

# HER HOLY WATERS

**the healing power of water**

***omi-o (yoruba)***  
***the water in me greets the water in you***

**Water is one of our most simple and powerful forms of healing. Sometimes we can't get get access to our healing tools and modalities, but we usually have access to water. In fact, we ourselves are mostly water. The human body is 60% water and the brain is about 75% water. Water is who we are.**

# WATER

## Percentage Of Water in Human Body

Brain 75%

Heart 79%

Kidneys 83%

Lymph 94%



Muscles 75%

Lungs 80%

Liver 72%

Bones 22%

## BLUE MIND: WALLACE NICHOLS

Scientist Wallace Nichols believes we all naturally have a “blue mind” which is “a mildly meditative state characterized by calm, peacefulness, unity, and a sense of general happiness and satisfaction with life in the moment.” Many of us operate in our “red mind,” a state characterized by chronic stress, anxiety and fear. Blue Mind is your brain on water— a state of relaxation that happens near the ocean and large bodies of water that allows your brain and body to rest. You don't even have to immerse yourself in water to receive the benefits— just being nearby is enough. When was the last time just looking at medicine was enough to cure you? That's the power of water!

# What Does Water do for You?

Forms saliva  
(digestion)

Keeps mucosal  
membranes moist

Allows body's cells  
to grow, reproduce  
and survive

Flushes body waste,  
mainly in urine

Lubricates joints

Water is the major  
component of most  
body parts



Needed by the brain to  
manufacture hormones  
and neurotransmitters

Regulates body  
temperature (sweating  
and respiration)

Acts as a shock absorber  
for brain and spinal cord

Converts food to  
components needed for  
survival - digestion

Helps deliver oxygen  
all over the body

Dehydration occurs when the body lacks enough water to carry out normal functions. We lose water through bodily fluids like urine and sweat, women with heavy cycles can also become dehydrated. We'll talk about this more later in womb care.

Symptoms of dehydration include brain fog, afternoon fatigue, focus issues, depression, anger, exhaustion, headaches, sleep issues, stress, and a lack of mental clarity and acuity.

## **Eat your water:**

**Fruits and vegetables with above 90% water content:**

**Watermelon, cucumber, celery, cantaloupe, honeydew melon, strawberries, grapefruit, cantaloupe, and lettuce. These can also be added to your water. A good practice is to keep tonics already prepared. A go to tonic that lasts for a long time is water, liquid chlorophyll, and liquid vitamin C. Fresh juices can also be added to your water for a refresher that's not overly sweet. To retain more of the water you drink or to rehydrate in a pinch, try water with a dash of salt and lemon.**



# ANCESTORS & ELDERS

What did your elders and ancestors believe about water?

What were the beliefs in your culture about water?

How did you see your elders, caretakers and community interact with water?

Were there any stories or practices around water passed on through generations that you remember or heard about?

If so, do you incorporate this knowledge into your life?

# SOOTHE YOUR SOUL

What are your soothing practices?

How did you soothe yourself as a child?

How do you soothe yourself as an adult?

# RITUALS: WHAT ARE THEY?

What are the things you do daily, weekly, monthly, seasonally to stay in balance?

Rituals don't have to be complicated. They can be as simple as closing your curtains at night, or placing a glass of water by the bed when you sleep.

Rituals can be about comfort, familiarity, protection, and inspired action. We use rituals to interact with the elements in order to live a life that we desire.

# SPIRITUAL USES FOR WATER

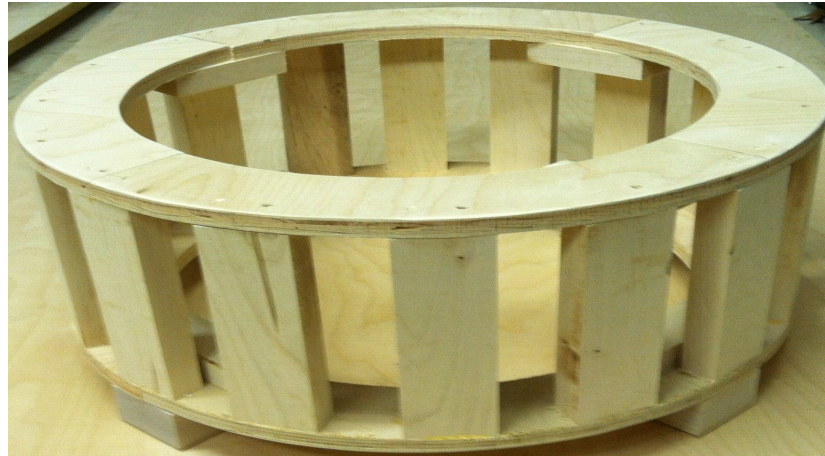
ths: Bentonite Clay, Sea Salt, Dead Sea Salt, Pink Himalayan  
lt or Salt Scrub. Consider spices: a dash of ginger or white  
pper (this is for the brave!) Mustard baths are an old Southern  
medy for colds and congestion, muscle aches and pains. All these  
n also work as foot soaks.

