

“Water Tips”

From “The Healing Power of Water” by Masaru Emoto, 2004, Published by Hay House

- Drink 6 to 10 glasses of water a day – more if you’re learning, and more if you’re stressed.
- Start the day with one or two glasses of water to flush the system and bring new life to your day.
- Drink deeply to energise and feel the water element in your body.
- Sip slowly to detox and cleanse.
- Hold the water in your mouth for a few seconds to encourage absorption.
- If drinking a minimum of six glasses a day, take some salt to balance the water.
- Dechlorinate tap water by letting it stand in a jug – the chlorine will evaporate.
- Energise water by stirring it, blessing it, or using a water-energising device (eg. TC Energy Designs glassware).
- Move your internal water pump: run, walk, move your ankles, and do any other foot or leg movement that you enjoy.
- Get a foot massage.
- Circle the body – move in figure eights with your eyes, head, hips and shoulders.
- Heal scars by moving your hand in a figure eight over them.
- Talk kindly to yourself (and your inner waters) with appreciation, respect and acceptance.
- Speak to others in the same way.