

Nutritional Energetics : Water

Energized Water Mp3

Plus resources



Our water - Is it stressful or helpful?

Since starting the private sessions for this program, many imbalances have led to dehydration. SO I consider this information quite important.

Sometimes we are not drinking enough water and sometimes – we are... just not the kind of water and the quality of water that is actually hydrating us. Which we know we need for a number of reasons.

Information on the “energetics” of water is not new.

Yet I always need a reminder of why I need to drink water and why the quality of the water matters so much.

Most of the time I don't LIKE the water I am drinking. Why is that? We have water that is affected in a number of ways – this list is not meant to be complete...

- 1> It can hold harsh memories of eons of time. I have water from a well in the northern mountains. You would think that my water would have a high “lightscore”. Out of 100 – it is only a 30. I tested for why and I get that it is ____ % in part to negative memories in the water. A friend cannot drink it without getting a stomach ache. However, as soon as I energize it with my energized water MP3, (to about 97% lightscore) they ask for more.
- 2> We buy water bottled in plastics and other non – beneficial containers
- 3> Water is carrying toxins etc etc ...
- 4> The water is affected by everyone that it has passed by (see the “science” youtube below)
- 5> The water we drink is not small enough to pass through cells to really hydrate them
- 6> We have access to less and less “wild” water – pure spring water that is “**actually made fresh from the ground**”, without memories, bacteria, toxins, chemicals , etc

Many of you know of Dr Masaro Emoto's work with water.

This is a 3 minute visual of how words affect water – this never gets old! I could watch it over and over.

If you are not that familiar with Emotos work, more youtubes will pop up to learn more.

<https://www.youtube.com/watch?v=tAvzsjcBtx8>

Using frequency numbers – we infuse the pure intent into water just like Dr Emoto did with words.

For the folks who like a bit more science – this is an “international look” at the memories of water.

It is a bit long and has a date of 2013, but I found 2 specific bits that are important here to Nutritional Energetics

https://www.youtube.com/watch?v=ILSyt_Hhbjg

Pay attention to the statement starting at 4 :09 minutes and particularly at 4:44 !– that the ocean carries memory – so that the oceans are not separators of people – but actually connects us – with its information.

At minute 37:25 – something I have never heard of as a public study : It shows the positive effects of using high quality water in food production (the bread baked better without additives) , and in public swimming pools (they don’t need chemicals to take away algae).

Think of what we can do with the water that we energize in our own home or the river down the road.

And here is a good blog post

<http://spiritualityhealth.com/blog/bess-oconnor/16-ways-change-your-vibration-water>

16 ways to use water to change your vibration.



With these facts in mind -

This erases the negative memories from eons of time plus take the discordant energies from your water, then actually prepares it for actual hydration for your body (sometimes the molecules are too big to nourish the cell)

Also added is the essence of lemon essential oil for pH balance

This is the intent of the Energized Water MP3 to the Solfeggio Frequency [HERE](#)

To RELEASE the memories of the water that no longer serve

To remove contaminants and toxins, including plastics and other chemicals that the water has carried. (there is also a number for this so stay tuned!)

To be a water that is actually hydrating, right down to the cellular nano level

To be returned to a lightscore of as close to 100% as we can get – like “wild” newly formed spring water.

And you can use and share this frequency number as well

FREQUENCY NUMBER – this number energetically changes micron size water to nano size for easier absorption (you can keep this number on your water pitcher)

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Other References

David Wolfe on Spring water and spiraling water (energy likes to spiral)

http://www.naturalnews.com/024107_water_hydrogen_spring.html

Finding “Wild Water Springs in the World

<http://www.findaspring.com>

Making structured water

<https://www.myhealingcocoon.com/how-to-structure-water>

What is WILD water?

<https://www.youtube.com/watch?v=HJDXvEI0Fo8>

How to make “Emoto” water

https://www.quantumbalancing.com/hado_water.htm

How to make Energized water – even when you are at a restaurant

<http://miami-water.com/blog/4697/structured-water-retains-memory-using-vortexs/>

This book was written in 2008 – its on my shelf

Many have been written since? Can you recommend a good book about water?

Your Body's Many Cries for Water by [F. Batmanghelidj](#) (Author), [M.D.](#)

This book, “based on a pioneering physician's twenty years of clinical and scientific research into the role of water in the body, explains a breakthrough discovery that Unintentional Chronic Dehydration(UCD) produces stress, chronic pains and many painful degenerative diseases. “

And here is a good blog post

<http://spiritualityhealth.com/blog/bess-oconnor/16-ways-change-your-vibration-water>

[16](#) ways to use water to change your vibration.

This information is for educational & discussion purposes!

Feel free to comment on the Nutritional Energetics Facebook page or via email

Stay Nourished!! (and hydrated!)

Cathy

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