



BRAHMA KUMARIS

Presents...

WATER

MANAGEMENT WITH RAJAYOGA.

Water is precious, Life could not exist without it.



Brahma Kumaris



What is water?

- Water is made of tiny molecules of hydrogen and oxygen.
- Each one is so small that you can't see it even with the most powerful microscope.
- Pure water has no colour, no taste and doesn't smell of anything.
- Water exists in three forms on the Earth:
 - > solid (ice, hail, snow or frost)
 - > liquid (in lakes, oceans, rain, dew, fog or mist)
 - > gas (steam or water vapour - "invisible" water in the air).



INTRODUCTION

**Water is precious
because life could not exist without it.**

Water is one of the most important elements on the Earth. All plants and animals must have water to survive. If there was no water there would be no life on earth. Water has number of unique and wonderful physical, chemical, biological, thermal and angelic properties in comparison to other elements.

Water is the most important natural resources than oil and it is the most valuable substance than gold. Water is the healthier food than others. Water is the only common and global subject that recognizes no borders. The two aspects of water are quality and quantity.

World water resources are estimated to be 1.36 billion cubic kilometer; however, only a small portion of this water is usable. As the quantity of usable water varies from country to country, place to place, season to season, water shortage is experienced in some countries or states. It is a well known fact that water resources are not equally distributed to population densities across the countries or states.

Some states or countries have abundant water resources, whereas others suffer from inadequate water, and even face severe water scarcity. Currently, a portion of accessible global water resources are polluted mainly through human induced activities. The need for integrated approaches to water resources management and the linking of water management to land use has been stressed in many international and national forces in recent years. Principle 1 of the Dublin Statement on Water and Sustainable Development (ICWE, 1992) reads: "Since water sustains life, effective management of water resources demands a holistic approach, linking social and economic development with protection of natural ecosystems".

Raja yoga meditation plays a major role in purifying the natural elements through its pure and powerful vibration. Since the mind is connected to the source of all spiritual power, its effect on nature will be more significant.

This book water expo explores importance of water from many angles with beautiful background pictures in different topics like

1. World water day, 2, Water pollution, 3. water conservation 4. Water and energy. 5. Water and health 6. The message from water and 7. Unique specialty of water,

This very simple way of explanation useful for everyone to understand easily.



22nd March World Water Day



Brahma Kumaris, Water Works, Mt. Abu



World Water Day

The UN General Assembly adopted a resolution on December 22, 1992, declaring March 22 to be the World Day for Water each year. Countries were encouraged to develop activities to highlight local needs for water. The first World Day for Water was observed in 1993. Events are organized on or around this day to increase people's awareness of water's importance in environment, agriculture, health and trade.



