

The ChakraShower E-book

By Lucas Arnatt, creator of the ChakraShower Technique™

www.chakrashower.com

Nothingness and Everything

Is the bowl empty?
Is the bowl full?
Is the mind empty or full,
Or do you understand or not?
Go and wash your bowl.
- Zen Wisdom



Introduction:

- ❁ **We are energy vibrations.**
- ❁ **Our Being is manifest through a primary cycle of water and light.**
- ❁ **Water remembers and reflects vibrations.**
- ❁ **How you perceive water is how you perceive yourself.**

The ChakraShower technique will never be complete. It is an open-ended question just like the Zen saying above. Enlightenment is found only within the moment, within the awareness of moment, within the feeling of the moment, and our conscious awareness of that feeling.

*The ChakraShower is only for fun. It is not a serious pursuit, but it can be a healing and engaging process if it is **intended** to be that way. Our lives are our perception of Being, that which encompasses life and death, visible and invisible, nothingness and everything.*

Have fun with what I am proposing. I do feel deeply that if we focus our loving energy into our daily activities with water we can raise the vibrations on this planet. As we heal ourselves and see the true value and potential that water holds, we can and will, heal the planet.

- Lucas Arnatt

Water is the bearer and physical embodiment of our consciousness. It comprises approximately 70% to 80% of our physical being, and is our most vital necessity, only next to the air we breathe. Of course, water and air move and exist within the world's largest natural cycle, the water cycle.

Water's importance is undeniable in our daily lives, yet this importance is often lost in routine and commonplace activities, from washing the car, to washing the dishes, to making coffee or taking a shower. As it is the basis of our physiology it is also the foundation of the food that we eat, the clothes we wear, even the paper we write on.

"Where a spring rises or a water flows, there ought we to build altars and offer sacrifices."

- Seneca

Water also exists in the air we breathe, so it is also part of the most vital element we need to exist here on this planet. This feels similar to the way Morpheus described the Matrix in the

If there is magic on the planet, it is contained in the water.

- Loren Eiseley

futuristic movie The Matrix, which this matrix existed in everything that people experienced in their computer-generated world, which was in fact, a massive database of memory. In a similar manner, water's nature is to store and reflect consciousness, to saturate and share this memory with all that exists in its realm. And while nature's life/death format has unconsciously existed within this planet's water cycle for billions of years, it has taken our species' self-reflective consciousness to see that this cycle can be affected by our intent and focus. Our self-conscious reflection has revealed we are co-creators of this Reality.

"We are the fuses in the 'global consciousness circuit board' between water and light."

- Lucas Arnatt

Q: What is the ChakraShower?

A: The ChakraShower is a fun way to heal yourself and the planet by raising conscious awareness of water's importance and true essence. It is based on the fundamental principle of unification, the "Oneness" of the universal energy that exists in all we can experience. The ChakraShower applies the readiness of today's common shower technology with the ancient understanding of the human body's naturally occurring energy centers or "chakras."

The shower is an interface. It is the interface between our personal energies and those of our collective memory held within the molecules of water. Our chakras are our gateways to consciousness, on an individual and global scale. The only difference between a shower and a ChakraShower is intent and conscious focus. While a regular shower can bring some level of cleansing to mind, body and soul, a ChakraShower focuses specifically on connecting with water through our primary energy centers [chakras], which exist in our physiology as localized nerve clusters and specific glands.

By bringing our conscious intent to our interaction with water, we can instantaneously change the molecular memory of the water and also our own energy patterns. Humanity exists presently in a precarious balance between unconscious belief/domesticated programming and conscious awareness. The ChakraShower is a catalyst for connecting humanity on a global scale. There is no larger natural process that envelops us than the Water cycle. Its interaction with Light/Energy creates the cradle of our Being.

To serve the cause of water adequately... We must get to know it in its true being. And how do we do this? Why, by treating it in the very way exemplified by its own behavior; that is, whenever we encounter it, we wash the tablet of our souls clean of all other impressions in order to allow the being of water to make its imprint on us.

- Theodor Schwenk, from Water the Element of Life

Q: Why the ChakraShower?

A: Water remembers the vibrations it encounters. It carries and reflects the conscious state of the planet Gaia. Water has been used in spiritual, religious and healing practices for thousands of years. Why? Water revitalizes. Any one who has taken a cool swim on a hot day, a hot shower or bath after a freezing winter day will attest to its benefits. Hot or cold, water readily raises our spirits. The ChakraShower reminds us that we are part of a larger whole. To take a shower is to connect with, not only our "self", but with the memory and energy of our entire planet, the larger "Self."

