particular Ray, often many times, in order to master a par-

ticular aspect of life on earth. While each ray contains the blueprint of all the others, each manifests a particular focus, such as right power (blue), divine wisdom (yellow), infinite love (pink) and so on. For thousands of years we have had access to the first seven rays of manifestation. Now, because a critical mass has been reached in the highest power of the 7th ray (integrating our shadow, moving beyond illusions of right/wrong etc. we have access to twelve rays of manifestation. An even grander spectrum as we enter and live in the new millennium).

This is a bath of purification and transformation. You are setting something new into motion through the generosity of time, space, beauty and intention. Make this bath a central element in a day of personal retreat and quietude. Turn off your phone, make certain the bathroom is tidy and immaculate, calming, uplifting music nourishes and a clean bed waits.

This is very much a bath of invocation in which you are initiating a new cycle in your life – giving power and impetus to a cherished project, or renewed health and vitality, or ease and mutual nourishment in your relationships. Whatever it is, you are creating the space to let your true divine essence shine through and animate your human personality. We know that it is in periods of stillness that new insights and solutions can easily reveal themselves.

You might do this, say, four times a year, on the Equinoxes, or Solstices (around the 21s of September, December, March and June), or when you feel called to honour your life on earth.

After the baking soda softens your water, add your essential oils. The clean and refreshing scent will linger long after your bath. Light your three violet candles last – representing your divine masculine, your divine feminine, and the third, the blending of your spirit and earthly self – a renewal and honouring.

Symbolically, you are invoking the power of the 7th Ray, the Violet Ray of Transmutation and Freedom. The love and purity of this

high frequency ray has the power to transmute all human illusion, and to accelerate your greatest creative potential. Through the violet ray you bless and enhance every sphere of your being – physically, mentally, emotionally, spiritually, and materially... You engage its power by closing your eyes and visualising a circle of luminous violet light surrounding your room, and gradually permeating the air and you.

In this beautiful oasis you have created, honour the four elements that sustain our earth and their keepers, the Sylphyhs of the Air (visualise clean air world wide); the Undines of the water ([pristine oceans, rivers, lakes blessing all aquatic life); the Gnomes of the earth (restored minerals, healthy vegetation); the Salamanders of the fire (representing love and purification). Finally, the ether, including prana, the spirit which animates all life.

Remember time is malleable – you can stretch it, shrink it, expand it – even within a few ours you can create an enormous widow of change and ground your power.

Call in the love and support of your guides, angels and ancestors to assist you in your desired endeavour. Love yourself. Do your invocation. Hold the vision.

*In place of spruce or pine essential oils, you can use * cup of Kniepp's Spruce and Pine Herbal Bath

** Nourish your body and brain by drinking watercress infused water as you soak. Dip a handful of watercress into boiling water (chop up later for stew or salad). Watercress is highly nutritious.

Eliana's Time Traveler's Bath

Another Rebirther submitted this bath. I think you will like it because she has a great imagination as well as some interesting past lives. What is particularly interesting is that Eliana's first language is

not English.

“Dear Livia:

Since my husband, Cluvius, left for the Province of Africa, I have not had the peace of mind to write you, my friend. You already know that I have offered Cluvius a divorce. My body will never give him a son he yearns for, and I am not in favour of adopting any of his young cousins as our own. However, Cluvius refused the separation and went off in a wild rage. After the storm calmed, I was disarmed by his kind words of love and devotion.

Yesterday, two days after he left, I went to the shrine to give my offering to Jupiter. I have received beneficial signs that I must keep it a secret even from you. My mood changed instantaneously. I knew I lacked purification when I felt an indisputable urge to visit a newly opened Marcus Crassus’ Thermaes. I am sure that no one in our Empire has seen anything like this and that is why I am writing about it.

This morning, when the sun came out, I took Celia and rented a carriage to go to the Thermaes, about half an hour drive from our home. I must admit I would be embarrassed if my mother-in-law found out where I was heading. With the exception of Celia, you cannot keep a secret from slaves. Usually women are allowed to visit from dawn until midday only.

The Apodyterium in Thermaes is much bigger than any of the places I have seen in Rome. They have wooden chests with locks, and you do not have to leave a slave to guard the clothes or hire an attendant. Celia helped me to undress, then I sent her away for about four hours.