WATER IS LIFE

HUMAN USES



AGRICULTURAL USES



INDUSTRIAL & POWER PRODUCTION USES



ANIMALS AND FOREST USES



WATER COVERS

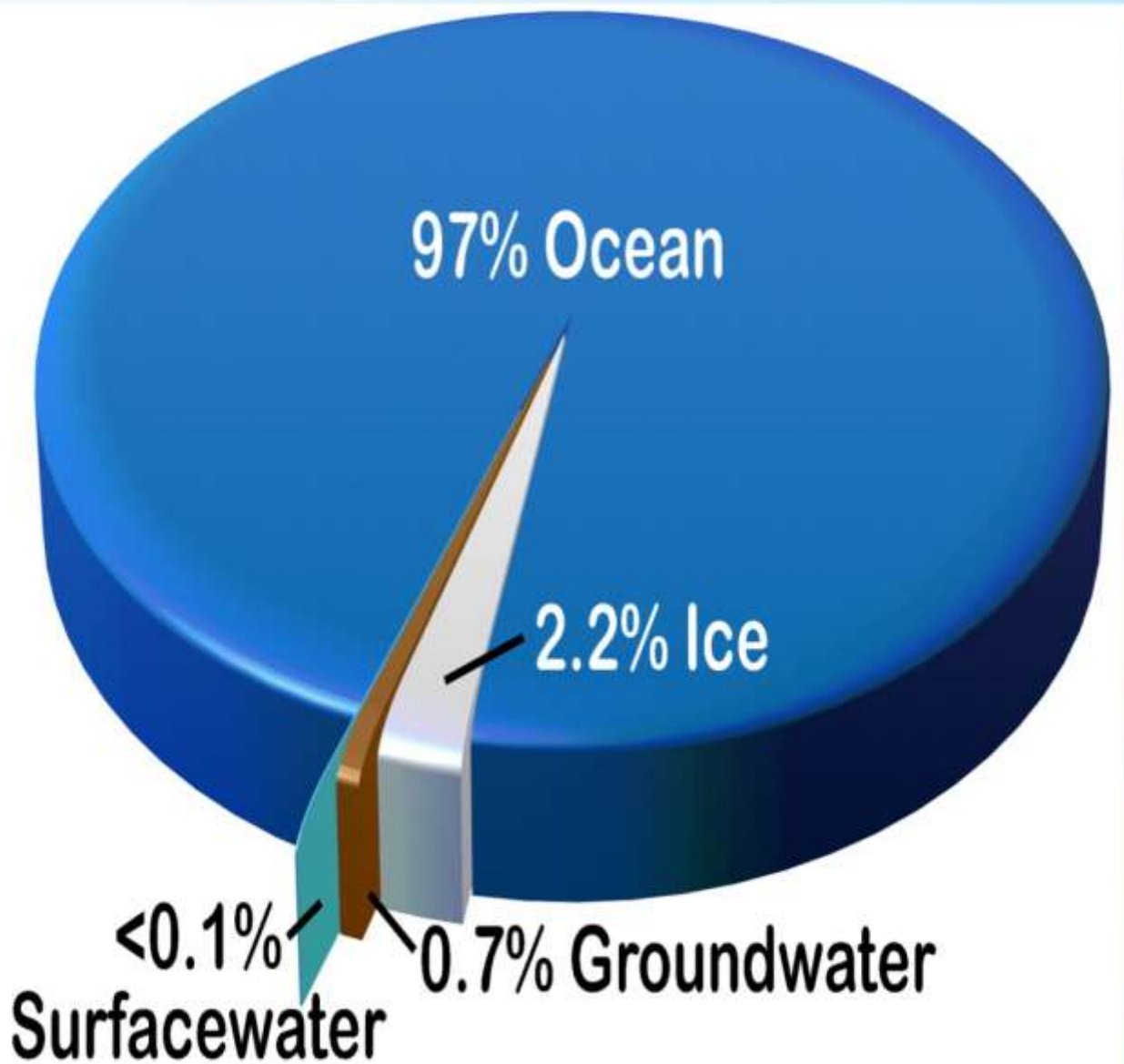
70% of the Earth surface



We live on a planet that is dominated by water. More than 70% of the Earth's surface is covered with this simple molecule. Scientists estimate that the hydrosphere contains about 1.36 billion cubic kilometers of this substance mostly in the form of a liquid(water) that occupies topographic depressions on the Earth. The second most common form of the water molecule on our planet is ice.

If all our planet's ice melted, sea-level would rise by about 70 meters.

Distribution of Water on the Earth



Salt water on the Earth 97%
Ice 2.2%, Ground water 0.7%
Surface water 0.1%

Hydrologic Cycle



The water cycle, also known as the hydrologic cycle or the **H₂O** cycle, describes the continuous movement of water on, above and below the surface of the Earth. The mass water on Earth remains fairly constant over time but the partitioning of the water into the major reservoirs of ice, fresh water, saline water and atmospheric water is variable depending on a wide range of climatic variables. The water moves from one reservoir to another, such as from river to ocean, or from the ocean to the atmosphere, by the physical processes of evaporation, condensation, precipitation, infiltration, runoff, and subsurface flow. In so doing, the water goes through different phases: liquid, solid (ice), and gas (vapor).

The hydrologic cycle is being affected by human activities, such as water resource exploitation, urbanization, and deforestation. All these control the distribution of water and the cycles.

Water Pollution

water is considered as a precious natural resource. The misuse of this can cause damaging consequences and a threat to human life. Here is an interesting way to analyse how water pollution that creates so many problems in the world.

The major sources of water pollution are from human settlements and industrial and agricultural activities.



80% of sewage in developing countries is discharged untreated directly into water bodies.



Industry dumps an estimated **300-400 MT** of **polluted waste** in waters every year.



Nitrate from agriculture is the most common **chemical contaminant** in the world's groundwater aquifers.

Pollution affects plants and organisms living in the water bodies. In almost all cases the effect is not only damaging individual species and their populations, but also the natural biological communities.

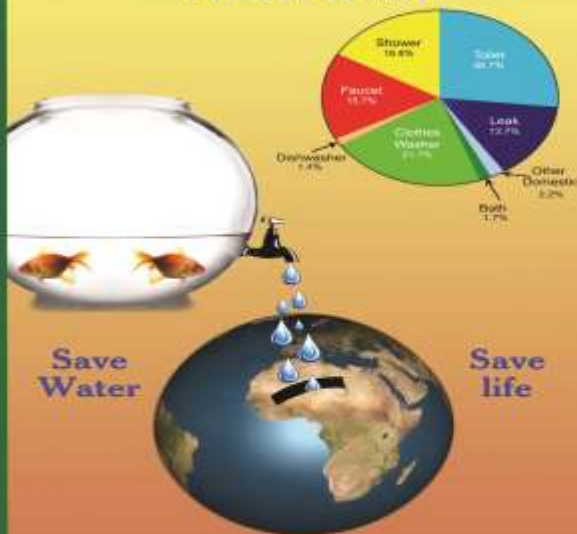
Water Conservation

If we save water today , tomorrow water will save us.



SAVE
WATER

"Water is life"



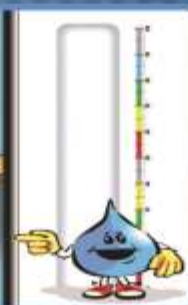
Saving water can save the world



**Water harvesting
is very essential and
this our duty .**

Brahma kumaris

PM Modi
"Per drop, more drop
Per drop, more crop
each drop of water
for better productivity
This is our mantra."



Turn off the **TAP** while
brushing and **shaving**.

**Save Water
Save Life.**

Water works, Brahma kumaris.



