

RED AND WHITE ROSE WATERS

Wisdom of the Rose



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The White Rose Waters

When we come in touch with the white rose waters within us it will bring us a deep sense of serenity. It is like lying on a bed of white lilies, gentle, peaceful and loving embrace.

The movement of these waters is like a silent lagoon that spreads out evenly and a gently flowing river with the soothing sounds of the water drops and river movement.

Here do we fully open to the white light within ourselves. The purity, innocence and tenderness of our gentle heart. When we pierce through the pain and hurt from the past and our wounded inner child does we reach the shores of the white waters.

It is such a delicate and soft dance, as we start to open towards these waters do we come into another level of sensitivity- in which subtle wounds can be touched and opened. It takes us into a deep surrender into those subtle dimensions of self and in the same time is it a journey from deeper opening into sometimes suddenly closing down again - as these waters are so tender and seem so fresh and new that every little motion and frequency that is not aligned with their purity can easily bring up a feeling of unsafety within that openness.

Here is it our attunement to keep choosing the openness and to bring ourselves back into a safe space from within.

Through working with the white waters can we heal grief and loss, unhealthy relationships with the masculine of betrayal and abandonment and bring forth forgiveness, compassion and a deep openness to love.

The Shadowside of the White Rose Waters

The expression of the white waters is a pristine purity of love. Yet often we can get lost in an inauthentic way of expressing the qualities of the white waters. Because we want to embrace the love & light, a dogmatic spiritual way of being, do we go into a passive space where we do not allow ourselves to speak up, where we rather please people than to say what we think or feel, where we submit and think that that is the right way to proceed in order to keep harmony.

We create a mask and a facade of love & light to ourselves and others under which all our pain and emotions are repressed. This is something that one can play out for years, even for their whole life without truly looking underneath as all is working fine through this way of behaving.

Yet if we are on a sincere path of the heart will we be taken on the authentic journey of the red and white waters, sooner or later.

How to unveil the shadows of the White Rose Waters

Tune in with your heart and womb (for men with your hara line/cosmic womb) from an authentic space and ask yourself:

Do you feel disconnected from your body?

Do you feel disconnected from your sexuality and embarrassed to speak about it in your spiritual circles?

Do you feel ashamed for emotions like anger, frustration and rather hide them?

Do you feel ashamed to express your shadow emotions?

Do you have difficulties with orgasms?

Use your Journal to contemplate these questions if a yes comes up.

The opening of the White Rose Waters

The opening to the White Rose WatersIt is a deep journey into oneself to open to the purity and authentic white waters within ourselves and is truly something that will come with time, space and allowance. It is being vs. doing. Allowing vs. making happen.

We can perform sacred acts to invoke the energy of the white waters, like having days of silence, fasting, creating an altar for the white rose and mother mary lineage. Taking baths with essential oils and self-love days of gentleness. For women working with the yoni egg to birth the white waters within our womb space.

Wearing white clothes when we perform these sacred acts in honour of the white waters.

As well is it a dance of the red and the white waters to activate them both.

Feminine Archetypes associated with the White Rose

Mother Mary

Lady Nada

Joan of Arc

Lady Portia

Anandamayi Ma

Brigid of Avalon

The Red Rose Waters

The red rose waters within us are like a slumbering lion, often held in handcuffs to be tamed. Societies fear of not knowing what this lion is going to do when set free has created a collective sense of suppression, shame and guilt around the red rose waters.

What the expression of the red rose water is in its primordial form is the pure life force power of shakti. It is the free expression of our passion, creativity, raw sexuality, sensuality and deeply wild nature. Here is where we come in touch with all our senses, with the primordial blackness of the womb.

Society teaches us that desires are to be kept hidden and many spiritual traditions teach us that desires should be let go of as they are hindering us from our growth.

Through these conditions, we do bury our juiciness, our wilderness and our pleasure deep within us, hidden behind our wounds and the collective wound of sexual repression. This creates either a complete shutdown of our sexuality and a disconnection from our body and sacred organs or sexual shadow fantasies and expressions to rebel against society, our parents and religion. Either way is the red waters not embraced in their true expression and sacredness.

When we allow ourselves to go beyond this collective conditioning, embrace our desires and enter these uncharted realms of pure sensuality and rawness will the charge of shame and guilt around our sexuality be set free and the slumbering lion be awakened into its power.

This power is raw, this power is beyond measures and this power connects us to our deepest longings and desires that we were suppressing for so long.

Through the opening and the full embrace to our red rose waters, our sexuality, to the sacredness of the yoni and the lingam and the deep physical healing that occurs with that, are we going to break free into a deep mergence with a life full of magnetism, passion, wilderness, sensuality, joy, authenticity and pleasure. Every moment is a deeper dropping into the primordial waters of the red rose that will crush any part of our ego which tries to hold on to a pre-framed idea of how life should be and how we should be.