I went to the Tepidarium first which was quite big for the ordinary “small bath”. Both rooms have Egyptian marble floors with rare green and yellow patterns. I soaked for some time, letting my worries go away. I was all alone and happy, and thankful to Jupiter for this quiet moment.

The masseuse was in the next room. My pores were open, craving the camomile oil. For the last few months I have suffered from diarrhoea and gastric pain, and my skin was dry and dead. Celia massaged me twice but her hands are weak and she has no genuine gift for body healing.

This masseuse was of a promising size, indeed, a huge tall woman probably of Gaelic origin, but intelligent and well spoken. I asked her for pilling and she said she does it every time. I also required her to wash me slowly. You really must go to places when they have just opened: otherwise you will never get the value for your money. Some slaves just throw the cold water on you, claiming the fast change helps circulation.

Feeling like a bag of heavy wheat, I went back to the Tepidarium to ease the coldness of the last wash. The six other ladies already were sitting there soaking and gossiping. I craved peace, so I politely left pretending to be in a hurry.

The Caldarium was something really exceptional. The floor was so warm that I was forced to wear sandals. Obviously the hypocaust, the underground heating, worked well. The bath was extraordinary; the temperature so well adjusted that you could be immersed forever not feeling either exhaustion or lack of air.

Considering my dislike for those habits brought from the North, I skipped the Frigidarium pool. However, curiosity propelled me to go and witness the beauty of the design: fish and flower mosaics on the walls, blue and white marble on the floor and the gigantic light yellow cupola above the pool filled with cold water and harsh ice cubs. Uh...I do not envy the stamina of the people who actually enjoyed it.

Instead, I went to the Sudatoria; a hot dry room that in the afternoons is apparently reserved for the War veterans free of charge. Marcus Crassus is a wealthy man and the army adores him. No wonder. But, I like to sit in the Sudatoria even during the summer months.

I am always cold, and I like the smell of burning pine branches, while the hot air cleans my nasal passages.

Then, I went again to the Tepidarium, but now another one. There are five or six of them so you do not have to go all the way back every time. I washed my feet lightly knowing that Natatio, the outdoor pool, would be the masterpiece when everything else was so marvelous.

One hundred by one hundred cubicals crossing the pool with a huge statue of Neptune in the middle and took my breath away. The pool was of white stone inside and algae green and turquoise on the outside. The day was cloudless and warm, with the water refreshing and clear. I was swimming for a half an hour not remembering quite the same kind of joy and delight since my childhood. Offering my thanks to the Gods, I made a silent pledge to go to the shrine first thing the next morning. My burden was lifted entirely and my soul recovered absolutely.

Not being aware of time, I went to the garden just across the Natatio. What a garden that was: flowers, cypress trees, statues of Artemis with animals, resting places hidden from the eye of the visitor, birdhouses and fountains with Aphrodite and cupids.

The sun was high, I was hungry, and closing time was near. I was hurrying through the garden toward the big, white house hoping to find the Thermopolian where at least three libraries, barbers and hairdressers, and merchants sell silk and shoes. There were several small Thermopolians but the one with the open terrace surrounded by rosemary and bay leaf bushes caught my attention.

I decided to stay there. The place was packed with people and I knew I would have to wait. One slave brought the rose water to wash my fingers and I was joined with the group of Nobile from Naples. They were a nice bunch of ladies, though somewhat barbarian. I ordered Patina di Pisculus – sardines, raisins, oregano and onion along with the Fabaciae Domestica, dried dates stuffed with nuts

and honey.

Oh, I was drunk by noon that day; mostly from the sun, the water, and of course, the wine. I felt light, at ease, empowered and happy as I have not felt for a long time.

When I returned to the Apodyterium, Celia was there and very displeased to wait for me for such a long time. I knew it. I can read her face. She helped me to dress, found a carriage and brought me home. Since then, my gastric pain has gone and the happy mood, thanks to Jupiter, has not changed.