Water & Energy



Brahma Kumaris, Mt Abu

WATER & ENERGY

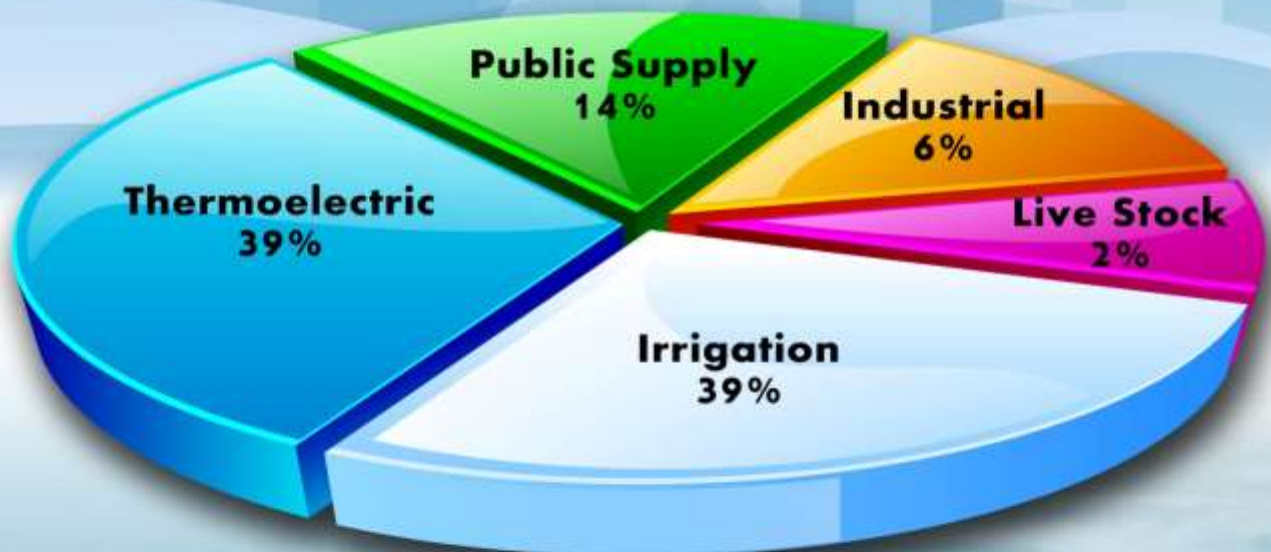
Water and energy are two critical issues that will determine the future of humanity on the planet earth. They determine the security of a nation and that is why there is an increasing competition among nations to achieve self-sufficiency in fresh water and clean energy. But these issues are global issues and we need collective global solutions. In a globalised world the carbon emission of one nation or the effluent discharged into the sea from a desalination plant changes the climate of the planet and affects the entire humanity. It is not just a problem of one nation but a problem of the world.

Some observers have estimated that by 2025 more than half of the world population will be facing water-based vulnerability. A report, issued in November 2009, suggests that by 2030, in some developing regions of the world, water demand will exceed supply by 50%. Water plays an important role in the world economy, as it functions as a solvent for a wide variety of chemical substances and facilitates industrial cooling and transportation. Approximately 70% of the fresh water used by humans goes to agriculture.



Energy Requires Water

Cumulative Use of Water for Electricity Production is equal to the use of Water for Irrigation.

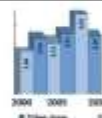


**Estimated Freshwater Withdrawals
by Sectors - 2015**



THE Year 2030 PERFECT STORM

POPULATION



WORLD POPULATION RISE

RISE of 33% from 6bn to 8bn PEOPLE
With more people living URBAN AREAS
greater demand for

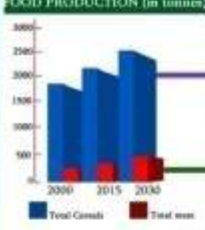
FOOD

DEMAND
will increase
50%

Food reserves at
lowest level since
1970 with 14% of
reserves for current
rate of consumption
meaning

38-39 DAYS FOOD LEFT
without producing more food

PROJECTED GROWTH IN FOOD PRODUCTION (in tonnes)



CEREAL PRICE SURGED IN 2008

WHEAT **130%**
SOYA **87%**
RICE **74%**
CORN **31%**

WHEAT CONSUMPTION IN CHINA (per capita)



WATER

DEMAND
will increase
30%

WORLD WATER



TOTAL WORLD WATER RESOURCES

2007 200,000 KM³
2030 200,000 KM³

DAILY REQUIREMENTS

DRINKING REQUIREMENTS

2 - 4 LITRES

PRODUCE DAILY FOOD
REQUIREMENTS

2,000 - 4,000 LITRES

WATER PRESSUR (LITRES)

1,000 - 2,000 to produce 1kg of WHEAT
10,000 - 13,000 to produce 1kg of BEET
190 to produce 1 driven mile using ethanol

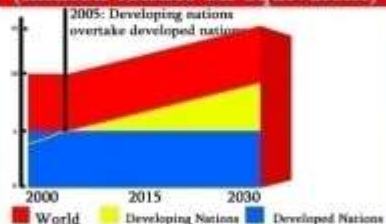
ENERGY

DEMAND
Will increase
50%

WORLD ENERGY RESERVES (billion coal equivalent/years)

NATURAL GAS 63.1 yrs
OIL 42 yrs
COAL 122 yrs

ENERGY DEMAND 2000-2030 (million tonnes oil equivalent)



PRODUCTION OF BIOFUEL

US has 90.5 M acres used to
grow COM for Ethanol
production wants supply of
36 bn gallons by 2022, with
15 bn maize based by 2015

WAR FOR WATER

**Future Wars Will not be Fought
Over Oil But Instead, Over Water**



Water conflicts are categorized as follows:

Water Resources

Military Target: during a military action.

