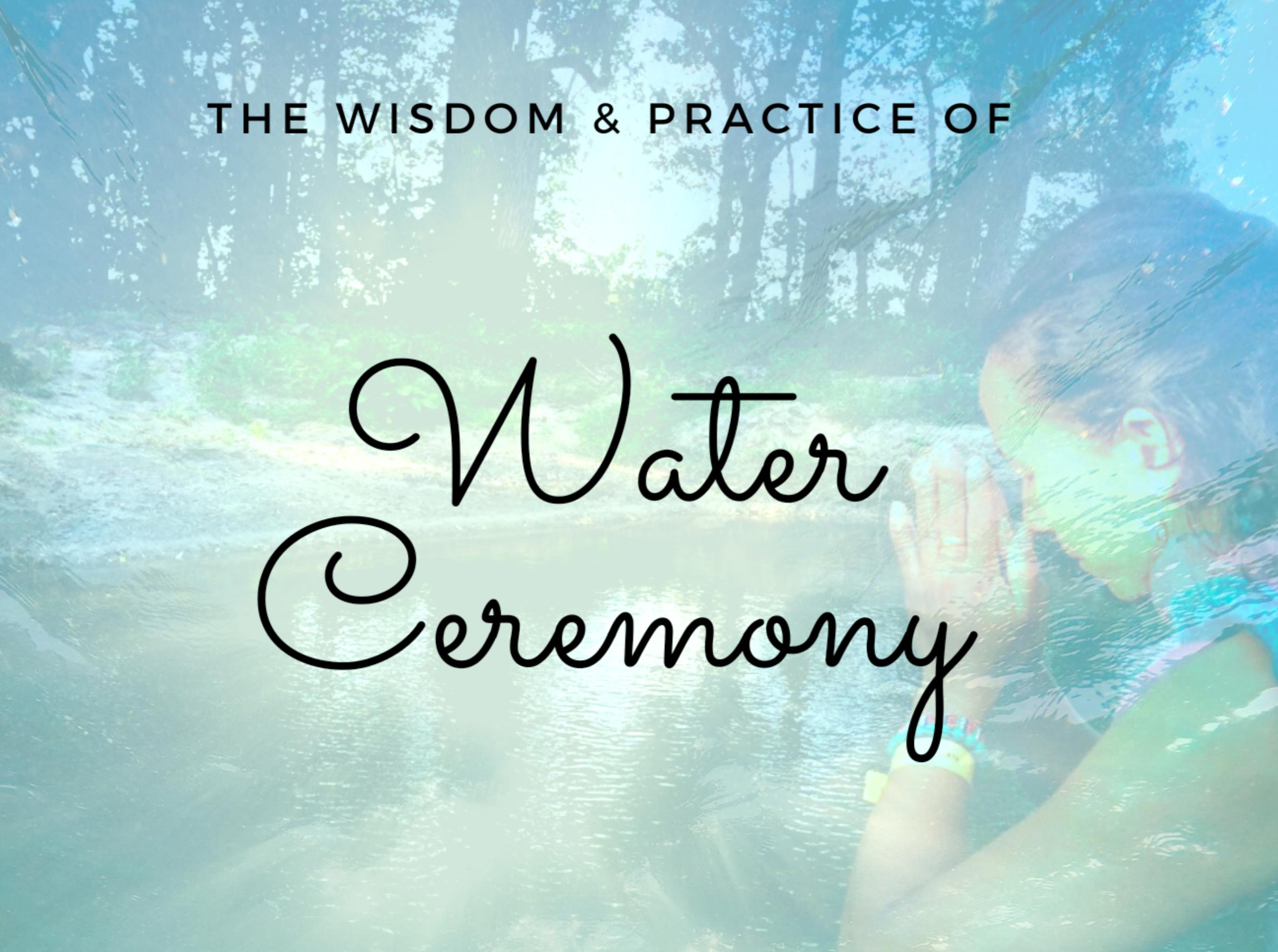
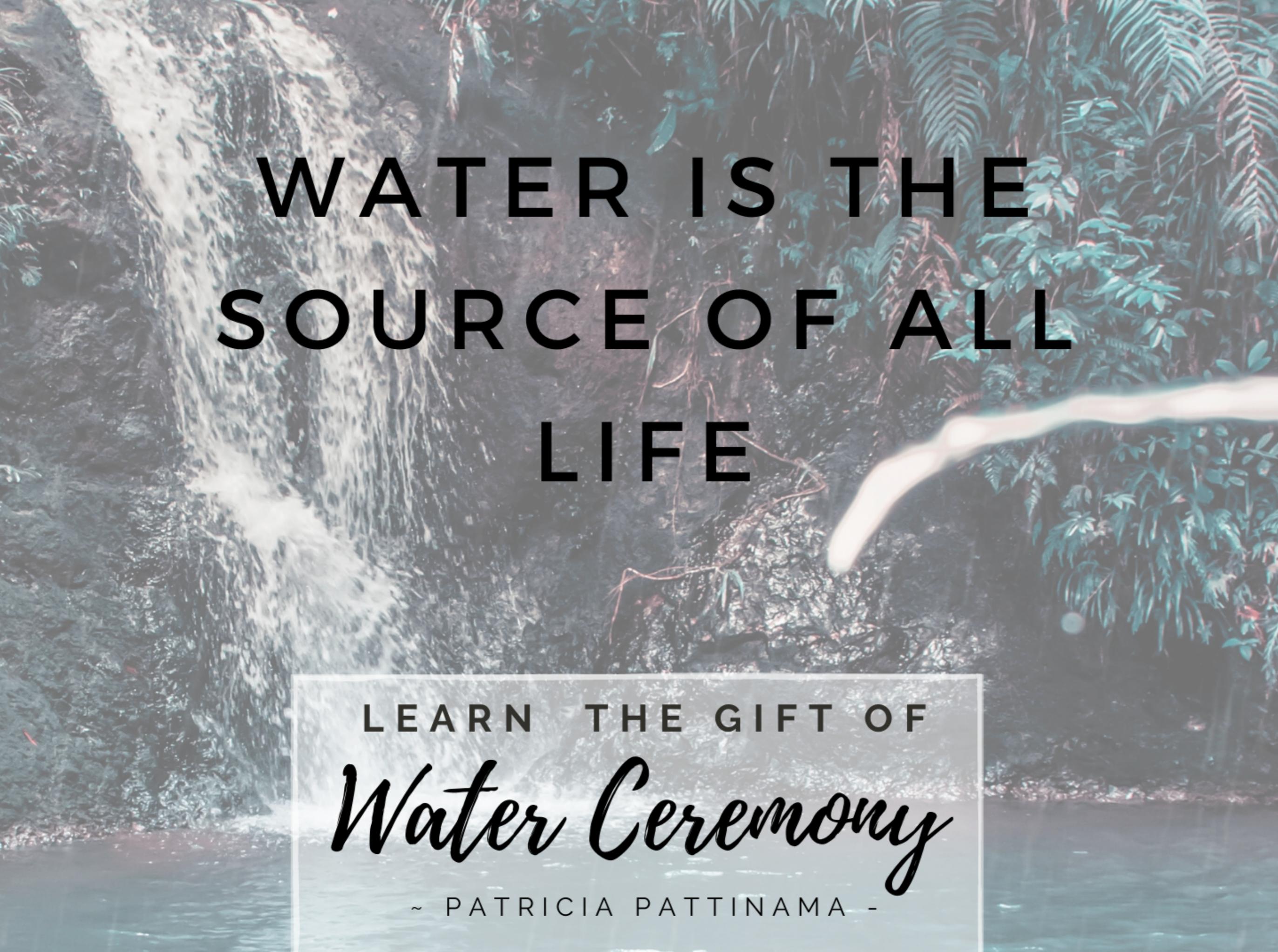


