

S5

A solution for Universal Peace.

The practice 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'.

Thanks to Dr. Gretha Zahar who initiated the practice of making S5 (adapted here to the cycles of the Tzolkin)

Our Sun is a star composed of a constantly moving plasma which is continually releasing 'energy'. This movement, this constant release of 'energy,' that creates, sustains and evolves all life, is ORDERED. The Order, The Way, in which the Sun releases energy, is symbolised as number by the Tzolkin.

S5 is a self generative, participatory practise, that facilitates a direct molecular 'in-formation' of the Sun itself.

S5 is a combination of this Order of the Sun's energy + water + you. The practice of S5 is constant attunement to the Sun's creative energy so that our being may also 'evolve, move, change, in the same ordered way... as a 'mirror'... "Above & Below"

S5 does not 'fix' or 'make better', S5 harmonises, facilitating resonance with that which IS Absolute. Water in Sun for 13 days absorbs the whole spectrum of each Wavespell. S5 is a constant practice, a constant adaption with the evolving Order. Wavespell after Wavespell, make it, use it, make it, use it... Creation is a constant dynamic rather than an event.

Freezing the water harmonises and balances the energy absorbed by the water.
The Sun is constantly transforming and at this time, in an unprecedented manner.

Knowing about something is not the same as experiencing something.

Theorising is not the same as accomplishing.

Follow and embody order to know, to inform and experience it yourself.

Any further description 'why' or 'what' S5 is, would only be my 'story' and then limit your experience as well as create expectations.

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, do so 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 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

On anything and everything....

Spray yourself and / or your environment, there is no separation. As a drink, an enema or as a spray.

The skin is the largest sensory organ & the fastest way 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 disproportionate energies block that, open and allow nature to 'do its' thing'. When used in combination with healing practices it augments the response to that practice. On food and drinks.... Reduces weight gain, maintains flow rather than accumulation... Spray your head before sleeping, prayer or meditation, releasing attachment of thoughts Spray plants, animals their food & water Spray Tobacco (nb; smoking Tobacco - spray prior to smoking it. If you spray a whole pouch of tobacco, it will become fine & crumble..... less 'stuck together' There is no limit, find ways that are relative and simple for you.

S5 has no monetary value.

S5 is a self participatory practise.

Make your own.

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 (expressions 1 - 13)
freeze, at least 3 days
defrost and use
It is that simple - WATER + SUN + YOU