Political goal; used by a nation,

State Terrorism: either targets or tools of violence

Control of Water Resources: root of tensions

Development Disputes: major source of contention and dispute in the context of economic and social development.



Water conflicts occur because the demand for water resources and potable water extend far beyond the amount of water actually available. Elements of a water crisis may put pressures on affected parties to obtain more of a shared water resource, causing diplomatic tension or outright conflict.

"It is now commonly said that future wars are more likely to be fought over water than over oil,"

11% of the global populations are still without access to improved sources of drinking water.

The UN projects that by 2030, nearly half the world's population will be water stressed, water as an "urgent security issue"

The Energy-Water Challenge



780 MILLION

people lack access to
safe drinking water

1.3 BILLION

people currently live
without electricity



Changes in water availability and intensified weather condition will further challenge water and energy management, such as severe floods and droughts.

Estimates show that global energy consumption will increase by 35% in the year 2035.

In energy sector water consumption will increase by 85% in the year 2035.

In order to avoid unwanted future crisis, we have to improve integrated water and energy planning.

Water Security

The Water-Food-Energy-Climate Nexus



Water security is defined as the capacity of a population to safeguard sustainable access to adequate quantities of acceptable quality water for sustaining livelihoods, human well-being, and social-economic development, for ensuring protection against water-borne pollution and water-related disasters, and for preserving ecosystem in a climate of peace and political stability.



Water
&

HEALTH



BODY HAS

70%

W
A
T
E
R





Water & Health



The human body is a water machine, designed primarily to run on water and minerals.

Drinking Water Helps Maintain the Balance of Body Fluids. our body is composed of about 70% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.

The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day. Our energy level is greatly affected by the amount of water we drink.

Great Reasons To Drink Water

WEIGHT LOSS

Water has no fat, no calories, no carbs, no sugar.

HEALTHY HEART

Lowers your risks of a heart attack by 41%

ENERGY

Being dehydrated can sap your energy and make you feel tired.

CURE HEADACHE

Headaches are simply a matter of not drinking enough water.

HEALTHY SKIN

Clear up your skin and gives a healthy glow.

BETTER DIGESTION

Water can help cure stomach acid problems.

REDUCE CANCER RISK

Reduce risk of colon cancer by 45% and bladder cancer by 50%

CLEANSING THE BODY

To flush out toxins and waste.



What is pH of

Water?



Acidic Water

Acidic pH, Unhealthy to drink !

Neutral Water (Distilled Water)

Lacks minerals, pH of 7, not healthy to drink !

Mineral Water

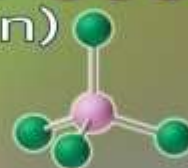
Contains minerals, healthy to drink, pH of 7.4

Hard Water

Alkaline pH, contains healthy minerals like calcium.

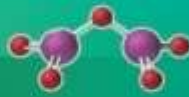
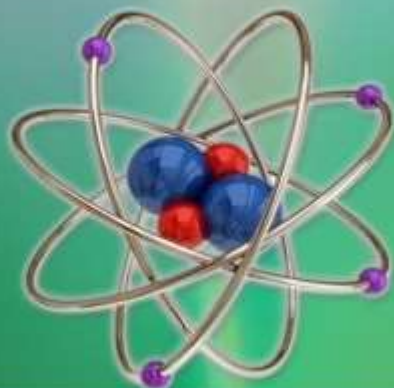
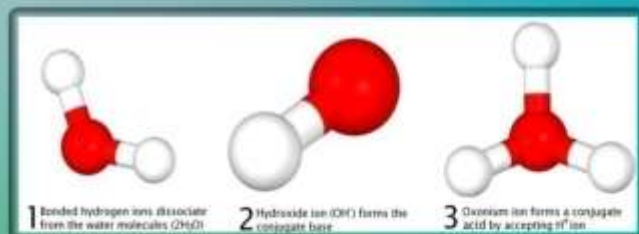
pH BALANCE IN THE BODY

(Potential Hydrogen)



pH balance in the body is complex, all the various fluids have their own pH balance. Blood and other fluids even tissues have their own measurements. First... lets look. at what exactly pH. pH balance of any fluid is the measure of the hydrogen concentration...