I am eagerly awaiting Cluvius's return. I can hardly wait to see you, my dear. I know that Caius Lepidus is back and beside him, you have five small children to look after. Would it be possible to leave them with your mother for a day or two and spend some time with me? You can always say you needed some women medicine in Rome. I would come over, but since my mother-in-law is widowed, she cannot spend the night without Cluvius or myself nearby.

If you cannot come earlier, you and Caius may come after VII Idus September when the great games start. By that time, Cluvius will be back, the men will go to the games and you and I can go to the Thermaes? I shall eagerly await your answer.

Yours undividedly,
Tulia

Nature Cleanse Bath

Ingredients: One Australian dam (manmade waterhole)

Sunny weather above 25 degrees C

Your naked body, and several naked friends

This bath comes from a fellow Rebirther, Nemi Nath in Australia. The nature bath is very cleansing. Hop into the water, play, have fun,

relax, and float. Then take a handful of clay from the bottom of the dam and cover your whole body. It is much more fun to share this with some friends. Next get out and lie in the sun letting it bake you all over. The clay will set hard and crack when you try to move. It is great to run around as mud people for a while, playing some games and reconnecting with that caveman/woman feeling. Very earthy! And back into the water to clean off. No towels, just sunshine to get you dry.

Minette's Hideaway

I asked a few of my friends to write about their favourite baths. One of my dearest long-time friends, Minette, was the first to oblige me but three weeks later she never woke up one morning. This bath is in memory of a good pal who knew what was important in life.

“Ah. This is sheer bliss! I close my eyes, stretch my legs as far as they can go, and feel the body relax totally. But – there's the telephone. Instinctively I stretch an arm to grasp the edge of the bath, then the brain kicks in and I again relax, listening to my message on the answering machine. No message left so no emergency, and I smile to myself – either a canvasser or a friend who will later tell me that I am never at home. But this is my time for me and thank goodness for the answering machine. As I lay there bobbing slowly, I sense the Alpha Keri oil roll over my body. I reflect on this need to at least once a week spend an hour soaking in the bathtub. Some friends have reacted in horror when they hear of this and ask if I don't get wrinkled like a prune. But I give the credit to a doctor long ago who suggested I use a pure bath oil, such as Alpha Keri, and not any of those fancy bath beads which produce a lot of bubbles but are not oily enough for the skin to absorb.

I cannot recall when I did start this long soak habit. From a fam-

ily of six, I would canvass other siblings if they needed the bathroom any time soon. My youngest brother would try to annoy me as soon as he thought I would be relaxed. He would bang on the door and shout that he needed to go. Well, I fixed that. I put a potty outside the door and suggested he use that, or else find a bush outside.

When I was going to university and shared a house with five others and only one bathroom, I gave my three prerequisites.

1. Going to school full time and working part time, I had no time to get involved in other people's problems or conflicts.

2. If I did anything that annoyed anyone, I should be told up front, rather than face a cold war, and

3. I liked long baths and would advise everyone ahead of time, but if there was an emergency, again, no grumbling behind my back, bang on the door, and I would get out swiftly. Overall, it worked well over two years of sharing.

As the years rolled by, I have fine-tuned my hour. A dream is to live somewhere with a separate shower. Then I can do this while the tub fills. But, I shower, getting the body clean, then wash the tub and fill it, pouring in my oil. This way my skin gets to absorb the oil, and when I am through, I just pat myself dry. What a truly wonderful feeling. I get organised. First I bring in a standing lamp. I will want a hot drink so I set the kettle going, otherwise, like in summer, I get a jug of iced tea and glass, bring in a small table to rest these on as well as my book. One thing I miss from years past is an old gramophone on which I could stack three LPs. The upgraded one I now have only takes one LP so if I do want records, then I need to warn the water, and slip out while the tap is running. Otherwise, I may bring in the radio, choose a station to fit the mood or just immerse myself in a book. At these times my strong big toe is adept at turning the tap. One of the traumatic things is when I wrecked my ankle for four months and I was unable to enjoy my main relaxer. I wonder what a psychiatrist would make of this fixation? A longing to return to the

safety of the womb, something I am trying to “wash away”? But there is no obsession. I have never felt the need for analysis. This is my pampering of self, a confirmation that a lot of good things in life or free, or very cheap.