iritual baths usually taken at certain time of day. A morning  
th can set the tone for your day, an evening bath can be helpful  
r relaxation. One common way is to wash downward from head to  
e at least three times while praying. Some people prepare a

# WATER AND WOMB CARE

During cycles, it's especially important for women to nourish themselves with plenty of liquids. Foods that can be soothing during your moon cycle include soup, yogurt, herbal tea, green vegetables, any green juices.

You may want to womb steam after a cycle. Keep it simple- gentle herbs are best and then it's time to rest.



# INTENTIONS & OFFERINGS: YOUR PRAYERS FOR WATER

Dr. Masaru Emoto studied the effects of water exposed to negative and positive intentions. He took photographs of the crystals water formed when exposed to harsh words and loving words. There are different opinions about whether or not the science is accurate. But it can't hurt to expose our water and anything else we ingest to positive energies.

Medicine is rest, intention and right state of mind.



**THANK YOU**



**WISDOM**



**TRUTH**



**ETERNAL**



**ANGEL**



**I LOVE YOU**



**PEACE**



**YOU FOOL**



**YOU MAKE ME SICK**



**EVIL**



**POLLUTED WATER  
BEFORE PRAYER**

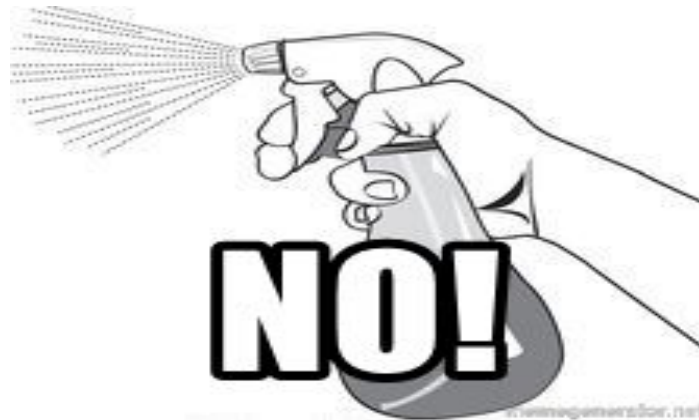


**POLLUTED WATER  
AFTER PRAYER**

The association with water is a relationship. Bless and thank your water before you start your work.

Florida water- Essential Oils: Lemon, Lime, Orange, Tangerine, Rose, Geranium, Ylang Ylang.

Charged water- Set water in the sun or the moon. Use crystals. Mist your space and people too if they let you!





the more i work with my body, the more it talks to me. it tells me to drink red raspberry tea in the morning, and boiled turmeric root and cinnamon at night. the body tells me what to put in my baths, dead sea salt, bentonite clay and lavender oil, and to get a full night's sleep under the moonlight with the curtains wide open, and the next morning i wake up feeling divine.



# CREATING YOUR SACRED WATER RITUALS

This is our gathering time now. We have reviewed your family history, your culture, your soothing methods, your rituals. Now it's time to use the information to create your own water healing method. Consider teas, baths, foot soaks, tonics, charged water, steams, scrubs, and anything else you think might bring peace to your soul.

What does water healing look like for you? For your community? For your family?

May your healing journey be joyful!

# RESOURCES

Omi-O Chant:

[https://www.michaelaharrison.org/whale-whispering-1/v3m8t98dca5c4trrt4wr4qky4buqsl?fbclid=IwAR2GXBA5phYouroWEJXxcm7fFptrXWrM6e2vc0LkVIVs\\_9wxy\\_Y3qN7o0LI](https://www.michaelaharrison.org/whale-whispering-1/v3m8t98dca5c4trrt4wr4qky4buqsl?fbclid=IwAR2GXBA5phYouroWEJXxcm7fFptrXWrM6e2vc0LkVIVs_9wxy_Y3qN7o0LI)

Imani Uzuri- Her Holy Waters <https://www.youtube.com/watch?v=eSCAIBLE1ZI>

Waterfall Meditation <https://www.youtube.com/watch?v=l49vjS4Oc34&t=663s>

Water/ Wind Chime Meditation- <https://www.youtube.com/watch?v=3P0qPErE92Y&t=929s>

Red Mind/Blue Mind: <https://experiencelife.com/article/blue-mind/>

Sacred Woman: A Guide to Healing Feminine Mind, Body & Spirit, Queen Afua