THE WISDOM & PRACTICE OF

Water  
Ceremony



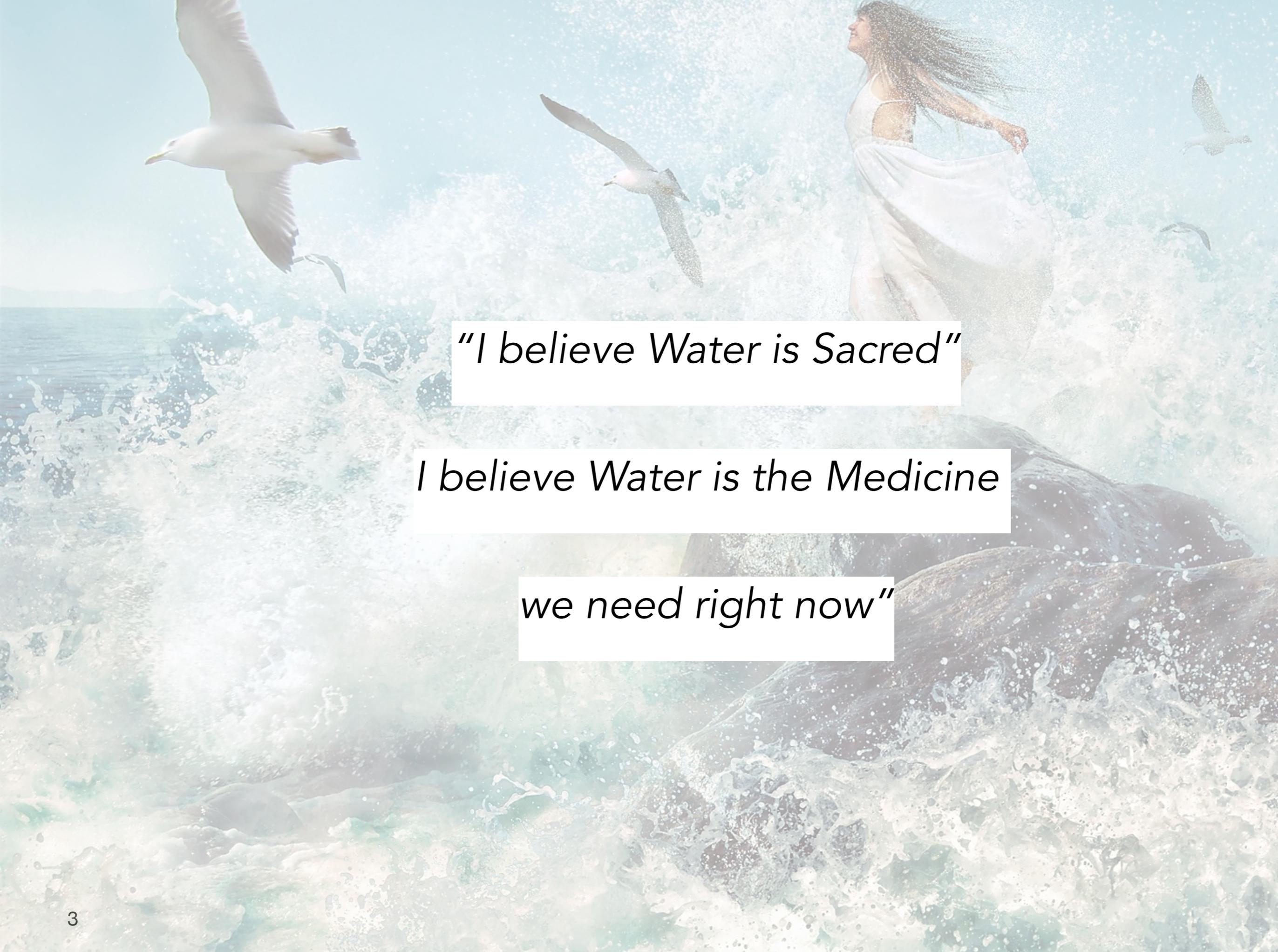


WATER IS THE  
SOURCE OF ALL  
LIFE

LEARN THE GIFT OF

*Water Ceremony*

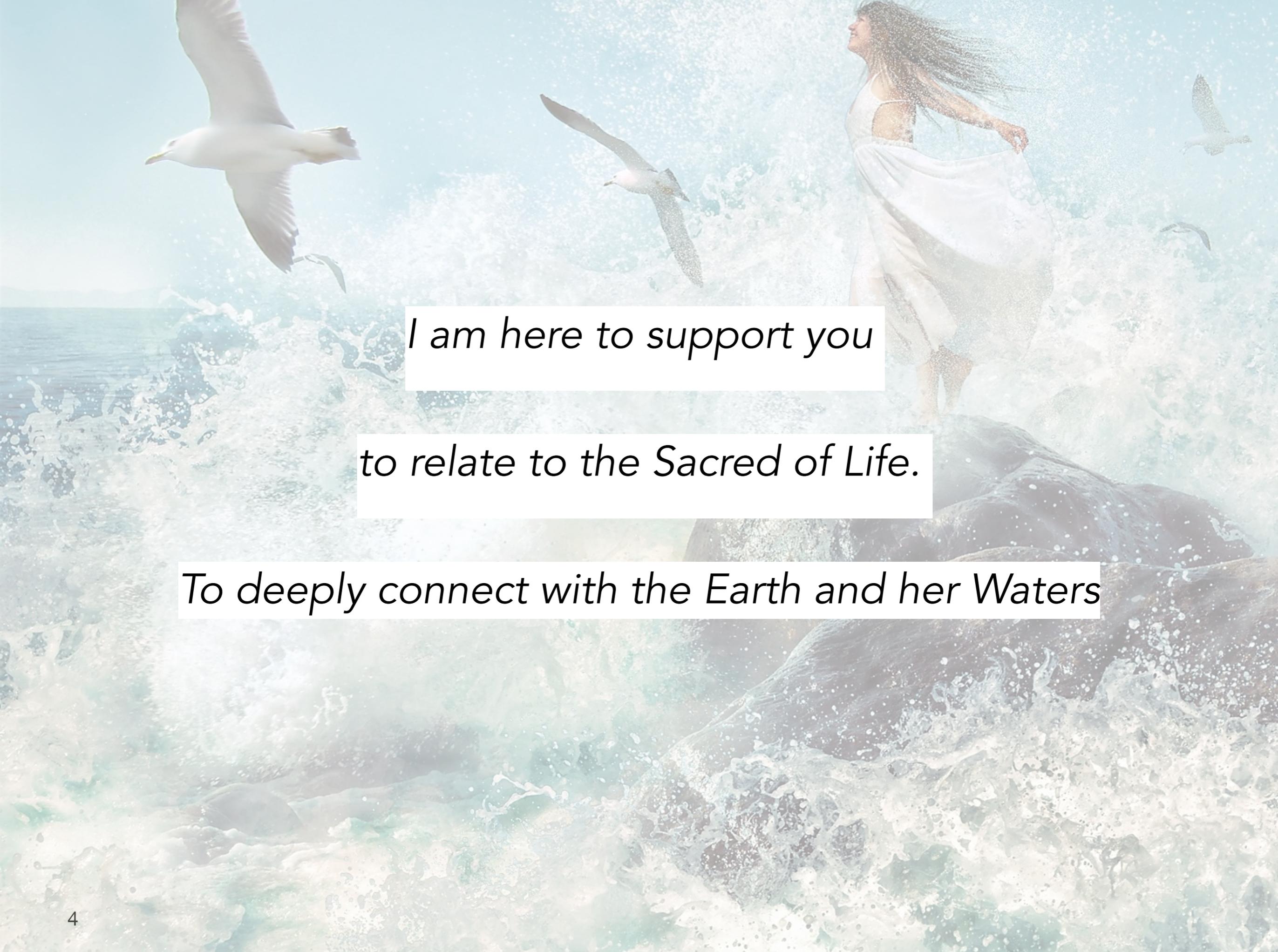
~ PATRICIA PATTINAMA ~

A woman with long dark hair, wearing a white, flowing dress, is running on a rocky shore. She is looking towards the right. The ocean waves are crashing against the rocks, creating a misty spray of water. Several seagulls are flying in the sky above the water. The overall scene is bright and airy, with a soft, ethereal quality.

*"I believe Water is Sacred"*

*I believe Water is the Medicine*

*we need right now"*

A woman with long dark hair, wearing a white, flowing dress, stands on a rocky shore. She is looking towards the right, and her hair and dress are blowing in the wind. The ocean is turbulent, with large waves crashing against the rocks, creating a misty spray of water. Several seagulls are flying in the sky above the water. The overall scene is ethereal and serene, with a soft, hazy light.