Many people naturally feel the urge to sing in the shower. Why? The shower stall often acts as a great sound room for our private singing, where we feel free to express ourselves without judgment from others. The noises we make, the feelings we feel carry themselves into the water, and the water flows away and affects other water molecules as it mixes.

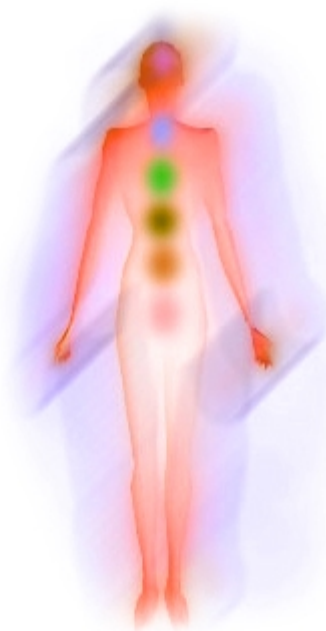
Water is the formless potential out of which creation emerged. It is the ocean of unconsciousness enveloping the islands of consciousness. Water bathes us at birth and again at death, and in between it washes away our sin. It is by turns the elixer of life or the renewing rain or the devastating flood.

- Scott Russel Sanders, from Writing from the Center.

Q: What are its benefits?

A: Here is a list of some of the benefits of a ChakraShower:

- ✿ Turns an everyday routine into an energizing and healing ritual
- ✿ Connects your conscious energy in the front and back chakra areas quickly and effectively to the water flow.
- ✿ Increases self-awareness of personal energy potentials
- ✿ Increase of focus and awareness of energy
- ✿ Entire family will benefit, any age
- ✿ **ChakraShower™ System** can be incorporated into one's daily routine
- ✿ Physically relaxing and invigorating
- ✿ Helps to balance energy for the entire day
- ✿ Aids in healing the mind, body and soul
- ✿ Can be seen as a combination of Water therapy (Hydrotherapy) and Energy therapy (Yoga, Prayer)
- ✿ With use of Colour therapy, it can enhance visualization techniques by *feeling* the energy centers through the water flow
- ✿ Economical, realistic tool for balancing the s/Self



Q: How much does the ChakraShower cost?

A: The ChakraShower is simple and free. It will only cost your use of water and electricity, depending on if you decide to take a long or short, hot or cold shower. From a higher perspective, the real worth of anything is only defined by our perception within that *moment*. Water scarcity is only presenting itself as a problem because we have created it based on our personal and collective perceptions of what we “need” within the present moment. Consider that the amount of water has never changed on the earth, but our actions have affected its natural cycles to reflect our intent and consequent actions.

Some Suggestions Before Starting:

Handheld showers work best

If possible, use a handheld shower for the ChakraShower, since it allows for easy flowing motion between chakras with only the movement of the arms. A fixed showerhead also works, but will require more conscious attention being delivered to the actions than the intent behind the actions. Experiment and find what works best for you. Some people may best benefit from focusing the shower's flow onto their heart chakra center, or at their third chakra center where

*Water flows humbly to the lowest level.
Nothing is weaker than water,
yet for overcoming what is hard and
strong, nothing
surpasses it.*

- Lao Tzu

they often feel that “gut feeling” when making everyday decisions.

Chaos and Entrainment

Conscious awareness ends dualities existing within the mind, body and soul.

Use the Chaos setting, or any random pattern showerhead to focus on your ability to change, to break old habits, to become aware of blocks, to shake them loose energetically.

Use the Entrainment setting to reset your chakra to a balanced frequency. Doing so will bring positive, conscious change in one’s life and the water in us and in the shower will carry that frequency to others on the planet.

Hot and Cold:

Large portions of hydrotherapy techniques use various fluctuations between hot and cold to create a specific physical and energetic reaction that can enhance the healing process. Please use caution when switching from hot to cold, and vice versa. Also, work with temperatures and changes in temperature that feel comfortable to you, and know that with time and experience, you will be able to try hotter and colder settings with greater ease and comfort.

Rhythm:

In all yoga: music, dance, poetry, and prayer, and meditation, human expression connects to a larger rhythm that energizes sound, action and word with the pulse of the universal heart. Consider this as you sing in the shower, as the showerhead pulsates water onto your body, as you create the patterns of the ChakraShower techniques over your chakra centers. Rhythms occur naturally, not ceremoniously, so just become aware of your own patterns, processes, and rhythms daily, in mind, emotion and deed.

Water: Washes us and cleanses us and purifies us. Water is God's gift to living souls, to cleanse us, to purify us, to sustain us and to renew us.

- from a Jewish celebration ceremony for the bride

Voice:

Water is especially affected by spoken prayer, chanting, singing, etc. Consider this when placing loving and energetic intent into your daily activities with water...especially in the shower!

