

Words of Appreciation for Water

Sunray Meditation Society invites you to participate in energizing the healing of our planet with prayer and correct action. Consider that water is medicine and the elements are aspects of consciousness flowing through all beings, and that our thoughts and prayers may guide the elements towards balance and harmony.

The following prayers and practice are based on teachings from Ven. Dhyani Ywahoo's grandparents and Chief Thunder Cloud. There are three levels to the practice as well as a dream practice. We have had success in reawakening dry springs through the following prayers and practice.

LEVEL ONE

Realize water is medicine. Prayer when drinking water:

As I receive this water and it flows through me,
May it become medicine dispelling all ills.
May it become medicine revealing the wisdom within and throughout.
I offer apology for any harm done through wrong speech & action.

As this water flows through me and becomes vapor,
May it purify the atmosphere.
May it nourish the wisdom potential in the people.
I offer apology for any harm done through wrong speech & action.

As this water flows through me, and returns to the water table,
May it remove the impurities of chemicals placed within the water.
May the water be made new again.
May this water become medicine for all beings in this and all worlds.

LEVEL TWO

When people are without enough water, go outside, preferably to a place where there has been a spring. If the spring has dried up, go to that spring and stand near it and look to the east and hold either a gourd, a cup, or a glass full of water up to the sky and say the following prayer.

Prayer to bring forth water:

Thank you for this gift of life,
Thank you for the gift of water.
We appreciate this water that you have given.
Now the earth is dry and the trees are crying,
Please accept our offering of this water.
Please accept our apology for any harm done through wrong speech and action.

Then:

Pour some water on the ground.
Then turn around and, in each direction,
Take four steps forward and repeat this prayer.
Step four steps back and turn to the next direction.
Repeat the prayer, praying to all four directions.

LEVEL THREE

This level is done at night to see and hear the sounds of those who are crying. Pour fresh water in a special glass that you use just for the purpose of this practice. Before going to sleep go to each corner of your bedroom and offer a bit of smudge, incense, or smokeless incense. In each corner of the room make this prayer offering.

Prayer to see & hear the sounds of those who are crying:

May what is outgrown become compost for the wisdom seed to flourish and grow.
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Then:

Take the special glass of fresh water to the window holding it up so you can see the moon (if it is not visible, simply hold the glass up) saying the following prayer:

This water, may it become medicine to benefit all beings,
May this water be a mirror that reveals all.

Then:

Sip the water.

Put it beside your bed and as you are lying in bed review the day.

Look at, how did I listen to others? Did I respect the people I met today?

See above you the light and bring it into your heart and central pathway.

DREAMTIME PRACTICE

It is significant in the dreamtime/dream body to be able to raise your hands to the sky. This may take some time. When you have accomplished this, then you have awakened the awareness of the illusory body and the body of light. Through doing so you may benefit others through the dedication of your actions and the manifestation of ever more skillful methods.

This awakening is also able to bring rain. Once you get your hands up in the air in the dream body, then invite the rain to fall in gentle ways to nourish the seeds of wisdom in the people. Pray for the sweet waters to flow to give the people all they need.

When you wake up give thanks that another day has come, that the sun rises again, and hold your glass of water up to the sun, giving thanks for this medicine and pray:

May this water flow through me as medicine.

May it return to the atmosphere as medicine.

May it return to the earth as medicine.

How we receive water is very precious because water is the gift of life. Close each of the Three Levels of practice with the following prayer of dedication:

May this practice benefit all beings in this and all worlds.

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