



Light of the Lily

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The Cosmic Christ –

The Second Blessing for Water (With Mother)

In the second water blessing, you take the container (again, it should be glass) and you just let it rest on your body--on your lap, for instance. It needs to have the contact with the Temple (your body as the temple of your God-essence). You might have to balance it a little with your legs, but you shouldn't try to put a board there or something. Just try to balance it naturally. What you do is just let it sit, resting against your body. Keep your hands palms up on your legs. This process is a bit trickier because you have to balance the container, and if it's a big one it could be a problem, but nevertheless, it's a good method.

As the container rests against your body, you say,

**“Mother, I love you. Mother, I love you. Mother, I love you.
God be with me now.”**

And then you just wait. Generally speaking, you'll know when the blessing's complete. If you're not attuned enough at this point for some reason to feel when the process is complete, you could just wait about 20 seconds—a nice long wait, about double what we were doing for the first blessing—and then the water is blessed.

Now this blessing is very good for women, good for blessing water for women. It's wonderful for both male and female, young or old, of course--it makes no difference--but it's particularly nice as a water blessing for women. Because water is one of the ways that the Goddess is able to interact with the environment of Creation, there's an especially soft quality to water blessed in that way. It's soft, it's more nurturing, it's comforting. If you were emotional and feeling troubled, quickly bless the water that way—it's instant—and just take it in. As you drink the blessed water, know that it's the

Mother herself, blessing and nurturing you. That's a particular way to connect with the Mother.

With the Mother water, if a woman has menstrual cramps, you could use a heating pad and a damp cloth with the water. If you know anyone that has a lot of trouble with cramps--some women do—using blessed water and heat is extremely wonderful.

With both of these first two blessed methods, you could brush your teeth with the water. If you had enough, you could bathe your feet in it. That's a nice thing. You can heat it, too, by the way. You could make a cup of tea with it. That would be okay—with the first two. You could heat it, use it cool or warm, you could put your feet in it, or just soak a cloth in it and put it on an aching part, or a place where you're doing some healing or clearing. As blessed water, it will serve in any of those ways, but keep in mind that the first two ways are the only ones you could do these things with.

Now I did say you could make a cup of tea with it, if you wanted, so using water from either of the first two blessings, we're going to make a cup of tea. First you boil that blessed water, then you'd pour it into the container for the tea—a teapot or a cup or whatever you're using. You put your hand, your right hand palm down over the opening of the container for the hot water, and you would say, “**Be tea!**” Wait for a little bit, a few moments, and then just go ahead and put your tea bag in. This is an exception to when I said that you don't add things to the blessed water. But in a way you're not adding things, because it's already tea as pure water. For the human appetite, you're adding the tea which will flavor the water, and that's okay. That's the only way you could add something. But you're really not adding it in the Divine, and we're not considering that anything has been added. When you drink tea made in this way, it's very healing.

If you're making oatmeal—you could use the first two blessed waters for that. If you do that, you'll find that maybe sometimes as you're eating it, you suddenly get up and spin around and say, “Yippee!” (Humorously) It will really open your joy center. You can boil the water with your oatmeal especially--that's the oatmeal, actually, experiencing the water. It doesn't matter if you add anything to the oatmeal. You can add anything that you like to it. But the opening of the joy center is the oatmeal experiencing being a part of the blessed water in the first two. We have a joy center, you know...it's a subtly neglected part of us.

Question: So you're telling us that you can add juice to the water?

No, you can't. You could make the tea, but you have to understand, you're making the tea without adding the actual leaves. Don't freeze the water, don't add juices, and don't add other elements.

Question: Sometimes when we're making oatmeal, we add a concentrated juice from fruits...

You could do that, because you're using the water to cook a dish. But you don't want to mix your orange juice concentrate or cranberry concentrate with the water. It sounds like the same thing, but it's really not.

But the oatmeal—it's just so fun. Your joy center opens, with just eating your cereal, and the next thing you know, you're off your chair and going, "Whoop! Whoop! Whoop-de woo!" The happy oatmeal makes you happy. People love it! You'll all love it. It's true for anybody—there are no limitations. No special effect on one over another. It's joy, the joy center. That's been a sadly neglected part of our design, the joy center. There may be other things, too, that would do that, but they told me to tell you about opening the joy center. I know you eat oatmeal. You can add milk to the oatmeal, or fruits that you like or nuts—it doesn't matter. It's the oatmeal that will have that effect on you.

Question: What about coffee? Can we add that?

I wouldn't, no. The reason you're making the tea is you're making the tea with the water—the way I told you, you put your hand over the opening? That would be tea. So it's actually tea, as it's pure, loving water essence. After you've done that, it's already tea—that's kind of an exception. You can add the leaves or the bag or whatever, because it's already tea, and it's okay.

You can store the waters that are blessed in this way; just don't refrigerate them or add ice—all of these 5 methods. That's actually true for a glass of water, too.