Measuring the amount of hydroxyl ions (OH^-) that are alkaline forming, opposed to the (H^+) hydrogen ions that are positive, acid forming



NEUTRAL pH -	7.0
ACIDIC	- 2.5 - 6.5
ALKALINE	- 7.5 - 11.55

DRINKING WATER QUALITY STANDARD

Properties	Parameters	Units	Maximum Acceptable concentration	Maximum Allowable concentration
PHYICAL	Color	pt.co	5	15
	Taste		non-	non-
	Odor		objectionable	objectionable
	Turbidity	SSU	5	20
	PH	6.5	8.5	9.5
CHEMICAL	Total solids	mg/dm	500	1,500
	Iron (Fe)		0.5	1.0
	Manganese(Mn)		0.3	0.5
	Fe & Fm		0.5	1.0
	Copper (cu)		1.0	1.5
	Zinc (Zn)		5.0	150
	Calcium (Ca)	"	75	200
	Magnesium (Mg)		50	150
	Sulphate (So)		200	250
	Chloride (Cl)		250	600
	Fluoride (F)		0.7	1.0
	Nitrate (No)		45	45
	Alkybenzyl		0.5	1.0
	Sulfonates(ABS)	mg/dm	0.5	1.0
TOXIC ELEMENT	Penolic substance (asphenol)	mg/dm	0.001	0.002
	Mercury (Hg)		0.002	
	Lead (Pb)		0.05	
	Arsenic (As)		0.05	
	Selenium (Se)	"	0.01	
	Chromium (Cr hexavalent)		0.05	"
	Cyanide (CN)		0.2	
	Cadmium (Cd)		0.01	
	Barium (Ba)	mg/dm	1.0	
BACTRIAL	Standard plate Count	colonies/cm	500	
	Total coil form	MPN/100cm	2.2	
	E. coil None	MPN/100cm	non	

pH Food Chart

Drink Alkaline Ionized Water!

Make your life more health and better!

Consume
freely -
RAW is best!

**Alkaline
pH**

Most foods get
more acidic
when cooked.

**Neutral
pH**

**Acidic
pH**

10.0

9.0

8.0

7.0

6.0

5.0

4.0

3.0

2.3

High Alkaline Ionized Water

Raw Spinach
Raw Broccoli
Artichokes
Brussel Sprouts
Olive Oil
Herbal & Green Tea
Most Lettuce
Avocados
Raw Zucchini
Sweet Potato
Raw Peas
Apples
Almonds
Green Cabbage
Tomatoes
Fresh Corn
Mushrooms
Turnip
Olives

Red Cabbage
Raw Celery
Cauliflower
Carrots
Potato Skins
Raw Spinach
Sprouted Grains
Raw Eggplant
Alfalfa Sprouts
Raw Green Beans
Beets & Greens
Raw Tomato
Pears
Soybeans
Bell Peppers
Radish
Rhubarb
Pineapple
Cherries
Millet
Wild Rice

Cucumbers
Raw Collards & Kale
Seaweeds
Raw Onions
Asparagus
Lemons & Limes
Mangoes & Papayas
Blueberries
Figs & Dates
Tangerines
Melons
Kiwi
Grapes
Strawberries
Apricots
Cantaloupe
Honeydew
Peaches
Oranges
Grapefruit
Bananas

Most Tap Water

Municipalities adjust tap water to be +/- 7.0

Milk, Yogurt
Fruit Juices
Cooked Spinach
Most Grains
Soy Milk
Coconut
Eggs
Fish
Tea
Cooked Beans
Chicken & Turkey
Beer
Sugar
Canned Fruit
White Rice
Reverse Osmosis
Water
Coffee
White Bread
Peanuts
Pistachios
Beef
Lamb
Pork
Wine
Shellfish
Pastries
Cheese
Goat Cheese
Soda

Kidney Beans
Lima Beans
Plums
Processed Juices
Rye Bread
Spelt
Brown Rice
Barley
Cocoa
Potatoes w/o Skins
Pinto Beans
Navy Beans
Garbanzos
Lentils
Black Beans
Distilled & Purified
Water
Blackberries
Cranberries
Prunes
Sweetened Fruit Juice
Wheat
Black Tea
Pasta
Pickles
Stress
Worry
Lack of Sleep
Overwork
Tobacco Smoke

Butter, fresh, unsalted
Cream, fresh, raw
Milk, raw cow's
Margarine
Oils, except Olive
Rice & Almond Milk
Sprouted Wheat Bread
Oats
Liver
Oysters
Cold Water Fish
Salmon
Tuna
Goat's Milk
Butter, salted
Rice Cakes
Cooked Corn
Wheat Bran
Rhubarb
Molasses
Most Bottled
Waters
Most Nuts
Tomato Sauce
Buttermilk
Cream Cheese
Popcorn
Chocolate
Roasted Nuts
Vinegar
Sweet 'N Low
Equal
Aspartame
NutraSweet
Walnuts

Colas!

Unique Specialty of Water !



WATER EXISTS IN THREE STATES



GAS(Vapor) -
Steam is formed
at 100° Celsius.
(212° Fahrenheit)

SOLID (Ice) -
Water freezes
at 0° Celsius.
(32° Fahrenheit)



LIQUID(Water) -
is wet and fluid



Physical Properties of *Water*

Water, seeks its own level

Pure water is colorless, odorless
and tasteless.

Pure Water is a non-conductor of
Electricity

Water is neutral to litmus, i.e.,
it has no effect on the color of
litmus.