Games

Games To Play Alone

One of my favourite pastimes is to take a bottle of bubbles into the tub to blow while bathing. I watch each bubble waft into the air and it gives me a sense of peace. Sometimes I lie in the tub and chew bubble gum and blow bubbles. Most of my days are very serious and it is great to get in touch with the kid in me again.

More children's games can be found in "Making Waves" another soapdish book. There are recipes for bath slime, bubble love, honey bear and chocolate shampoo, rubber finger puppets, octopus wash cloths, boats and punk rock hair styles, to name only a few..

Games To Play Together Or In A Group

1. **CATCH ME IF YOU CAN** - throw a bar of soap back and forth amongst the participants. The one who drops it must give two affirmations to the person who threw it.

2. **COUNTING BACKWARDS** from one hundred and then someone else must immediately say 99, and so on. If two people call out the same number, begin over again.

3. **ANIMAL CRACKERS** - say the name of an animal and make its noise, or gesture. The next person makes an animal noise and repeats the noises of the previous animals. If you forget an animal, or name them in the wrong order, you are out of the game.

4. **WRITE WORDS** on the other person's back. If they guess the word they have to wash your back, or rub your feet.

5. Yell out the word "**HURRICANE**" and turn in circles as you cross to the other side of the sauna or Jacuzzi. Everyone must get up and change places. We taught this game to inmates on an Alternative to Violence course. When the energy became stagnant, someone in the group could yell "Hurricane" and then everyone had to get up and change places. It was amazing to witness some of the hard core inmates scampering for a seat. It was a great way to get those who were into mind control unstuck, or for talking too long.

7. **HAND DANCING** is a simple and beautiful exercise to perform while sitting down. Hold the palms of your hands against your partner's palms. Close your eyes and play some soft music. Let the other person lead you. Just follow. Trust. Then switch and you lead. After a few minutes both lead. When the song is over, open your eyes and share what you learned about the other person. Our hands are amazing and have great wisdom. They are wiser than you will ever be.

8. **FACE MAKING**. Turn to the person on your right and make a face and pass it on. That person will repeat your face to the person on their right and then make another face. Try not to laugh. The first one to laugh has to tell a joke or pay a consequence.

9. One of my favourite games is to make Jell-O into small shapes ahead of time and float them in the bathtub. You can find stars and hearts and various kinds of shapes to make with a cookie cutter. It is very erotic to rub the Jell-O over your partner, or have a Jell-O fight. If you get hungry, you can always eat the Jell-O.

10. **SIMON SAYS** is a game we all played when we were small. One person leads and says "Simon says do..." with an appropriate gesture. For example everyone with blue eyes has to wink. However the trick is that you must only follow the leader if he gives you an order to do something that Simon says to do. If he just orders you to do something without saying "Simon says" and you follow him, then you become Simon.

11. **I LOVE YOU BABY, BUT I JUST CAN'T SMILE.** Someone in the group sits and looks glum. One by one people try to make him or her laugh. "It" is forbidden to laugh. Instead, he responds to all efforts to make him laugh with "I love you, baby, but I just can't smile." In saying this, he in turn is trying to make the other person laugh. If "It" laughs, he is out of the game and whoever made him laugh takes his place. Continue until everyone is laughing.

12. **MRS. MUMBLY.** Everyone sits in a circle. The leader turns to the person on his left and says "I'm looking for Mrs. Mumbly but I just can't find her. Have you seen Mrs. Mumbly?" The person receiving the message answers, "No, but I'll ask my neighbour", then turns to his neighbour on his left and repeats "I'm looking for Mrs. Mumbly but I just can't find her." This is repeated all around the circle. The catch is that the people speaking are not allowed to laugh or to show their teeth while speaking. If they laugh or their teeth are seen, they are out of the game. The game goes on until only one person is left in it, or until the leader stops the game.

13. **PASS THE ELECTRICAL PULSE.** Hold hands. The leader squeezes the hand on one side in a simple pattern. The person receiving the squeeze then squeezes the hand of the next person in the same pattern. The pattern (pulse) gets passed around the circle. Once it is well started on its way, the first person sends a different pattern

in the other direction. Try to make them cross, when they meet.

