

Reiki Water Meditation: Hydrating with Reiki

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For years I have tried to master the art of drinking the recommended 8 glasses of water a dayⁱ. As I was practicing self-Reiki one day, I asked Reiki for a way to help my body's energy circulate more effectively.

The answer came very simply: drink more water. "But," I protested, "How am I going to remember to drink enough water? I always lose count." *Easy*, rang the voice of Reiki in my heart: *One glass for each chakra and one to honor the whole energy system of your body.*

Chakras are energy centers in the body. The word chakra comes from the Sanskrit word cakram meaning wheel or circle. According to William Lee Rand, founder of the International Center for Reiki Training, "The chakras are actually

transformers of subtle energy. They take the universal life energy that is always around us and transform it into the various frequencies our subtle energy system needs to keep us healthy."ⁱⁱ



There are seven main chakras in the human body as shown in the diagram at left. At the base is the root chakra represented by the color red. Above that is the second chakra or sacral chakra represented in orange. Third is the Solar Plexus represented by the color yellow. Fourth is the heart chakra in green. Fifth is the Throat chakra in blue. Sixth is the Third Eye chakra represented in indigo. Seventh is the Crown chakra represented in violet (it is often depicted as being white).

"Negative feelings or thoughts can become lodged in the chakras reducing the amount of subtle energy they are able to provide and adversely affecting one's health."ⁱⁱⁱ

The Reiki Water Meditation is a way to loosen up those lodged thoughts and feelings. Simply pour your glass of water and, after activating Reiki, draw the power symbol over the glass.^{iv} As you draw the symbol state or focus on the intention: "I nurture and nourish my root chakra." Then drink the water and as you do so, follow the water with your mind's eye and imagine it clearing out and refreshing your root chakra like a warm spring rain. Do this with one glass of water for each chakra and then one additional glass to honor the entire energy system of your body. Each time setting your intention and



"I nurture and nourish my first chakra."

envisioning the cleansing water flowing through your charkas. If you are attuned to them, feel free to use or add other symbols as your intuition guides you.

Remember to be creative. This is about nurturing yourself, not condemning yourself. If you don't have time for 8 glasses of water, modify this meditation to a single glass of water taking one sip to nurture and nourish each chakra. What is important is to honor and to nourish yourself as you are, for who you are, for simply being. For it is in the simple act of being that you accomplish your divine purpose on earth!

ⁱ Please consult your physician and your intuition to find out what the appropriate water intake is for you. This meditation can easily be modified to the number that you work with. If your goal is three glasses of water, you can focus on body, mind and spirit. If your goal is five, you can focus on body, mind, voice, heart, and soul. Be creative!

ⁱⁱ William Lee Rand *Reiki: The Healing Touch First and Second Degree Manual* (Vision Publications: MI, 1991, 2000), p I-6.

ⁱⁱⁱ William Lee Rand *Reiki: The Healing Touch First and Second Degree Manual* (Vision Publications: MI, 1991, 2000), p I-7.

^{iv} Or activate Reiki as you normally do. If you are not attuned to Reiki, just simply focus on the intention as you pour and then drink the water.