



SELF HEALING

PREMIUM COURSE

Lecture 4

About Water element meditation

It is for the Solar Plexus and Heart chakra related healings.

These two chakras are the most laborious of them all. They manage every moment of human interaction connected to the owner. What others think of you, what they say about you, what you think of them to think of you are all part of the work they handle. On the top of the vast majority of your feelings there is food, the only conscious energy intake that ends up in the digestive system, looked after the Water element. It also manages the fluid flow, like blood and lymph in the body. That is why you need to take in a decent amount of water daily.

Organs, such as stomach, liver, pancreas, gall bladder, all the intestines, spleen, heart and blood vessels are governed by this element.

The quality of this element in the body mirrors that of Earth, the soil that holds the water.