Face Painting

Why not create a mask to represent a part of yourself not yet recognised? Wearing a mask can bring forth an archetypal part of you or help you to assume a new identity. You can become a Goddess, an angel, a warrior, or even an animal whose qualities you admire. A mask is a thing of power. It is about magic, creativity, healing, and the sacredness of the mystery of life.

First paint your face and then step into the bath as a symbol of a new beginning, bringing this once hidden part of yourself alive. At the end of you bath, it is easy to wash the face off.

Shamans have always used masks as a bridge to Spirit. The mask is your own face and then as you empower it through the use of symbols and ceremonies, it becomes your power face, your shaman face. In Greek and Roman days the actors were not allowed to display emotions on their faces and therefore they wore masks to portray their feelings.

Since time began face painting has been used for ceremonies such as preparing for battle. When used in ceremonies, the emphasis was on the development of the uniqueness and personal talents of the member. War paint was used to frighten the enemy and to make a statement of personal identity. When faces were painted during a ceremony, it was to show the beauty of the individual spirit to all others of the tribe.

One could wear the mask of an animal, whose courage or strength was admired, or a former tribal leader. Basically four colours red, black, white and yellow were used in their masks, or face painting, because these represented the four directions .

It is very simple to make a mask for yourself and decorate it.

Most craft stores have rolls of plaster, which you simply cut into strips, wet and put on your face. Lynn Andrews author of the Mask book suggests putting the mask on the earth overnight to form the energy. The next day simply decorate your mask with poster paints, feathers, beads, costume jewellery, or leather.

Your entire body may be painted, or just your face and imagine the water washing away the old you to reveal the new you. You can't have the bathroom too hot though or everything will run. Now step into a bath wearing your new face. Create a ceremony to become the new you.

Tubby's Revenge

There is absolutely no purpose to this game other than to relieve boredom and practice your hand-eye co-ordination skills.

I once had a big black dog named Tubby who had one brown eye and one blue eye. There was a question as to exactly who his parents were. I loved Tubby but he was a snitch and got me into lots of trouble. The problem was that as a teenager I often stayed out past curfew and trusted that my mother or father would not hear me coming in. Usually I got in the front door without any notice. The problem was that the stairs squeaked as I stepped gingerly upon them. I had to be very careful. I would take a step, wait, take another step, and wait. Tubby always heard me.

Tubby was not allowed on the furniture thus jammed his body under my mother's bed. When he heard the squeaking of the stairs he would try to jump up because after all, he was supposed to be a guard dog. But Tubby was so fat that in his haste he usually got stuck under the bed. He would bark and scramble as he dug his claws into the floor trying to get out and my mother would wake up. It was only seconds before she sprung into action. Of course she caught me

and I was grounded for a week.

The next morning mother would bake Tubby his favourite cookies as a reward. Tubby had his own cookie jar, which was always full. The rest of the family did not have a jar and if we wanted a cookie we were supposed to ask Tubby if we could have one of his. Depending on his mood, he would either bark yes or no. Sometimes he just walked away which was a definite no.

The way I got revenge on Tubby was rather crude but necessary. When my parents went out for a few hours, I took a piece of hamburger and made a nice round patty out of it. I would call Tubby, let him smell the hamburger and watched him lick his lips in anticipation. Then I would throw the hamburger up until it stuck to the ceiling. Poor Tubby would sit patiently looking up and waiting, waiting, waiting for it to fall. Hah, that taught him. If it hadn't fallen down by the time my parents arrived home, I would quickly scrape the hamburger off and wash the ceiling of any telltale marks. It was a mystery to them why the dog spent so much time looking upward. It served him right!

So, what has this got to do with a game to play in the bathtub? Plenty.

If you are a smoker you can take your package of cigarettes into the tub with you. Take one of the pieces of foil and peel the paper off the back of it. Roll the foil into a little tube and put it on the side of the tub. Now take the paper and put it in your mouth and chew it until it is sticky and juicy. Make it into a spitball and put it on the end of the tube. Now blow with all your might and see if you can stick the spitball onto the ceiling.

If you don't smoke, take in a little roll of foil. What works best for me is the small yellow stick it pads. Take one or two stickies and chew into a ball. And there you have it. Now blow.

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