Chemical Properties of Water

Everything is made of atoms. An atom is the smallest particle of an element, like oxygen or hydrogen. Atoms join together to form molecules. A water molecule has three atoms: two hydrogen (H) atoms and one oxygen (O) atom, having the formula H_2O .

It is chemically active, reacting with certain metals and metal oxides to form bases, and with certain oxides of nonmetals to form acids. It reacts with certain organic compounds to form a variety of products, e.g., alcohols from alkenes. Because water is a polar compound, it is a good solvent.

A single drop of water contains billion of water molecules.



Biological Properties of Water

Water is Universal Solvent

Water Dissolves a Wide Variety of Substances.

ADD SUGAR
WATER
BECOMES
SWEET



GIVE
NEGATIVE
VIBRATION
WATER
BECOMES
DISCHARGED



ADD COLOR
WATER
BECOMES
COLORFUL



GIVE
POSITIVE
VIBRATION
WATER
BECOMES
CHARGED



Hydrogen bonds give water molecule two additional characteristic cohesion and surface tension.

Cohesion is the attraction of same substance. In Water negative charged hydrogen atoms attract positively charged oxygen atoms.

Adhesion is the attraction of different substance. Example: when a wooden stick placed in a water, water molecule attract to that wooden stick.



Unique Thermal Properties of **WATER**

When heated from 0°C , its melting point, to 4°C , it contracts and becomes more dense; most other substances expand and become less dense when heated. Conversely, when water is cooled in this temperature range, it expands. It expands greatly as it freezes; as a consequence, ice is less dense than water and floats on it.

Because of hydrogen bonding between water molecules, the latent heats of fusion and of evaporation and the heat capacity of water are all unusually high. For these reasons, water serves both as a heat-transfer medium (e.g., ice for cooling and steam for heating) and as a temperature regulator (the water in lakes and oceans helps regulate the climate).



Angelic properties of water

Coolant

Solvent

Lubricant

Transparent

Transporter

Reflector



The Messages from
Water

To Think and Attain ...





The messages from **WATER**

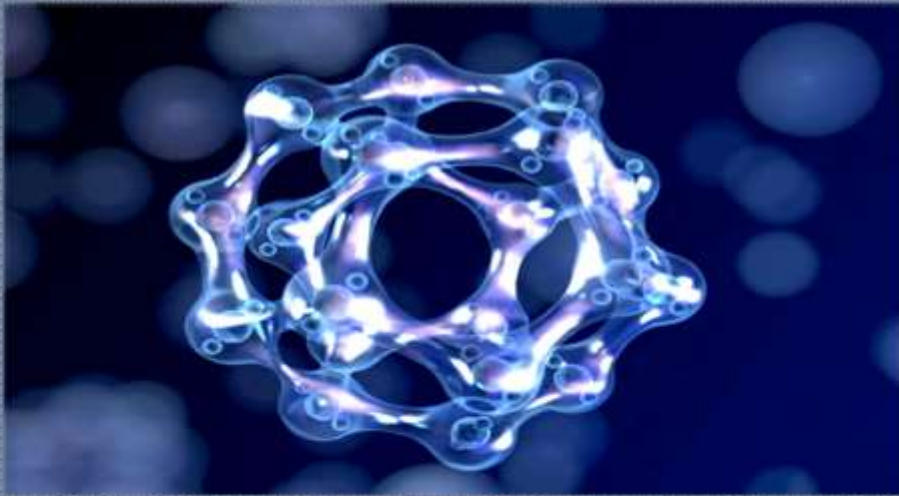
Masaru Emoto is a Japanese energy scholar, author and entrepreneur, best known for his claims that human consciousness has an effect on the molecular structure of water. Emoto's hypothesis has evolved over the years of his research. Initially he believed that water takes on the "resonance" of the energy which is directed at it, and that polluted water can be restored through prayer and positive visualization.

Emoto's water crystal experiments consist of exposing water in glasses to different words, pictures, or music, and then freezing and examining the aesthetics of the resulting crystals with microscopic photography. Emoto claims that different water sources produce different crystalline structures when frozen. For example, Emoto claims that a water sample from a mountain stream would purportedly show a geometric design that is beautifully shaped when frozen. On the other hand, Emoto claims that polluted water sources will be distorted and will be randomly formed.



Water Cluster

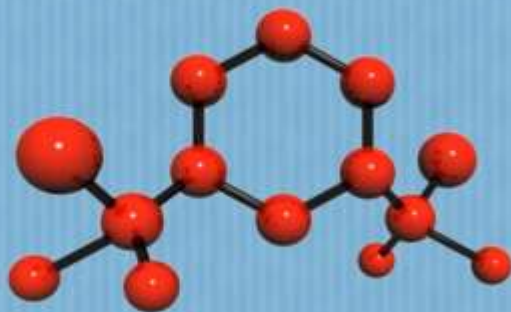
The structure of water means how its molecules are organized. Water molecules join together into groups which are called clusters.



