**Daily Water Cleansing Ritual**

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A simple, but effective energetic cleansing ritual can be done in your daily shower.

When you have completed your shower, stand in the running water and take a few moments to call in the sacred. A simple prayer of your own making will suffice; you may say something like “Mama Cocha, Mother of the Waters and the Great Divine, I humbly invite you to come and share this clearing ceremony with me.”

Place your left hand, palm facing your skin, on your first chakra (base of the spine). Your left hand will stay in this position throughout to ground you.

Make a “pointer” with your right hand, either with just your index finger or all fingers and thumb touching. With this “pointer”, you will unwind and clear out your chakras by rotating your hand in a counterclockwise fashion (i.e. going 12-11-10-9 o’clock, etc.), pointing toward the front of your body. While still standing under the flow of the shower, ‘unwind’ the root chakra at the base of your spine. With your mind’s eye, picture that you are clearing out the ‘bowl’ of your chakra and releasing anything that does not serve you down the drain.

Now, move your right hand up to your second chakra, the sacral chakra, located halfway between the base of your spine and your belly button and repeat the unwinding.

Your third chakra is located halfway between your belly button and lower rib cage.

Fourth chakra is your heart chakra.

Fifth chakra is located at your throat.

Sixth chakra, or third eye, is located between your eyebrows.

Seventh chakra is at the crown of your head.

After you have cleared all of your chakras, you will now go back and ‘recharge’ all of your chakras. Keeping your left hand anchoring at the base of your spine, now you will go in and charge your chakras by rotating your ‘pointer’ in a clockwise fashion (12-1-2-3 on a clockface) while envisioning supercharging your chakras.

When complete, stand under the shower for a moment longer envisioning the water as the sacred, the divine, flowing down over your body. Take several breaths as you allow this sacredness to flow over you, enlightening your body and soul.

Give gratitude to the water for working with you as you complete your shower.

Blessed day!