*I am here to support you*

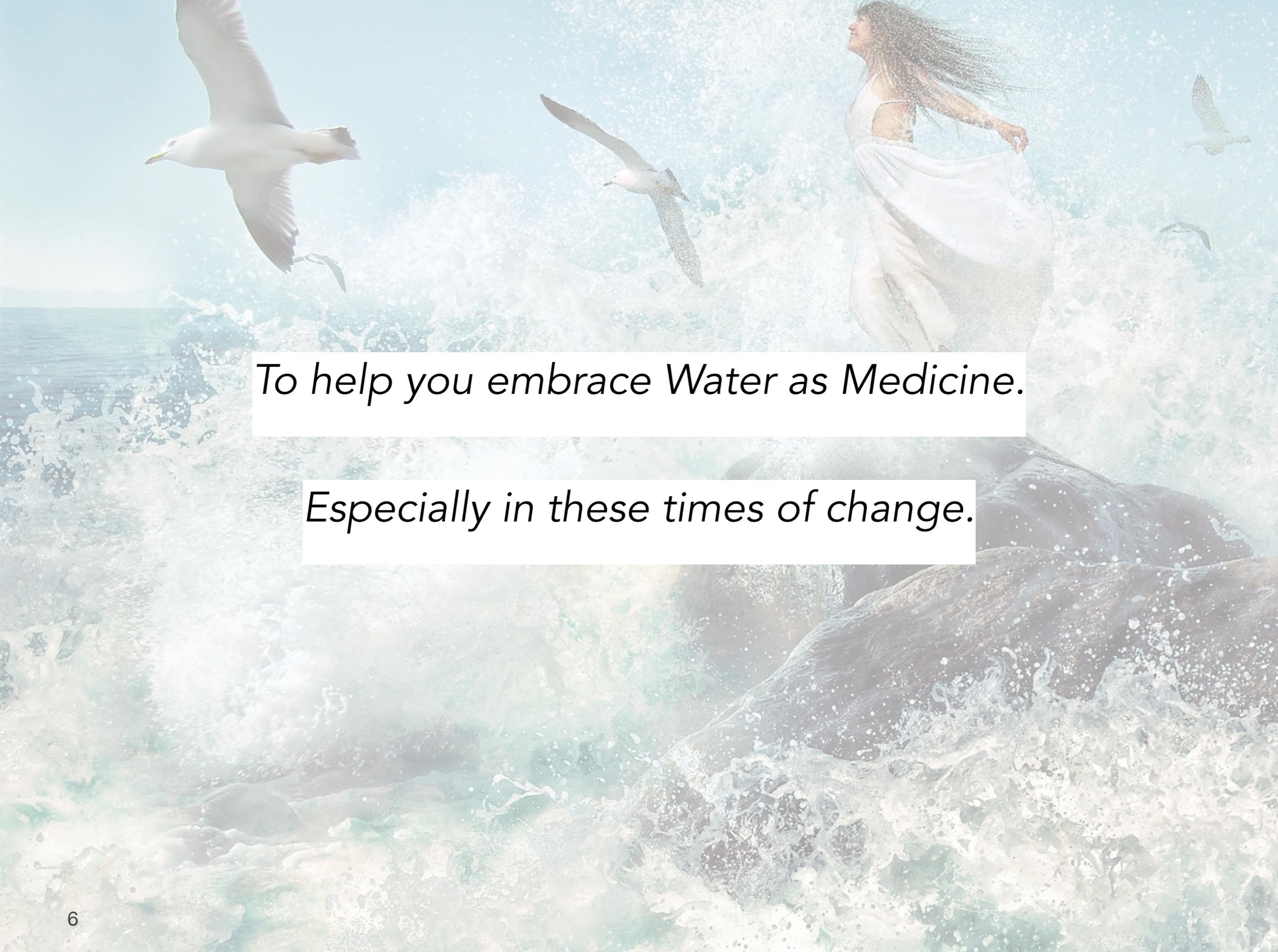
*to relate to the Sacred of Life.*

*To deeply connect with the Earth and her Waters*

A woman with long dark hair, wearing a white, flowing dress, stands on a rocky shore. She is looking towards the right, and her hair and dress are blowing in the wind. The ocean is turbulent, with large waves crashing against the rocks, creating a misty spray of white water. Several seagulls are flying in the sky above the water. The overall scene is dramatic and evocative, suggesting a sense of resilience and navigating through life's challenges.

*To give you an ancient tool*

*To help you surf the waves of Life.*

A woman with long dark hair, wearing a white, flowing dress, is running on a rocky shore. She is looking to her right with a joyful expression. The ocean waves are crashing around her, creating a misty spray of water. Several seagulls are flying in the sky above her. The overall scene is bright and airy, with a soft, ethereal quality.

*To help you embrace Water as Medicine.*

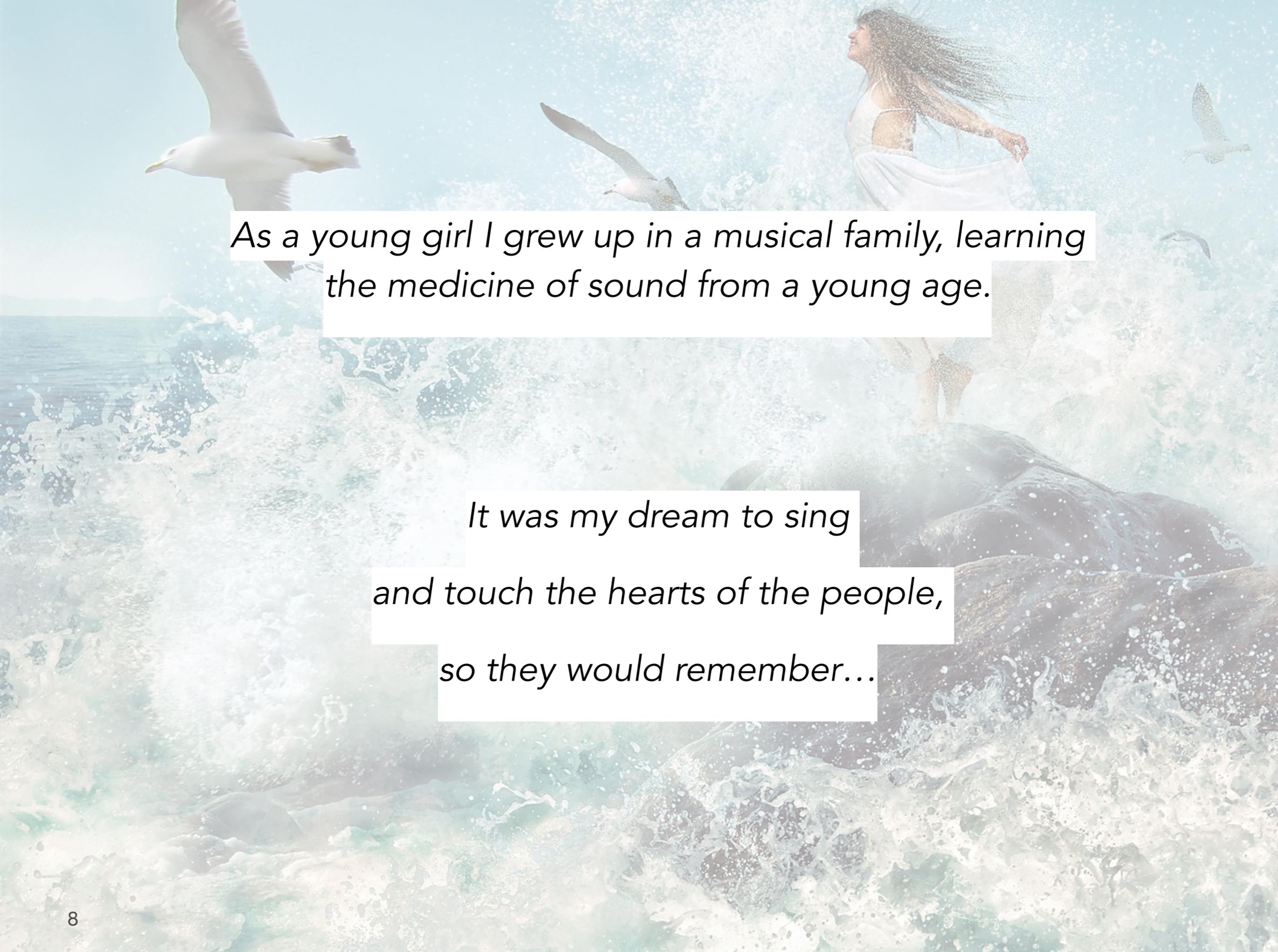
*Especially in these times of change.*



**My name is**

*Patricia Pattinama  
~Shabad Deep Mata Aair*

*I walk the path of transformation through Sound,  
following my heart and inner guidance...*

A young girl with long dark hair, wearing a white dress, is running on a rocky beach. She is looking to the right with a joyful expression. The background is a bright, hazy blue sky with several seagulls in flight. The foreground shows the ocean waves crashing against the rocks, creating a misty and dynamic atmosphere. The overall scene is dreamlike and evocative.

*As a young girl I grew up in a musical family, learning  
the medicine of sound from a young age.*

*It was my dream to sing  
and touch the hearts of the people,  
so they would remember...*

A woman with long dark hair, wearing a white, flowing dress, is running on a rocky beach. She is looking towards the right. The background is a bright, hazy sky with several seagulls in flight. The foreground shows the rocky shore and the ocean waves crashing against the rocks.

