

S5

'Feeling to Know' - An embodied practise facilitating harmonic resonance with the Order of Creation.

(Thanks to Dr. Gretha Zahar who initiated the practise of making S5, adapted below to the cycles of the Tzolkin)

The practise of making S5 is a way of maintaining an adaptive relationship with the Sun, the Source of All Life. Water, the medium of both our inner and outer environments, is the perfect solution. If the Order of Creation were a language, water is the pages on which The Creator writes the words. I turn to water to re-mind myself, in every sense, all ways.

The Tzolkin is the Order of the Sun's light. To put that pattern, that Order, in your body, is to attune to the pattern of the Sun's creative energy; to resonate harmonically with the incoming frequencies, allowing adaption to be led by the Creative Source - the Sun. And, to experience 'constructive interference', as when waves of similar form meet, there is an increase in that waves' power. S5 does not 'fix' or 'make better', S5 harmonises, facilitating resonance with that which IS - Absolute.

Water out in sun for 13 days absorbs the whole spectrum of each Wavespell. The constant practise, is a constant adaption with the evolving Order. Wavespell after Wavespell, the making of S5 is a dynamic practise. Make it, use it, make it, use it...Creation as a constant dynamic rather than an event.

Freezing the water harmonises and balances the energy absorbed by the water.

The solar transformation is accelerating in an unprecedented manner. We cannot presume to know, we can though, follow The Order, and allow IT to guide our Way.

Any further description 'why' or 'what' S5 is, would only be my 'story' and then limit your experience as well as create expectations. Please make the water if it resonates with you.

fill a glass container with water
secure plastic wrap over the opening
place outside in the sun for the duration of a 13:20 Wavespell (tones 1 - 13)
freeze, at least 3 days
defrost and use
It is that simple - WATER + SUN + YOU

Any glass container that you have will be perfect, a glass, a bottle, a jar. Clean it thoroughly removing any labels. When you place the water outside, it is without any intention other than allowing the water to absorb the Sun's light over that Wavespell, without interference of expectation. If you wish to label it, keep the label simple, perhaps the Wavespell Archetypes, or Kin Numbers. Your presence as you prepare and place the water outside is enough and is an important factor. You may freeze the water in the glass container, be aware it may shatter as it freezes. To avoid glass throughout your freezer, place it in a plastic container before freezing, or, freeze the water in plastic bottles. You can pour the water into a plastic bottle at the end of the Wavespell before placing it in the freezer. Use glass though while the water is in out in the sun. Once defrosted, keep the S5 out of direct light, either in the fridge or a cupboard. A small spray bottle is a convenient way to use it and have it with you throughout the day.

Suggested uses

Spray yourself and / or your environment, there is no separation.

As a drink, an enema or as a spray.

Through the skin, the largest sensory organ, is the fastest way for the water to enter your body, without (mental) interference. Spray and rub in as much and as often as you like. You may notice a stickiness as the S5 meets some resistance, it may even begin to 'peel' a little. Slow the rubbing down, sweep the peeling away and repeat until the peeling stops. You may burp. It may also feel smooth and soft, feel it rather than think it, allow rather than judge.

Use in situations that potentially hold some resistance for you, or when you meet some 'resistance'.

Use for physical pain, to open the blockages facilitating energy to flow. Nature is designed to be self-generative, excess unbalanced energies block that, open and allow nature to 'do its thing'. When used in combination with other healing practices it augments the response to that practise.

On food and drinks, on your head before sleeping, prayer or meditation, plants, animals... their food and water, Tobacco ...there is no limit, find ways that are relative and simple for you.

(Nb; smoking Tobacco - spray prior to smoking it. If you spray a whole pouch of tobacco, it will become fine & crumble.)
S5 has no monetary value. S5 is a self participatory practise. Make your own.