

Merging your Frequency with the Spirit of Water.....

I knew I was to offer some kind of meditation on 9-9-09. After all, it is the time of completion, 9's meaning finishing what was started and getting ready for the new beginnings.

And considering how many of my articles this year have honored the Spirit of Water, how appropriate that Great Spirit would guide me to offer a meditation helping people to merge their frequency with the Spirit of Water.

One of my shamanic teachers, Sandra Ingerman, teaches merging with the elements (water, air, fire, earth) as part of transmuting toxins (see Medicine for the Earth at [HYPERLINK "http://www.shamanicvisions.com/ingerman.html"](http://www.shamanicvisions.com/ingerman.html) <http://www.shamanicvisions.com/ingerman.html>). So I'm already familiar with the process. But I offer this meditation on 9-9-09 as an extension of that process, to help honor the element of water, to honor the completion of your 9 cycle, and to prepare for new beginnings with love.

The Meditation

*Have a glass of drinking water close at hand.

*Also have a list of intentions for what you are manifesting, i.e. I choose to manifest my perfect soul mate. I gratefully accept all abundance from the universe. Etc.

Find a place where you can rest comfortably for at least fifteen minutes. Reclining, sitting, lying down....it doesn't matter what position you're in as long as you are comfortable.

Close your eyes, relax your breathing into a slow, rhythmic breath that works for you.

Center your awareness in your heartspace, and in whatever way is appropriate for you, begin generating feelings of love and gratitude for all that is.

As you begin feeling love and gratitude, hold your glass of water in your hands.

With love and reverence, begin by thanking the Spirit of Water for being in your life.

She is everywhere.

The planet is 70% water.

Our bodies are at least 70% water.

Even the air has water.

Without water, there is no life.

Water IS life.

Thank you Spirit of Water for being in my life.

When you are complete with this, begin reciting your intentions into your glass of water as you continue to hold it. Do this with love and gratitude.

Thank you Water for my continuing abundance.

Thank you Water for my balance and harmony.

Thank you Water for my continuing health and well-being.

Thank you Water for my expanding spiritual growth in divine alignment with my soul purpose.

As you finish your intentions, continue sending love and gratitude in your glass of water.

When you are ready, say these words, "I ask to merge my frequency entirely with the Spirit of Water." And take a drink of your water.

As you drink it, feel the coolness explode into your mouth and down your throat.

Feel the smoothness of your intentions and the Spirit of Water as they enter your frequency.

Feel the life-force of water as it moves through you.

Center your awareness into a single droplet and follow its spirit as it gently moves through you. Moving through your stomach into your bloodstream. From your bloodstream to your glands. Following its life cycle as it moves out of your body in a tear, in your sweat.

As it moves out of your body, feel the evaporation of this single droplet into the air.

Noticing the movement of water in air.

Following that movement with your heart, notice how it dances, dips and sways in the air.

Dancing, dancing, dancing...with other water molecules, with the air....

Gathering momentum, gathering together with water droplets, gathering into a larger mass.

Coming together with intention.

Building, building into a large cloud.

And when the cloud is large enough, all the water droplets fall back to the earth as rain or mist. One at a time, many at a time, until the cloud has dissipated.

Dropping to the earth.

Creating life.

Continuing the ever-lasting cycle of water.....

Following an ancient path of ever-lasting life.....

Stay in this space for as long as you want.....

Being one with water.
Being one with life.
Completing the life cycle.
Continuing the life cycle.
Being the life cycle.
Over and over.
Until you feel complete for now.

Namaste,
Phoenix