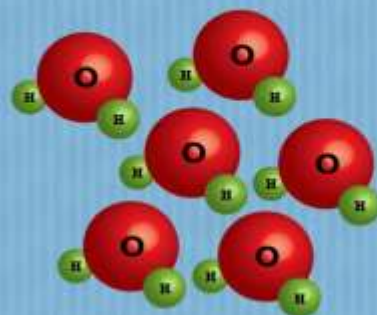
These clusters work as memory cells of ascertain sort in which water records the whole history of its relationship with the world as if on magnetic tape. water structure, like a nervous system reacts to any irritation. Modern instruments have made it possible to record the fact that within each of the water's memory cells there are 440,000 information panels each of which is responsible for its own type of interaction with the environment.

DEAD WATER & ALIVE WATER

It is simple chemistry. One electron is missing from its outer orbit of unstructured or dead water atoms but in structured or alive water has no missing electrons.



Structured Water



Unstructured Water

University of Georgia found that diseased cells in every human body were surrounded by unstructured or dead water and they also found that every healthy cell was surrounded by structured or alive water.





Water Reflects The Consciousness

The spoken word - has a vibration, Well written words also have a vibration. Anything in existence has a vibration. If I were to draw a circle, the vibration of a circle would be created. Drawing a cross, would create the vibration of a cross. So if I write the letter L O V E then this letter put out the vibration of love.

Water can be imprinted with these vibrations. Beautiful words have beautiful clear vibrations But negative words put out ugly, incoherent vibrations which do not form clusters.

Negative Thoughts Pollute Body Water Structure



Structure of the water is much more important than chemical composition.

As water records new information, it acquires new properties, yet its chemical composition remains unchanged. The structure of the water is changed by thoughts and other outside influences.

Human body is composed of 70-90% of water. At the level of thought, a person who thinks negative is polluting his own body water structure with negative charge.

Hexagonal A Mystery of Creation !

Water

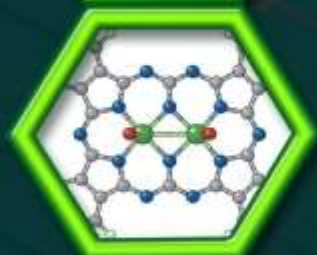
Hexagonal structure in a connection
of four water molecules

Hexagonal structures in snowflakes

Hexagonal structure of a hive

An eye of a dragonfly
The compounded eyes of a
dragonflies
consisting of 28,000
hexagonal facets

Human Emotions
Alter Water Molecules !





Deoxyribonucleic Acid

DNA

The Frequency of Love 528Hz Repairs DNA

The frequency of 528 Hz appears to influence the water molecules that surround the DNA helix, thereby bringing about healing effects on DNA.

According to Dr. Leonard Horowitz (Harvard graduated public health expert & well-known author of 15 health science books), all healing occurs from sonic waves or vibrations, specific frequencies of sound, resonating throughout the universe. He claims that human cells use DNA, like radios use antennae, to receive the note vibrations and attune the body's rhythm to that of the cosmos. He refers to the 528 Hz Solfeggio note as "the frequency of love" which, in addition to providing health benefits, opens the portals to spiritual transformation.



Water Amazing

Ability to Change Structures

Science says, water can change structure and other characteristics according to external energy applied like sounds, light and electromagnetic radiation or even thoughts, meditation and prayer have been shown to have a powerful effect on water.

If cells structure and water structure are disorganized, illness can appear, if it is organized, diseases have no place to settle and better health can be achieved.



Hexagonal Water and Health

Hexagonal Water is a specific arrangement of individual water molecules where 6 H₂O units consistently link to form a ring-like structure. This unique arrangement is the basis of a more complex crystalline network that is formed when numerous hexagonal units join together.

All water contains a certain percentage of hexagonal units some sources more than others. The percentage of hexagonal units appears to depend on a number of factors, including toxin levels, mineral content, motion, and energetic influences that water is exposed to. For example: chlorine, fluoride and many pollutants typically found in municipal water sources destroys ability of water to form hexagonal units. Tap water typically has a very low percentage of hexagonal structures.

The most of the human body consists of water, and water fills 60 to 80 % of the body. This research tells us the most of a human body consists of hexagonal water and human body is very closely related to the hexagonal water. When a human body is made up of hexagonal water, its cells are activated and the most immune against diseases.

Hexagonal Water is the water of life! All biological organisms prefer it and they respond with enhancements in growth, metabolic efficiency and enzyme activation. On the other hand, the loss of Hexagonal Water from our bodies can be correlated with disease, lack of vitality and aging.



2 Perfectly Formed Hexagonal Water Crystals



Shape of Water after Receiving the Vibration of Positive Words



COMPASSION



THANK YOU

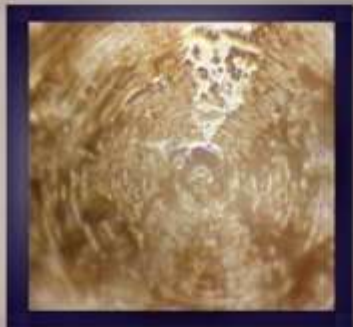


WISDOM





Shape of Water after Receiving the Vibration of Negative Words



HEAVY METAL
MUSIC



I WILL
KILL YOU



YOU FOOL





Structured Water

Ultimate Food

Greatest Medicine

Most Economical Fuel

and Energy Source.

Hexagonal Structured
WATER IS NECTAR



CONCLUSION

To harmonizing water,
Just follow these 5 simple steps.

