

## Getting High Quality Water Easily at No Cost!

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Want to be drinking consistently high quality water with minimum effort and cost? We hear a lot about the poor quality of tap water and the shortage of quality water in parts of the US and in other parts of the world. Many people invest money and time in the many options available to improve the water we drink – bottled water, water filters, water treatment equipment, additives to water, etc.

These options take us from poor quality water to water that is healthy for and useful to us. I thought this was enough until I experienced water that actively enhances our health! Some points I learned are:

1. Our body keeps our blood within a very narrow alkaline range in order for us to remain healthy. Other fluids in our body need to be alkaline, too. We can support our bodies by drinking high quality alkaline water.

2. Quality of water can be tested beyond the normal water tests (which focus on hardness, bacteria, mineral content, etc.). Dr. Masaru Emoto has researched and found that pure high quality water forms a crystalline structure like a snow flake. <http://www.thank-water.net/english/> He also found that our thoughts and words have a dramatic impact on water quality. Thoughts and feelings of appreciation, love, and support form high quality water/light crystals. Thoughts and feelings of judgment, criticism, and disrespect form low quality water/dark distorted crystals. Imagine what these thoughts and feelings do to the 70% of our body that is water!

3. We can get high quality water much more easily than we thought.

4. We can increase the quality of our thoughts and feelings, and therefore the quality of water in our body, much more easily than

we have believed. The Positive Power of Being Neutral one-day workshop enables us to directly shift our thinking.

Happy drinking and thinking in this winter season!

### Blue Solar Water

There have been many advances in the simple treatment and creation of very healthy water. I will describe one method in enough detail for any person to create their own high quality healthy water. I learned about this method from Dr. Hew Len (the Hawaiian therapist and Shaman whose work was described in the September Newsletter.)

He describes the water as Blue Solar Water, which is the color of a glacier. This color is said to connect us with divinity and open us up to receive inspiration to fulfill our purpose in life. I drink this water and find it helps to cleanse my body and help lift my spirit.

### Creating Your Own Quality Water

All you need do to obtain this Blue Solar Water, is to fill a blue glass bottle with ordinary tap water. Place the bottle in direct sunlight for 60 minutes. If you can't find a blue bottle, use clear glass and expose it to blue incandescent light. Cap the bottle with any nonmetal cover (don't use the metal twist off cap that often comes on bottles). A piece of paper or coffee filter over the top works fine.

That's it! The water can be stored or transported in any other type of container. You drink the Blue Solar Water like any other water. Also, you can add one drop to any other water to transform it. It can be used in cooking, for plants, and on skin after bathing!

A way of thinking about how it works is that a very small amount of an herb (for instance) is enough to make a homeopathic remedy very effective. When you are away from home, focus your attention on the water you are about to drink and on a vertical mid-line in your body and say "Blue Solar Water", and it will also transform the water. If you want to explore other options for high quality water see:

[www.miracle-2.com](http://www.miracle-2.com),

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<http://www.lifeenrichmentseminars.com/Raymon/index.htm>  
for a DVD "Energizes Water", or

<http://www.dowers.info/toronto/water3.htm>  
for transcript of a speech.