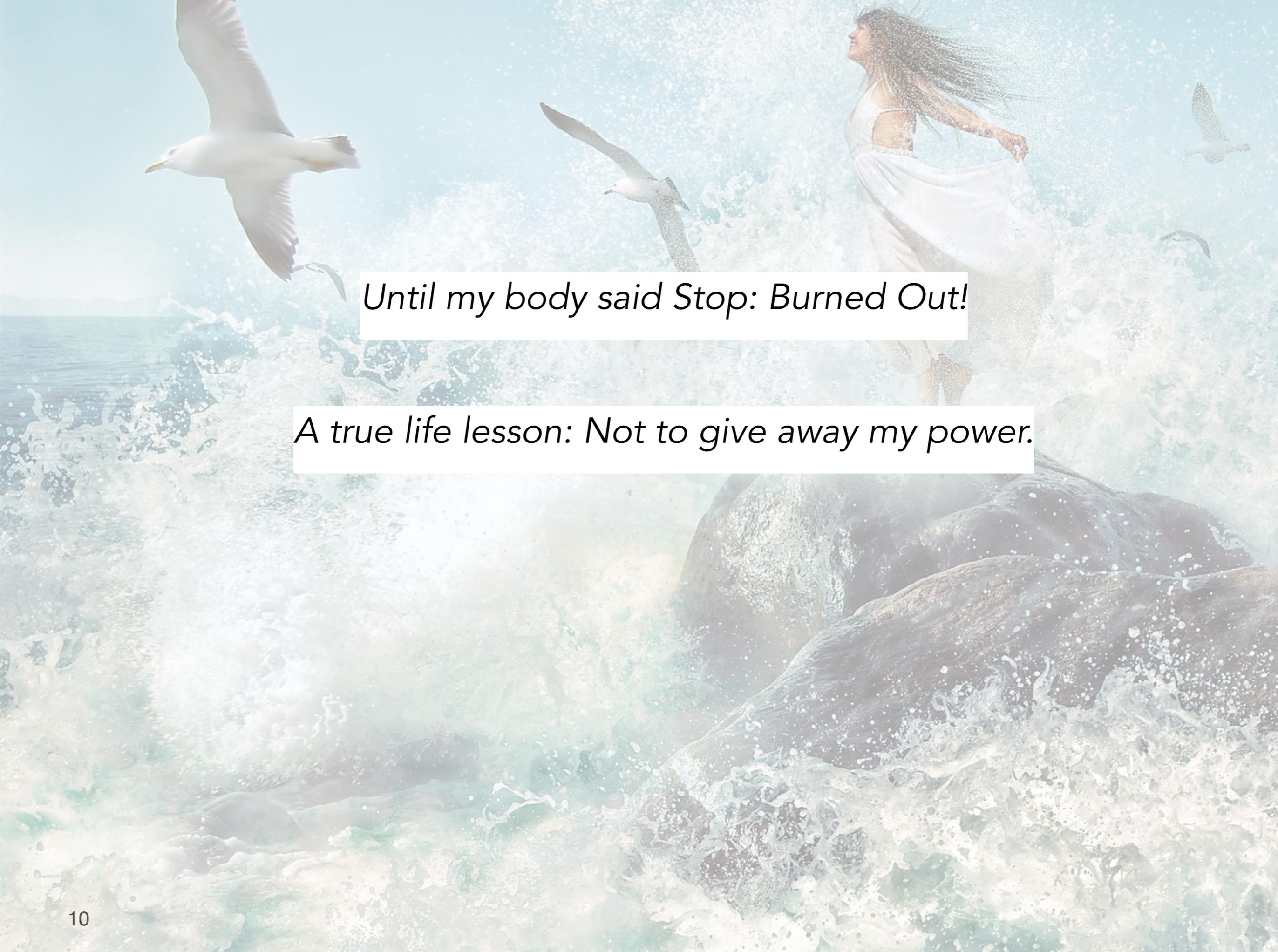
*But then life happened.*

*I was so shy and afraid to be judged...*

*Adjusting myself to fit into a perfect picture.*

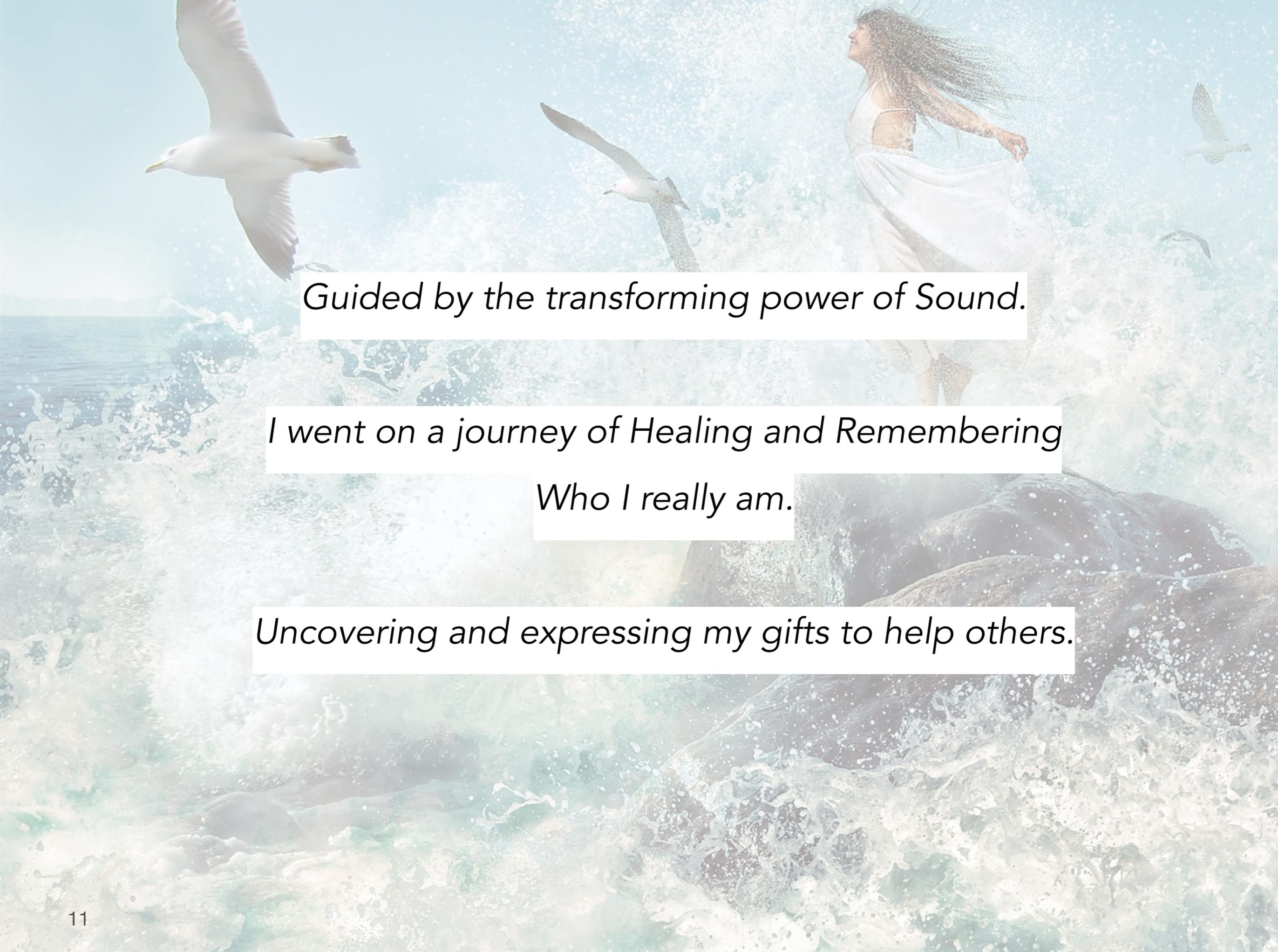
*I spent about a decade in business as a product and marketing manager.*

*Living a false life. Hiding behind a fake image.*

A woman with long dark hair, wearing a white, flowing dress, stands on a rocky shore. She is looking towards the right. The scene is filled with crashing waves and seagulls flying in the sky. The overall atmosphere is one of a powerful, natural environment.

*Until my body said Stop: Burned Out!*

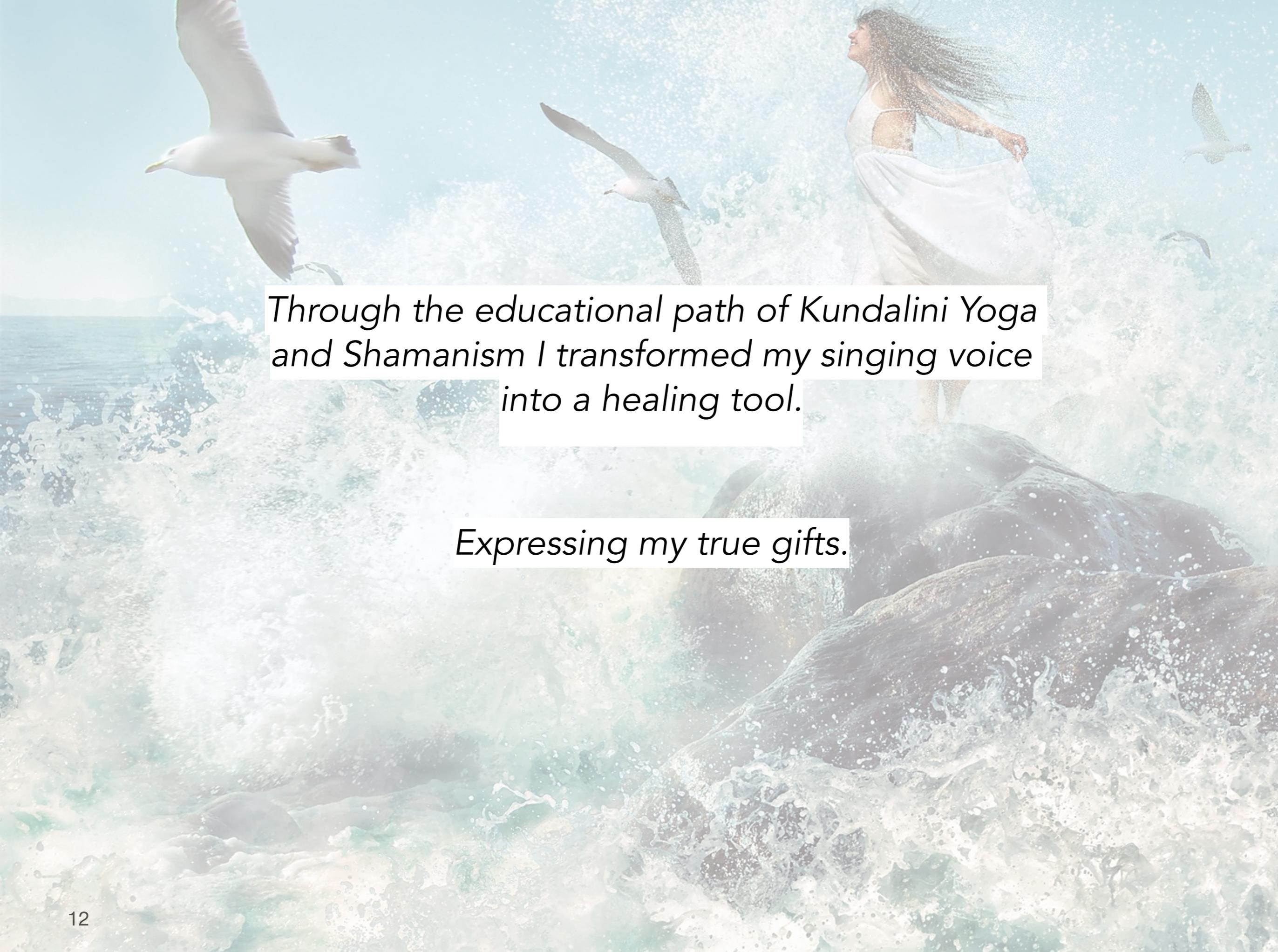
*A true life lesson: Not to give away my power.*

A woman with long dark hair, wearing a white dress, stands on a rocky shore. She is looking towards the right, and her hair is blowing in the wind. The background is a bright, hazy sky with several seagulls in flight. The foreground shows the ocean with white foam from waves crashing against the rocks.