Shakti, Kali Ma the great mother will allure us out of our limited frame of reference, false spirituality and patriarchal ways of living into her pure unleashed form of love.

The Shadowside of the Red Rose Waters

When we tap into the power of the red rose waters and unleash the lion within us but have not yet allowed the white rose waters to flow freely and our heart to open into vulnerability and humility can it lead to a misuse of this raw power.

The magnetism of this power may attract attention, fame and glamour and this might bring forth the shadow of vanity and a sense of superiority.

The tricky bit here is with many spiritual leaders that have ignited the red rose waters within them but not yet fully opened into the vulnerable and humble heart, may it bring difficulties to realize the shadow as one has been allured into the limelight of their vanity. On this pathway of remembrance is it utterly important to always take a step back and go into deep contemplation and reflection of one's acts and behaviours, especially towards other people. It is important to always remember that we are equal to all no matter how far up we are on the ladder of spiritual growth.

Another shadow side can be the misuse of the red rose waters as a disguise of spiritual tantric practices and sacred sexuality. Especially beings that recently awakened and are exploring the realms of spirituality can be lured into tantric circles and practices that might amplify the sexual wounds and traumas rather than heal them.

It is important to be discerning with who we want to share our sexuality with as it is something so sacred and as well in what practices we want to engage. To take a step back and feel into our heart, into our inner guiding voice of wisdom and through that decide which way to go.

There are no right or wrong ways as all is learning, and sometimes we have to go into the realms of expressing our shadow and darkest desires to receive the jewels within them and release the electrical charge.

The Opening of the Red Rose Waters

This comes by allowing ourselves to be our full authentic self. To speak our truth and to claim our power and potential. When we have a partner who we trust and feel safe with, we can explore all ways of making love in the form of a sacred ritual. Gentle, fierce, passionate, soft, wild... this is what activates the red rose waters within us and unleashes our wild human being.

Practices like sacred dance and wild tribal dance, opening up to emotions and expressing them freely (not projecting), shaking etc will allow us to release the electrical charge around our suppressed inner lion and free the tension of trying to fit into society.

Once the lion gets to see the sunlight, is it about acknowledging ourselves and our beauty, about feeling confident and allowing ourselves to be seen and to shine fully. To release all fear of judgement and be the wild and raw expression that we are destined to be and at the same time judge no other for what they are. Through that can we live freely and let the world around us live freely.

Feminine Archetypes associated with the Red Rose

Mary Magdalene

Kali

Isis

Durga

Rhiannon of Avalon

Lillith

The merge of the Red and White Rose Waters

Life is about balance. The Wu Wei as it is called in the Tao. It does not matter what we do and where we come from, which tradition we follow or which words we use.

But to find balance is an applicable practice for everyone.

The red rose waters have taken us onto a journey of authentic expression, sensuality and pleasure, of freedom and wilderness.

The white rose waters have to taken us onto a journey of melting into the open heart, utter vulnerability and finding serenity, purity and silence within.

These might seem two very opposing forces, yet are they both so aligned with each other and important on our pathway of divine embodiment.

How can we be only connected to our white essence of purity and serenity if the primordial essence of life is creation, is wild and free, beyond paradigm?

And how can we be only connected to our red essence of wilderness and joy if the centre of all is stillness and if the vulnerable heart is the only true gateway to the realignment with love?

This is where the mind has to finally let go. This is where the ego can not rule anymore, trying to make up rules on how one should be, stereotyping and identifying with certain archetypes and through that limiting the true and full expression of one's uniqueness.

The truth is no archetype will ever be good enough because YOU ARE your own archetype. All that archetypes (the priestess, the Mother Mary, Mary Magdalene, Jesus, Buddha, divine mother, the Lilith...) are, are mere reflections of an energetic expression of divinity.

They are here to inspire us and to remind us of the pathway back home into our sacred human heart. That is where the red and the white rose waters merge. When we find back home into our gentle, soft, wild, beautiful, pure, imperfect authentic expression. Here will we be able to free ourselves from all paradigms and all ideas and allow the waters to flow like immaculate rivers of divine love wild and translucent.

Red & White Rose

In that space you will finally be able to be YOU. Your divine authentic self. Here is it possible to be wild, to express your sensuality in its rawest form and in the same time be innocent and playful like a child, be bestowed with the pure white light and waters of divinity. It is here, where your inner voice will guide you and at times even take the form of one of the archetypes. Unlocking the divine coding of the ancient memories within you.

Yet must you never identify with it - because as soon as this happens has the ego taken over and taken on a story.

This is what the waters serve you for and what the waters are reflecting to us all so beautifully. They never take on a form. They always flow, sometimes in wild rage like the ocean and sometimes in pristine stillness like the silent lagoons and lakes. Yet is their essence always the same, it is water.

May the Rose be with you beloved One.