Consider using the universal, and scientifically proven, motto of Dr. Emoto’s Project of Love and Thanks to Water:

I love you water.

I thank you water.

I respect you water.

For more on the proven impact of prayer on water’s essence and Dr. Emoto, see www.hado.net.

Prepare for the Shower:

Simply be aware that water will be affected by your interactions with it. Whether you are washing your hands, your car, the dishes, *know* that it is more than a servant. *Know, consciously*, that you are two-thirds water and that the water in your body will carry your vibration out of you, and that it

will connect with any water that directly contacts your being. Some suggestions to express this awareness is to say a small prayer, or chant, or sing, etc. But it is really just enough to step into the shower knowing that the water (and your individual energy) is a part of a larger whole.

Step One: Grounding

After stepping into the running shower, ground your mind, body and energy being by connecting the shower water to each sole of the feet and focus your intent for awareness on each sole. A suggested pose for the Chakra Shower is the “mountain pose” taken from Hatha Yoga.

You can also ground the palms of your hands using the water, saying a short prayer or affirmation as the water runs over the hand chakras, most important is to positively feel the connection between the water and your hand nerve centers.

Step Two: Connect with Root Chakra (Tailbone) [Muladhara]

While the Root Chakra is generally associated with the perineum area on both men and women, I have found it an awkward and less effective area for this ritual. Place the shower spray at the root of the tailbone to connect with the grounding energy found there.

Suggested affirmation: “I have peace”

Colour Association: Red

Step Three: Scan Back Chakra Points

Scan Back Chakra points along spine for any specific energy imbalances felt as dull pain or tenderness, often felt as differing feelings under the steady stream of water. This scan will bring awareness to past/unconscious issues. Do not dwell on them, just become conscious of which chakras are out of balance or blocked with negative energy. Bring a focus of white light to them if desired.

Step Four: Second Chakra [Svadhithana]

Focus the water on your second chakra located below the navel area. This is an extremely important area for us at this time to heal. The Second Chakra area is the seat of sexuality and emotions. It manifests through our sexual organs and kidneys. If you consider the amount of sexual repression, sexual violence and sexual dis-ease in the world today, it is easy to see this is an area in great need of healing focus.

The second Chakra is also known as the Water Chakra. The emerging crises of “water scarcity”, water pollution, turning water into a commodity instead of seeing it as the very essence of our Being, all reflect, as do negative sexual patterns, that we have lost conscious power of our inner energy, our connection to the very essence of Being. This chakra is also the focal point of our emotional energies.

colour: Orange

sound: “oo” as in “clue”

Suggested Affirmation: “I feel”

Step Five: Third Chakra, Solar Plexus [Manipura]

This is what is most commonly felt as one’s intuitive center is felt, our gut instinct. It is the place of our will and power.

Color: yellow

Sound: “ah” as in “Father”

Suggested Affirmation: “I can...”

Step Six: Fourth Chakra, Heart [Anahata]

Heart, Air, Love, Balance, Love, Compassion, Forgiveness,
Thymus, Lungs, Heart, Arms, Hands

Green

“Ay” as in “Play”

“I love...”

Step Seven: Fifth Chakra, Throat [Visuddha]

Throat, Ether/Sound, Communication, creativity, expansion, excitement, hypothalamus, thyroid,

Throat, ears, mouth, arms, hands

Thyroid, colds, flu

Color: Blue

Sound: eee as in “sea”

Suggested Affirmation “I speak...”

Step Eight: Sixth Chakra, Third Eye [Ajna]

Third Eye, Forehead, Light, Clairvoyance, Imagination, Dreaming, Pineal, Eyes, Blindness,

headaches, nightmares

Sound: mmm, nnnnnn

Suggested Affirmation: “I see...”

Step Nine: Crown Chakra, Top of head [Sahasrara]

Thought, Understanding, Knowing, Bliss, Pituitary, CNS, cerebral cortex, depression, alienation

colour: violet

sound: ngng as in “sing”

Suggested Affirmation: “I know”

Step Ten: “The Crown”

Use this action to close the chakra session and to consciously connect all of your energy centers to the water flow in a quick and easy manner.

The Crown engages both back and front chakras in one fluid over-the-head stroke starting at either the front or the back. The water will manifest a strong awareness as the rhythm of your arm’s movement back and forth connects all seven chakras in a very short time span. The effect is an immediate sense of connectedness, of protection and direction as all energy is, in effect, harnessed into one flow of feeling. I have found this one especially blissful and energizing. A great move on its own if taking a short shower.

It is best performed with a hand held shower creating an arc of water, rhythmically over the torso, head and back. It is possible with a fixed showerhead also, but it requires the participant to walk under, turn and walk away from the shower’s flow. This will create a “passive” arc of water over the body.