*Guided by the transforming power of Sound.*

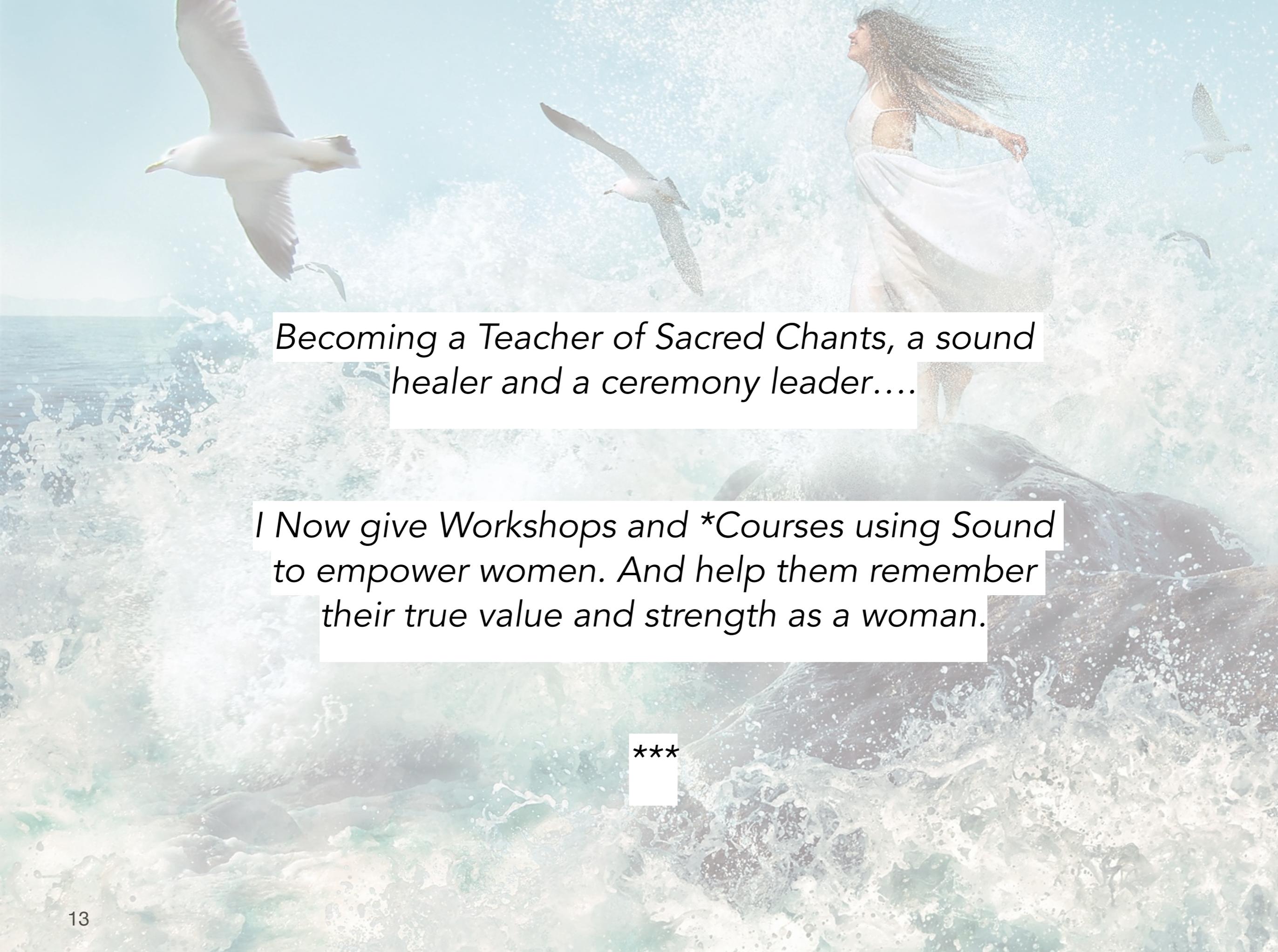
*I went on a journey of Healing and Remembering  
Who I really am.*

*Uncovering and expressing my gifts to help others.*

A woman with long dark hair, wearing a white dress, stands on a rocky shore. She is looking towards the right. The background is a bright, hazy blue sky with several seagulls in flight. The foreground shows dark, wet rocks and white foam from waves crashing against them. The overall scene is serene and evocative.

*Through the educational path of Kundalini Yoga  
and Shamanism I transformed my singing voice  
into a healing tool.*

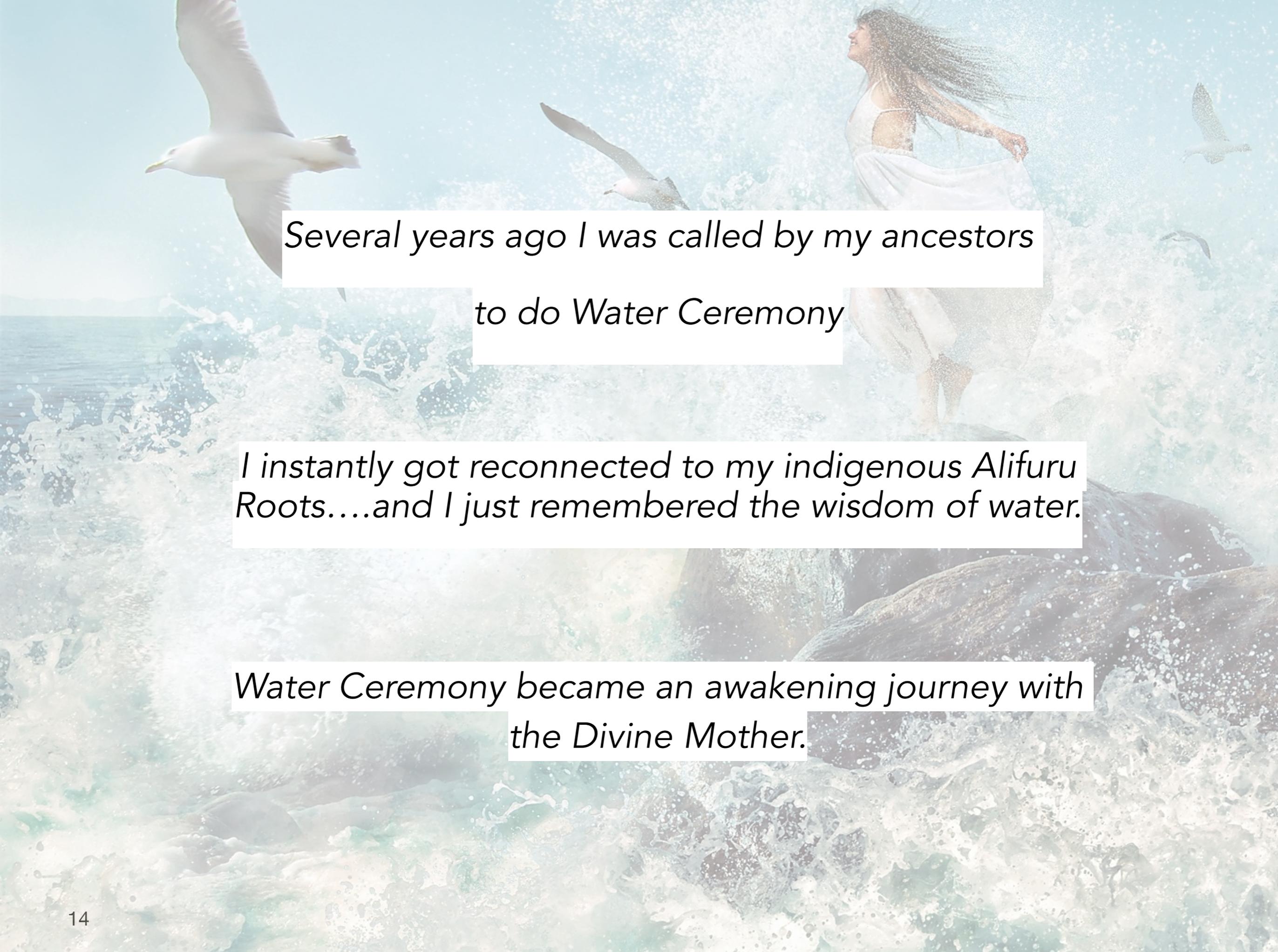
*Expressing my true gifts.*

A woman with long dark hair, wearing a white sleeveless dress, is running on a rocky shore. She is looking upwards and to the right. The background is a bright, hazy sky with several seagulls in flight. The water is splashing around the rocks.

