

THE NEW EARTH TIMES: THE SISTERHOOD OF THE PLANETARY WATER RITES NEWSLETTER

NOVEMBER, 2011



Blessings to all and welcome! As always, it is a pleasure sharing these monthly writings with you.

Dearest Brothers and Sisters, Elders, as you have noticed above, The New Earth Times has been expanded. Recently, a trusting Grandmother asked if I would be willing to take over the newsletter for The Sisterhood of

the Planetary Water Rites. I humbly accepted her offer and we agreed that both newsletters will be merged on a bi-monthly basis. After all, the waters ARE part of our beautiful Earth.

After much contemplation, it has been decided that every other month, the newsletter will be all about water related events, experiences. Tonight is the New Moon. What a perfect time to physically manifest this first combined newsletter! With all this being said..... let us observe the following truth about our Waters....

“One of the Natural Laws (Creator’s Law) is that you’ve got to keep things pure. Especially the water. Keeping the water pure is one of the first laws of life. If you destroy the water, you destroy life.”- Chief Oren Lyons, Onondaga Tribe

Many of us are more aware now than ever that the planet’s waters are not only sacred, but they are in need of great healing and clearing. This is what the Sisterhood of Planetary Water Rites focuses on. It is said that women are the keepers of the water. (for more information go to

waterblessings.org) It is our duty, therefore, to unite in Spirit, or physically, to help heal the Earth's waters. Water can be gathered from anywhere.

On 11-11-11, the night after the Full Moon, some of us women here in Connecticut, got together and held a drumming, fire and water ceremony. Per Grandmother Whitedeer's advice, we sang a beautiful Hawaiian song called "Ho'oponopono as we held the bottles that were filled with water. I could feel the love from my heart center rush into the water through my hands when I sang this song . It was a magical time of blessing, healing, love. Afterward, we poured all the blessed water from the bottles around a beautiful black birch tree. Through its roots, the water returned to Earth.

Although the Sisterhood is all women, and the water ceremony was all women, it is important that men, too, bless and help heal the waters. How they choose to do this is up to them. The reason for this is because the Feminine, the moon, exists within men, too.

Every living thing on our planet is made of water. Trees, animals, plants, and our bodies for example. Even stones, brick, electricity are made of water.

Water plays crucial rolls in our over-all well-being physically, mentally and emotionally, spiritually. Without enough physical intake of water, we can not only become severely dehydrated, but the nervous systems, brain functions, can become dysfunctional. Other issues may emerge, as well. Water cleanses, purifies and nourishes the inner rivers and streams that flow within our bodies.

Unfortunately, with some people, many of these inner streams and rivers are toxic and stagnant. When not enough fresh water is being ingested, the body's systems, organs, and cells (cells make up everything in the body), cannot flush out. When this happens, toxicity in the body occurs because waste gathers. The body becomes polluted. Therefore, it is encouraged that you drink plenty of purified water each day. Your body will feel more energized as fresh ions, oxygen and nutrients are delivered to the cells. You will feel healthier, more alert. It has even been proven that water can help heal arthritis and help in weight-loss.

Going further than drinking purified water daily, let's look at another part of this picture: the emotional/mental side. (This part of you is in synch with the moon). Your emotions play a vital role in the well-being of your inner waters. We all know what it feels like when we are

stressed out. Stress makes the body's muscles tense, and can affect the optimal functioning of all the body's systems. It can make us feel grouchy, tired and unpleasant to be around. We may not sleep well, or sleep more than we are used to. Stress can even upset our appetite, our ability to concentrate. Stress can also affect our relationships with one another. In worse cases, stress can take us over if we allow it to.

Every day, when we look around us, we see people who are stressed out. We may see them on the highway driving, sitting next to us at work, standing in front of us in line at the grocery store. We may even see that stressed out person when we look into the mirror. That stressed out person can be anyone. It could be you, it could be a loved one, it could be strangers. Stress manifests in different ways from restlessness, discontentment, to frustration, anger, resentment, even hatred. It causes imbalances within and without.

In the book *The Hidden Messages in Water*, Dr. Emoto proves what happens to water when comments of anger, hatred, and judgment are expressed. Such expressions are stress-based. The water crystals in Dr. Emoto's dishes would become distorted. So, you may be wondering, what does this have to do with the inner waters of the human body?

It is simple: when people lash out at each other in anger, hatred, resentment, envy, these emotions not only affect that person's inner waters, but, it affects the inner waters of whatever or whomever it is he is lashing out at. For instance, if someone approached you and said mean things to you, the water within your body would change from beautiful crystals to distorted crystals. So, too, would this happen to the person who is lashing out at you.

We are not beings of stress. We are beings of lovingkindness, forgiveness, compassion and understanding. We are connected to everyone and everything here on Earth and beyond. Every time we act from a place that is not in connection with who we really are, we end up contaminating the waters within us and within others.

Here is something to try: give yourself a hug. Give someone else a hug. Hug your animal companions, a tree, a rock. It sounds quacky, but, it really isn't. By being lovingkindness to yourself and to others, you are healing the waters within and without.

Before drinking a glass of water, hold the glass with the water in it in your hands and say "thank you". Your expression of gratitude is an expression of love. You have cleared the water. It is that easy.

Every action and reaction does matter. We have the ability to either heal or destroy. We have seen both of these polarities exercised throughout the Earth's history. We can help Mother Earth's waters heal by practicing lovingkindness, compassion and understanding with ourselves and with others.

I love you....

Elif

11/2011