

Day Out of Time and Water Blessing

Meditation hosted by Mary Catherine Miller



The Day Out of Time, July 25th, marks the completion of a year in the **Mayan 13 Moon Calendar**, re-aligning time to the solar year. It is observed with reverence as a day free of time devoted to celebration of life and appreciation of the science of time and time as art. It is a sacred day to be in harmony with nature and divine being. Contemplation on timelessness, peace, atonement, forgiveness and global community shifts our vibrational frequency in harmony with the planet, uniting all mankind in a transcendent attunement to the oneness of divine nature.

The Global Water Appreciation Day, celebrated on July 25, was created by **Dr. Masaru Emoto**, world renowned water researcher known as the Water Messenger and the inspiration for the Emoto Peace project. Dr. Emoto brought a consciousness to humankind that water is a living intelligence responding to the vibrational frequency of its environment. He demonstrated water's responses to the frequency carried by words, written and spoken in any language, as well as sounds of music and prayer, and images of photographs and picture representations. Dr. Emoto said, "*By holding the intention of peace towards water - by thinking, speaking and acting with the intention of peace toward water - water can and will bring peace to our bodies and to the world*". Since Global Water Appreciation Day coincides with the Day out of Time, reflection on world peace and the fluidity of the emotion of peace is the focus of meditation all around the planet on this day. Water Blessing for the sacred element of water is at the center of celebration and meditation.

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Meditation

As you prepare for the meditation, seat yourself in a quiet, safe comfortable place. Sit comfortably with your spine in good alignment and your feet touching the floor or ground. Allow your eyes to close gently or to nearly close, gazing at the floor. Relax. Take a deep breath in. Good. Release your breath. All is well.

Take another deep breath in and hold, hold, hold it. Release your breath, out, out, out. Let it go. Breathe naturally now. Feel your muscles relax from your head and shoulders down through your back, abdomen, legs and feet; and let go. You are safe.

Experience the refreshing vitality of Earth energy flowing through your feet and all through your body. Allow this energy to flow from the top of your head and connect to Earth's sun. Envision warm, healing golden sunlight pouring over and through your body, connecting mind, body and soul. Allow a field of golden sunlight to surround and protect you. As you are immersed in the light, experience your own energy restored in full. Any energies that are alien to your own drop away and are absorbed in a loving Mother Earth to be transported, transformed and transmuted for the most benevolent benefit. As you experience yourself as your fully integrated highest form of yourself, feel yourself glowing in a field of your purest energy. Be aware of the pure energetic connection from Earth, through you, to the sun, back through you to Mother Earth. This harmonious flow balances, aligns, heals, restores and protects. All is well.

Enjoy a moment of celebration of life. Delight in the awareness of the joy of life in the trees and grasses, sea creatures, feathered friends, beloved pets and animals in the wild. Appreciate life in all forms. Experience the sacredness of all life. Know the love of Spirit that embraces all life. In your celebration of life, turn your focus to horology, the science of time. Time flows in relation to the energy or mass of its reference frame. When we contemplate timelessness we view time in its relative state. Time is the universal factor of synchronization. The universe itself is governed by a natural timing frequency. Modern humankind sets its pace to an artificial timing frequency apart from universal, natural time. Living in natural time connects us to nature and to one another through our true nature.

In the natural frequency, time is art. Everything shaped by natural time is art. Jose Arguelles posited, "Who owns your time owns your mind. Change your time and you change your mind. Change your mind and you change your world." Time is the atmosphere of the mind and vehicle for our creative experience. Attuning ourselves to natural time brings us into alignment with nature, divine being and our innate state of being as natural creators. As we attune to the vibrational frequency of nature, peace completes us. Attuning to nature unites humankind as a global community. Joining as one, we live in a state of forgiveness and atonement. We are at one with one another and with the universe.

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On this day our thoughts rest on water as a living intelligence, and on the fluidity of the emotion of peace. We reflect on world peace as we hold the intention of peace toward one another and toward water itself. Water responds to the vibrational frequency of its environment. As we contemplate silently or speak in chant words of love, joy and peace, the waters of Mother Earth respond to the frequency of peace and harmony. Water carries this vibration to bless the world and its inhabitants.

At this time, we offer a blessing for the sacred element of water. Bless the water of Mother Earth in all its properties, in all its locations, in all its uses, in all its times. Bless the water as it drips, trickles and splashes. Bless the water as it bubbles, babbles and rushes. Bless the water as it ripples, billows and crests. Bless the water as it rains, showers and storms. Bless the water as it mists, steams and vaporizes. Bless the water as it sterilizes, irrigates and pools. Bless the water as it washes, cleanses and restores. Bless the water as it cools, dampens and saturates. Bless the water as it dissolves, suspends and floats. Bless the water as it moistens, soothes and quenches. Bless the water as it reflects, refreshes and rejuvenates. Bless the water as it colors, sparkles and clears. Bless the water as it gleams, glistens and shimmers. Bless the water as it smooths, soaks and stills. Bless the water as it mystifies, inspires and mesmerizes. Bless the water as it harmonizes, whispers and serenades. Bless the water that, in all these things, it is ever blessed and most sacred. Bless the water that it may bless the world and all therein. And so it is.

Music by Thaddeus

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