*Becoming a Teacher of Sacred Chants, a sound healer and a ceremony leader....*

*I Now give Workshops and \*Courses using Sound to empower women. And help them remember their true value and strength as a woman.*

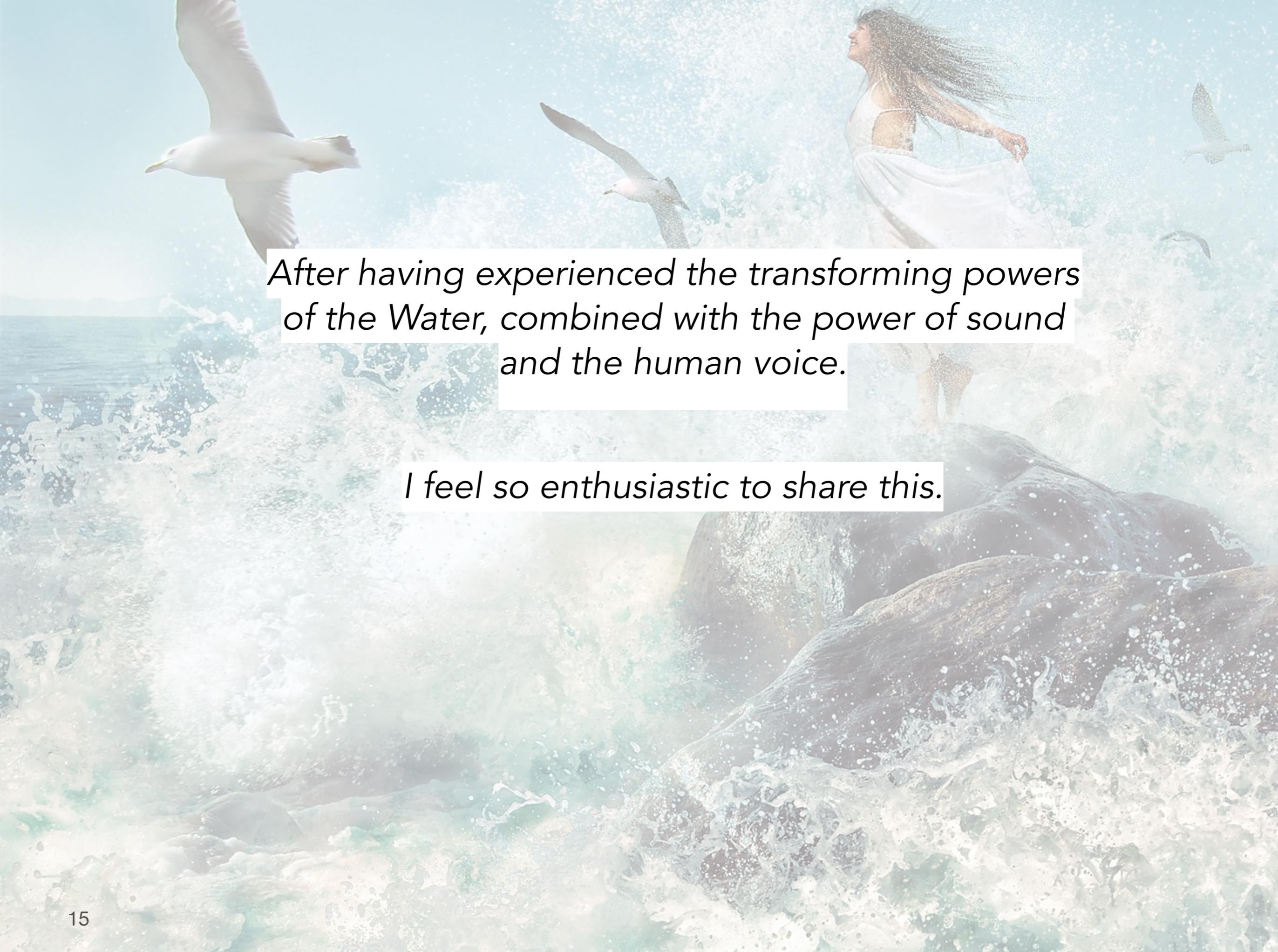
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*Several years ago I was called by my ancestors  
to do Water Ceremony*

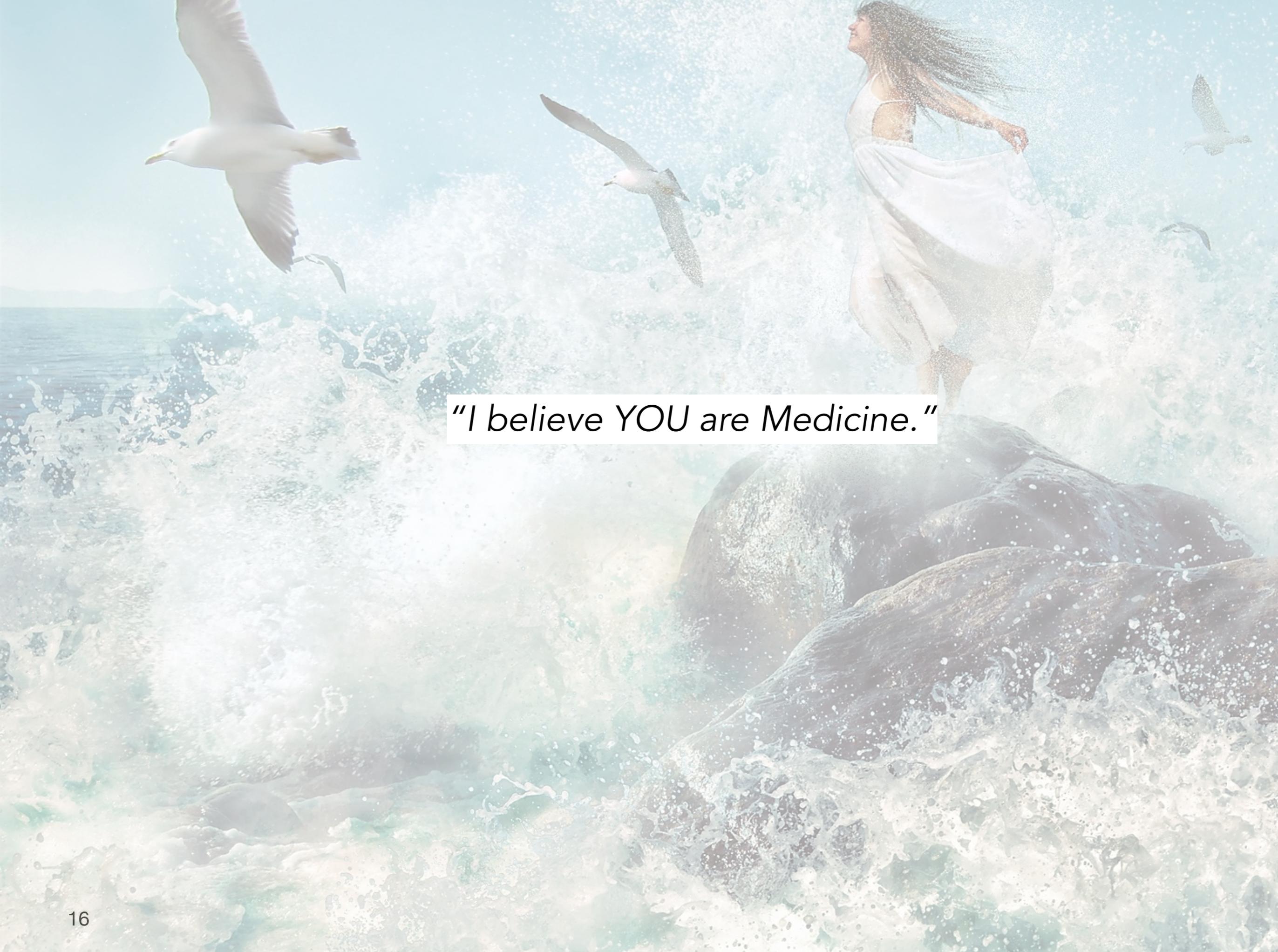
*I instantly got reconnected to my indigenous Alifuru  
Roots....and I just remembered the wisdom of water.*

*Water Ceremony became an awakening journey with  
the Divine Mother.*

A woman with long dark hair, wearing a white dress, stands on a rocky shore. She is looking towards the right, and her hair is blowing in the wind. The background is a bright, hazy sky with several seagulls in flight. In the foreground, there are large, dark rocks partially submerged in the ocean. The water is turbulent, with white foam from the waves splashing over the rocks. The overall scene is serene and evocative, suggesting a sense of freedom and connection with nature.

*After having experienced the transforming powers  
of the Water, combined with the power of sound  
and the human voice.*

*I feel so enthusiastic to share this.*



*"I believe YOU are Medicine."*

# WATER IS ALIVE

Water has a consciousness.

Water is the Being,

consisting of all drops of water on Earth.

# WATER IS SACRED

Water is the giver of life.

All life comes from the water.

Water is the physical embodiment of the divine feminine.

# WATER IS SACRED

Water ceremony has been practiced by our ancestors since the beginning of time.

As they understood it is of great importance to keep the balance on Earth and in your life.