Other Techniques to Try:

The Infinity Loop:

A figure 8 momentum around two specific chakra points, allows for a joining of those specific energies. For instance, try connecting the heart chakra to the throat chakra with the water flowing around the periphery of each chakra point. This can help move energy from a balanced and open heart chakra into a blocked or restricted throat chakra. In other words, it will bring awareness to unawareness, positive energy to flow through negative energy blocks or any sense of lack. FEEL the water and know that it feels and remembers your healing intent. The way to freedom is to let go.

The Spiral:

Try a spiral motion to circle water around and into a certain chakra point. It is a way to displace negative energy blocks or a chakra that feels unresponsive and ‘lacking’ in energy.

Try small spirals at the root chakra felt at the tailbone. Our tailbone once held a tail, remember. The tail is our grounding to the earth. Without its balance we suffer root chakra issues. Doing small spirals creates the rhythm of swinging by the tail, and will guide us to our inner balance and connection to the earth.

The Pulse:

Holding the showerhead directly in front of a specific chakra, practice moving the water jets closer then farther away from the body. Create a simple pulse, *feeling and focusing* on the widening and narrowing of the water as it connects with the body. Imagine the chakra also expanding and contracting in a healthy and vibrant manner.

If we place conscious intent into all of our interactions with water both internally and externally, we will experience a global baptism of new consciousness.

-Lucas Arnatt

Summary:

- ☀ All Being vibrates.
- ☀ Light and Water imbue and reflect the key vibrations of our Being.
- ☀ Light/Energy manifests the vibration; Water reflects and shares this vibration within its memory with all it comes into contact.
- ☀ Our DNA creates unique vibrations of awareness that reflect our individual, local and global consciousness.
- ☀ Our chakra centers reflect our conscious/unconscious vibration.
- ☀ In an enlightened person, these energies are aligned. Others feel and recognize this enlightened vibration and can bathe in the ripples of this individual's vibrations.
- ☀ To become enlightened requires focus and intent on releasing fear and belief that creates division and blocks the all-encompassing awareness of Love.
- ☀ Enlightenment is to exist naturally in the flow of Light/Energy and Water, to shape reality and allow our reality to shape itself. Enlightenment is the constant state of awareness that maintains this harmony.
- ☀ Our chakras are externally affected through our senses and internally through our interpretation and reaction to these stimuli. Chakras are vortices and act as a "consciousness interface" between the individual and their environment.
- ☀ Since the most pervasive substance/element within us and outside us is water, and water's nature is to hold memory and share that memory between all living things, it follows that the more conscious and loving the direct interactions are with water, the more conscious and loving the return will be for the individual and the entire human population.
- ☀ The ChakraShower is a way to focus and share our positive, personal energies and physically/electrically transfer/cleanse the water we come into contact with on a daily basis. A small ritual each day will create a massive and long lasting effect on the world.
- ☀ Our voice carries two vital vibratory tools of consciousness: our ability to sing and our ability to speak, to form words. *Sing in the shower!*

If you have a suggestion for a chakra shower technique, please feel free to email your suggestions to: insight "at" chakrashower.com

May the Great Spirit watch over you as long as the rivers shall run and the grass shall grow.

- Native American Blessing

Highly Recommended Books:

"The Water Wizard, the extraordinary properties of natural water"

Author: Viktor Schauberger,
(translated and edited by Callum Coates),
Gateway Books.

"Living Energies, Victor Schauberger's brilliant work with natural energy explained",

Author: Callum Coats,
1996 Gateway Books.

"Sensitive Chaos"

Author: Theodor Schwenk,
Antrophosophic Press

"Water, the element of life",

Author: Theodor and Wolfram Schwenk,
Antrophosophic Press.

Volume 1 and 2 "The Message of Water"

Author: Dr. Emoto,
Hado Kyoiku Sha

"The Healing Energies of Water"

Author: Charlie Ryrie,
1998, Gaia Books.

"Your Body's Many Cries for Water"

Author: Fereydoon Batmanghelidj
1995, Global Health Solutions

"Anatomy of the Spirit: The Seven Stages of Power and Healing"

Author: Caroline Myss,
1997, Random House

"Light on Yoga"

Author: B. K. S. Iyengar, Yehudi Menuhin
1995, Schocken Books

"Aqua Yoga: Harmonizing Exercises in Water for Pregnancy Birth and Beyond"

2000, Anness Publishing, Ltd.

"Realities of the Dreaming Mind"

Author: Sivananda Radha
1994, Timeless Books

"Holy Order of Water: Healing Earth's Waters and Ourselves"

Author: William E. Marks
2001, SteinerBooks Inc.

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