BEGIN WITH THE RIGHT WATER.

First, you begin with the clean and quality water.

CREAT RIGHT ENVIRONMENT

To restructure a glass of water, the environment should be peaceful with natural light and free from distraction.

SELECT RIGHT THOUGHTS

I am living being charging water with pure thoughts and feelings. My intention nicely restructuring water molecules.



SELECT RIGHT MUSIC

Select suitable music, prayer and meditation commentary. Place the glass of water in front of speakers and play the music, vibration of music will do the rest. Drink structured water created by music.

DRINK AND TRANSFORM SELF FROM INSIDE OUT!

Much like thanking your food before eating it, state your intention before drinking your harmonized water. Take a moment to send love and gratitude to the water. Feel the water moving down your throat and filling every organ with healing energy.



**AS THE THOUGHT
SO THE WATER STRUCTURE**




OUR WATER = OUR CONSCIOUSNESS

A Gift for You!



I like to leave you with a GIFT
that you can give to yourself
and others.

Find a label and  write a Positive word or phrase like Love & Gratitude, Wisdom, Peace, You are Beautiful, I Love You, Youth and God. Stick it to a water bottle, Later as you drink that water, know that you are gifting yourself with beautiful water crystals that nurture your body and your soul.

You can also give this gift to your children and others whom you love!



BODY EARTHING

Dr polack proposes bare foot walking for better health. The scientific theory behind the practice is that body absorbs negative electrons from the Earth through the soles of feet.

These negatively charged electrons may help increase the structure of the water in cells.



STRUCTURED WATER FOR CULTIVATION'S

**Reduce the amount of water
required (up to 30%)**

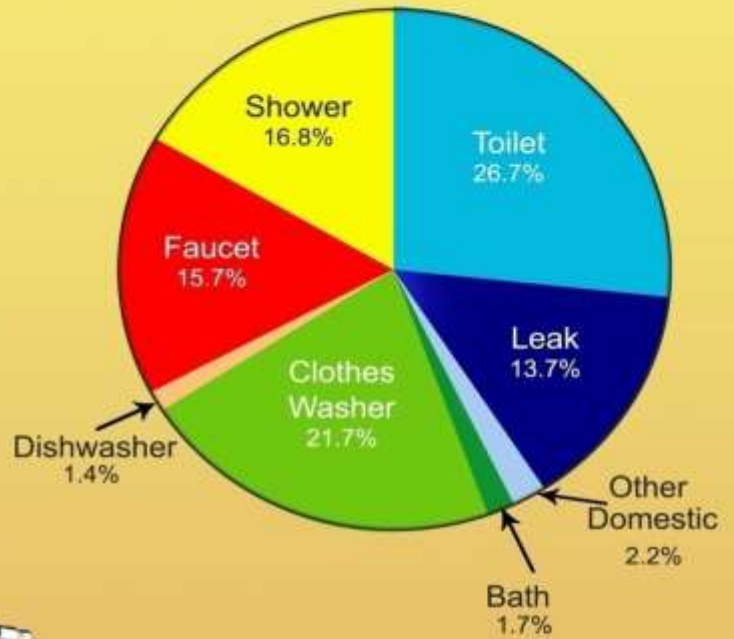
**Improve growth of crops
(27 to 40%)**

**Healthier landscape, greener
lawns, more vibrant trees
and shrubs.**

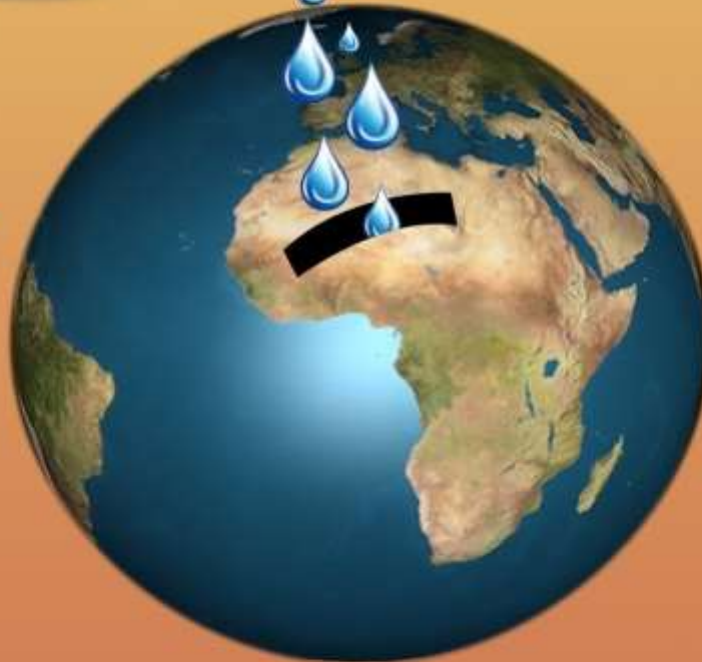
**Improve ability of plants to
withstand lower freezing
temperatures.**

Healthier household plant.

"Water is life"



**Save
Water**



**Save
life**

Saving water can save the world

Water Management



**Water management is
Health management.
Health management is
Mind and Body management.**

**Rise your Consciousness
To Save Water...**