# WATER IS A TEACHER AND A HEALER

Humbleness

Transformation

Patience

Calming

Gratitude

Flow

Cleansing

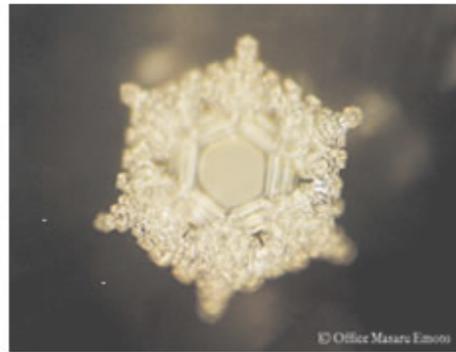
Surrender

Reverence

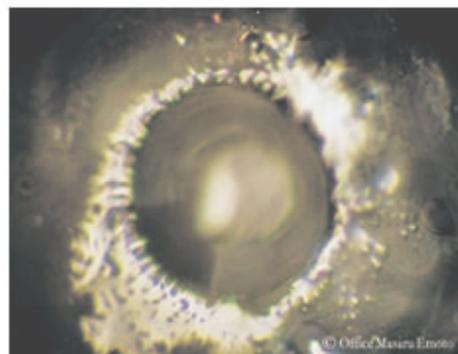
*Water Crystals after being exposed to the words:*



*I love you*



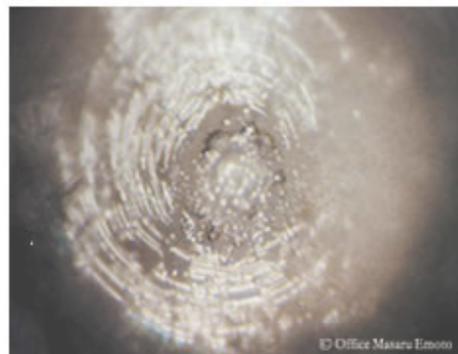
*Love and Gratitude*



*Do it*



*Let's do it*



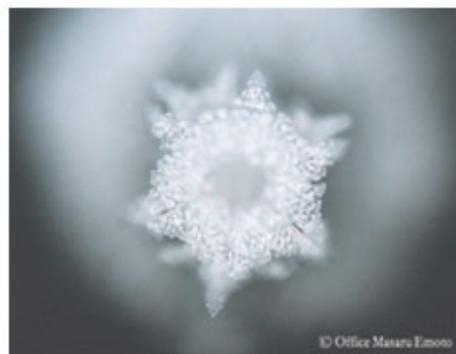
*You Fool*



*Thank You*



*War*



*Peace*

# WATER HOLDS INFORMATION

Dr. Masaru Emoto put water on the map as a living consciousness. He proved the effect human thoughts, words, sounds and intentions have on water.

If water is affected by the words, intentions, and energies, imagine what else is possible by making conscious choices?

Water is timeless, it has been on Earth always. Holding the energy and information of our history and ancestors.



# THE PRACTICE OF WATER CEREMONY

Enhance your relationship with the water, mother Earth, The Divine, humanity...with all of life.

Water Ceremony has a big impact on all life everywhere.



# WHAT CAN IT BRING YOU?

1. Align to the flow of life.
2. Cleanse yourself on all levels.
3. Healing on all levels.
4. Emotional release.
5. A deep sense of faith.
6. Remember your essence.
7. Contribute to balance and peace.

# THE PRACTICE

- 1 Preparations: Grounding & Presence
- 2 Sacred Space
- 3 Connect with the Water
- 4 Prayers & Sacred Chants
- 5 Give & Receive
- 6 Return water to waterbody
- 7 Closing Ceremony



# 1. PREPARATIONS

- Prepare the space, gather your things
- Calm yourself down. Bring mental energy into the body

# GROUNDING & PRESENCE

- Meditate to become present here and now
- Create an INTENTION

## 2. SACRED SPACE

1. Clear the space

2. Create a Water Altar

## 2. SACRED SPACE

### 3. Prayer to create Divine Alignment

*(Universe/God/Creator, Mother Earth, Wind directions,  
Ancestors, Spirit guides, Elements)*

# 3. CONNECT WITH THE WATER

Open your heart to connect  
with the being of Water.

Invite her presence.

# 4. PRAYERS

*The difference between intention and prayer*

*“It’s not a Ceremony if you’re not praying”*

*~ Grandmother Flordemayo*

# STRONG PRAYERS

Offer your prayers and sacred chants.  
Pray out loud & sing from your heart and soul.

What makes a strong prayer?

- Coming from the heart
- Including gratitude
- Sending your voice to spirit

# SACRED CHANTS

Your voice holds immaculate power.

Sing with love. Be grateful.

Pray from you heart and soul.

And hold yourself with reverence.



# Ho'oponopono

I am sorry

Please forgive me

I thank you

I love you

I bless you

# Yemaya Assesu

Yemaya Assesu, Assesu Yemaya

Yemaya Olodu, Olodo Yemaya

*Blessing chant to Yemaya, the goddess of the oceans. All drops return to the ocean.*

*From Yoruba tradition*



# 5. GIVE & RECEIVE

When giving your blessings and gratitude to the water, you are blessing all of life everywhere.

For this sacred act you will be gifted blessings in return. Be open to receive.

## 6. RETURN WATER TO WATERBODY

Give your blessings back to the body of water, with

gratitude and a humble heart. Flowers if you like.

Your prayers will be transported all across the Earth

and beyond.

# 7. CLOSING THE CEREMONY

Send a prayer of gratitude for the presence, guidance  
and support from the Divine.

Also thank Mother Earth, wind directions, ancestors,  
spirit guides and all elements.

## 8. PRACTICE REGULARLY

The best time to practice water ceremony is around  
the New Moon.

Keep a practice and discover how your relationship  
with the water and life will change.

# GRATITUDE DAILY

Say thanks, every time you see or touch water.

When drinking, showering, bathing, sweating,

whenever it rains, whenever you see new life in the

womb of a mother....



**WHAT ARE YOU TAKING AWAY?**



# SACRED WOMAN, TRUE VOICE

*"I believe there is a new kind of woman on Earth*

*A woman with an inner calling,*

*a message and a gift."*

A woman in a white dress is running on a rocky shore. The waves are crashing around her, and seagulls are flying in the sky. The scene is bright and energetic.

# SACRED WOMAN, TRUE VOICE

*"She has the courage to Speak her Voice*

*and Live her truth."*

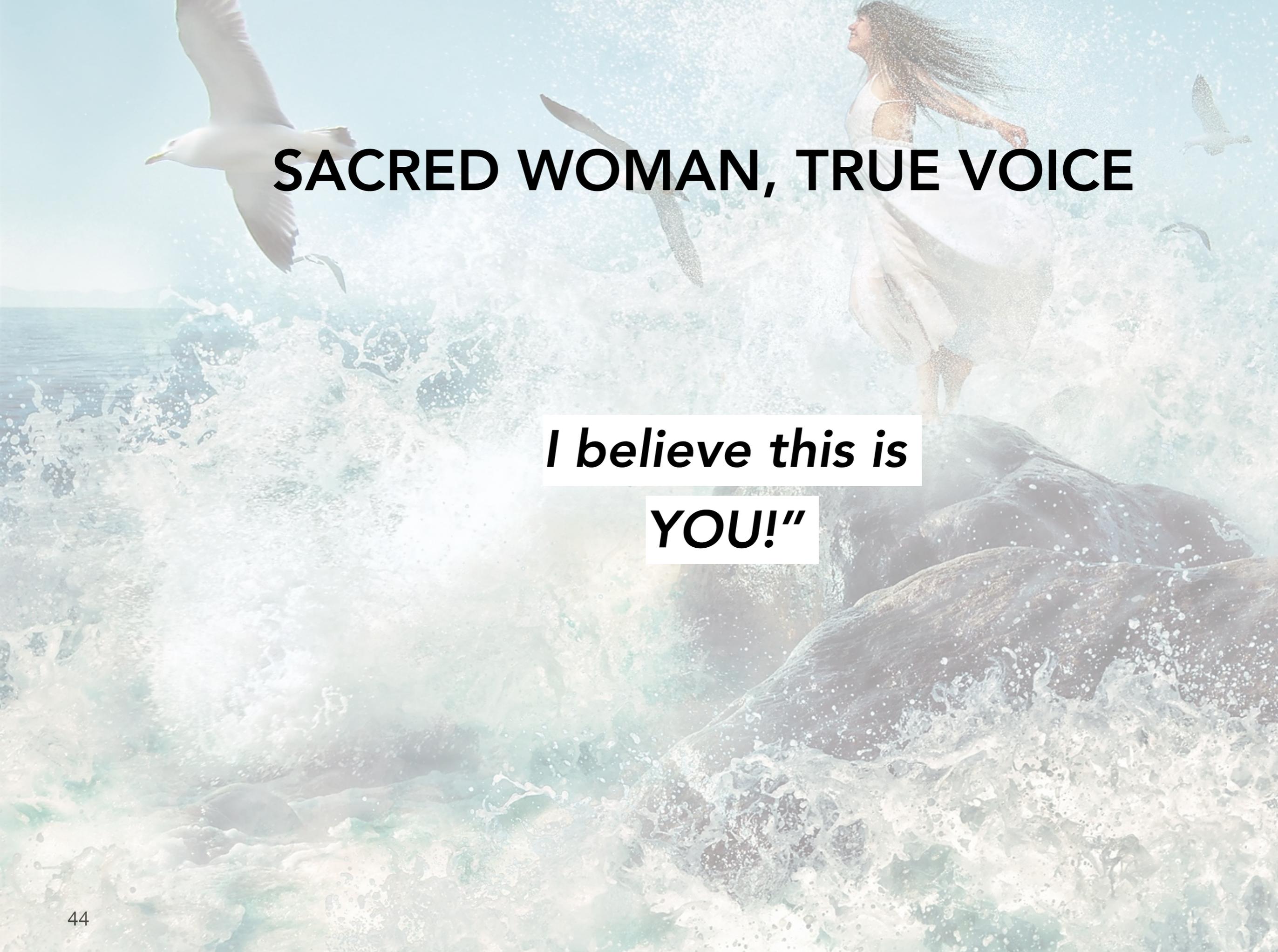


# SACRED WOMAN, TRUE VOICE

*"She is standing up*

*to share her Medicine with the world.*

*....and to make a change."*

A woman with long dark hair, wearing a white, flowing dress, stands on a rocky shore. She is looking towards the right, and her hair is blowing in the wind. The ocean is turbulent, with large waves crashing against the rocks, creating a misty spray of white water. Several seagulls are flying in the sky above the water. The overall scene is ethereal and powerful.

# SACRED WOMAN, TRUE VOICE

*I believe this is  
YOU!"*

# SACRED WOMAN, TRUE VOICE

*"If this speaks to you..."*

Contact me for a **FREE FLOW SESSION:**

[medicineofpeace@gmail.com](mailto:medicineofpeace@gmail.com)

Or 0031 (0)6 39 45 95 63

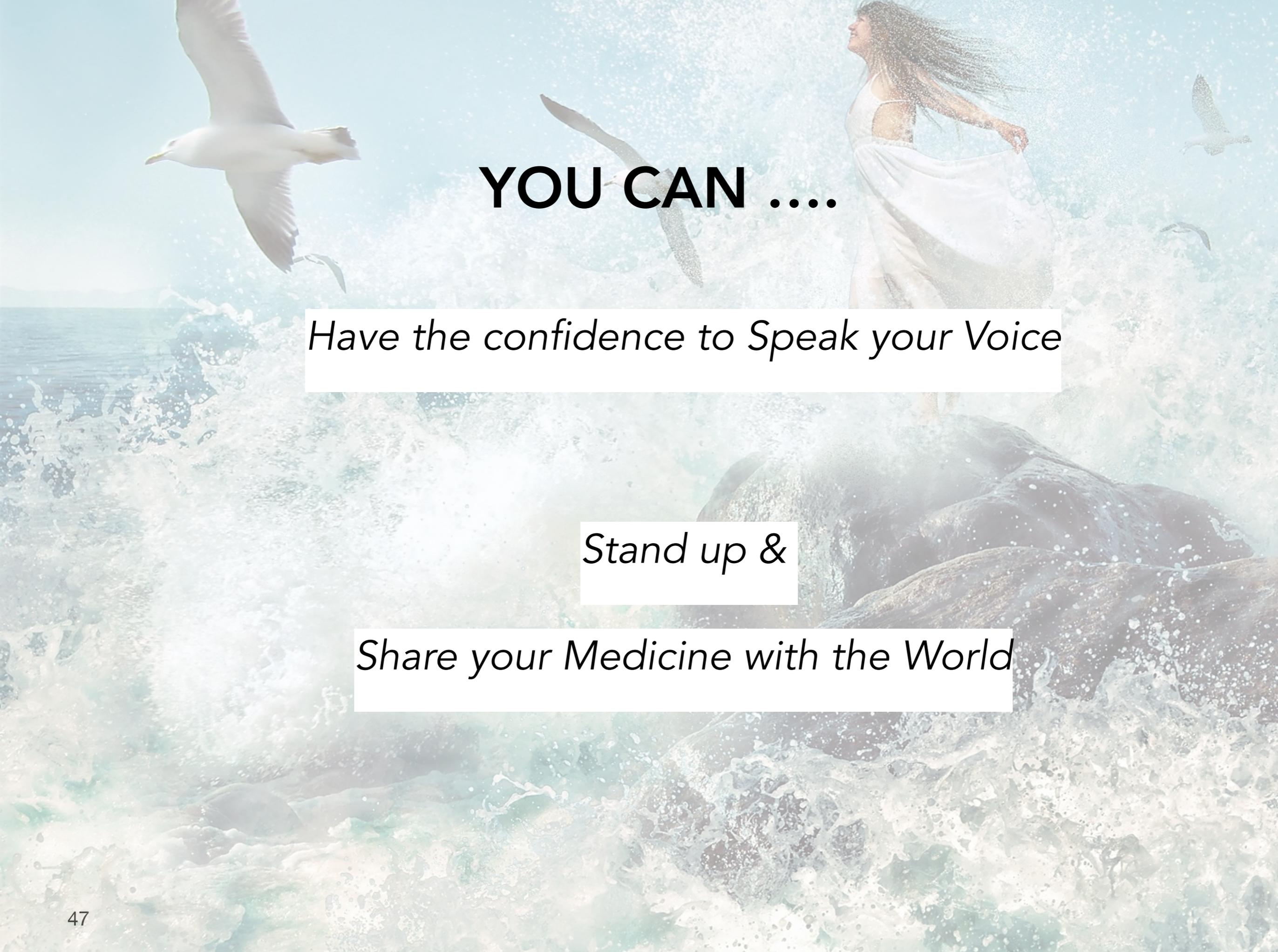
*Patricia ~ Shabad Deep Mata Aair*

A woman with long dark hair, wearing a white, flowing dress, is running on a rocky shore. She is looking to her right with a joyful expression. The ocean waves are crashing against the rocks, creating a misty spray of water. Several seagulls are flying in the sky above her. The overall scene is bright and airy, with a soft, ethereal quality.

**YOU CAN ....**

*Trust your calling*

*Share your inborn Wisdom*

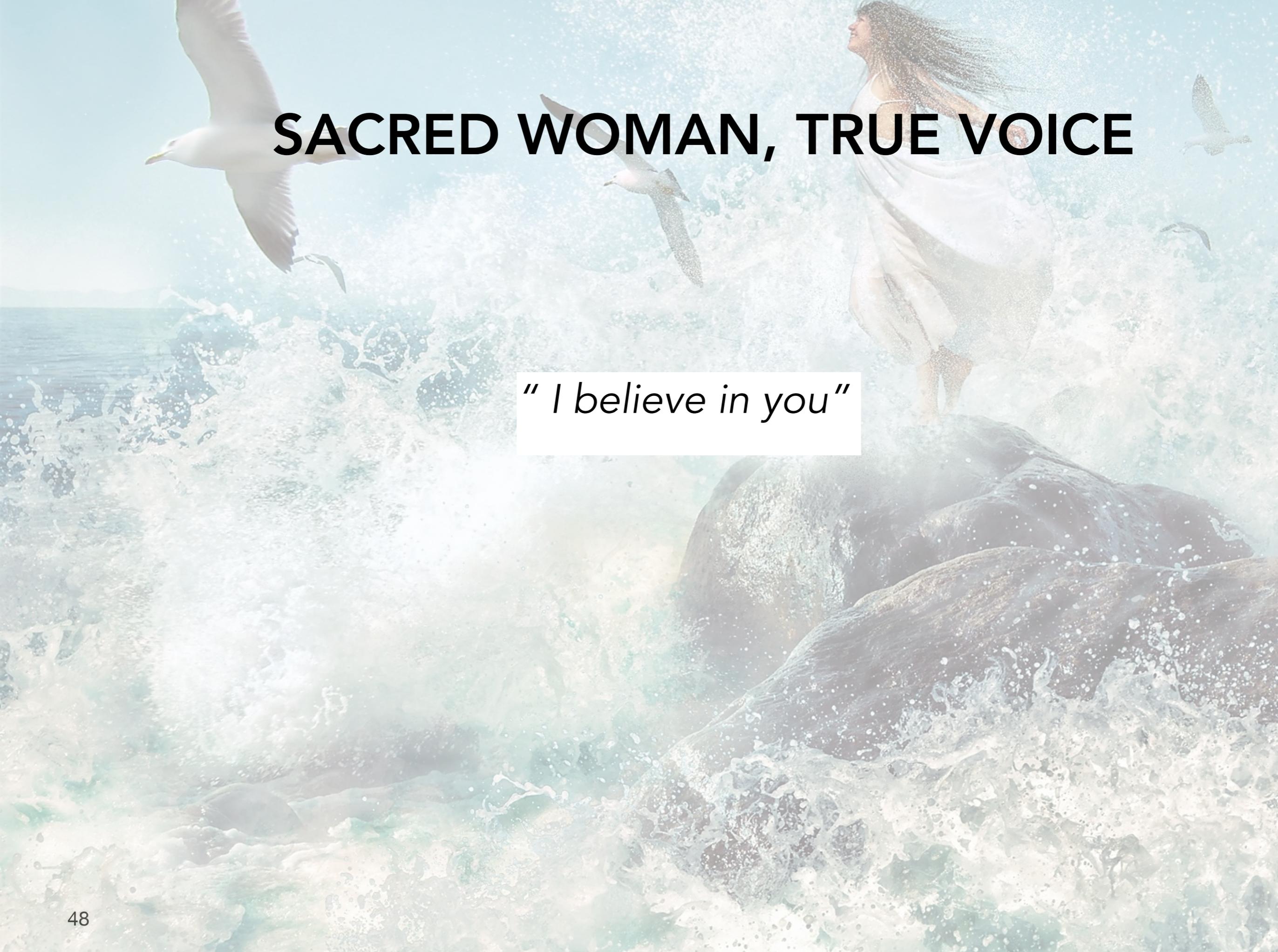


**YOU CAN ....**

*Have the confidence to Speak your Voice*

*Stand up &*

*Share your Medicine with the World*

A woman with long dark hair, wearing a white, flowing dress, stands on a rocky shore. She is looking towards the right. The ocean waves are crashing around her, creating a misty and dramatic atmosphere. Several seagulls are flying in the sky above her. The overall scene is ethereal and powerful.

# SACRED WOMAN, TRUE VOICE

*" I believe in you "*



# Thank you for your Prayers & Blessings

For the Waters,  
For Mother Earth,

For the awakening of the  
Divine Feminine energy.

For Humanity,  
For our Children,  
For Peace.

💖 Love,  
Patricia Pattinama  
*Water Guardian*

[www.medicineofpeace.com](http://www.medicineofpeace.com)



**Get Connected**

**WORLD**

# **WATER SISTERS UNITED**



***Join the global movement:***

**<https://medicineofpeace.com/watersistersunited/>**