

RESEARCH PAPER

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We have all heard about how plastic water bottles are not good for the environment but how about the actual water inside of the bottles? I know some of us have heard talk of the water not being what the water companies profess it to be yet how many of us researched this further and/or stopped drinking from water bottles? Research shows that ½ of all Americans are drinking bottled water regularly. It is a 22 billion dollar industry. Research further shows that many of the water companies use disguised wording to trick the consumers into believing that they are drinking high quality water when in reality they are not. Some spring water only contains about 1/3 spring water and the rest is tap water. Many companies are using tap water and purifying it themselves before bottling it. One must read labels carefully.

So if most of the bottled water contains tap water and we know that our water supply like our food supply is being poisoned what can we do to prevent the negative effects of drinking contaminated water? Dr. Masara Emoto did a study on the effects of prayer, words, music and environment to the crystalline structure of water. It was found that water imprinted with positive thoughts and energy had a more symmetrical and pleasing appearance when photographed similar to that of a beautiful snowflake. Water imprinted with negative energy was photographed to have more of a murky appearance. There was a time that people prayed before they ate or drank for a reason. It raises the vibration of the food or drink you are ingesting. So as we move forward in time when more and more of our water supply is being contaminated and poisoned, we need to learn how to rise about the destruction and talk to our water before putting it into our bodies. It can be quite simply telling your water that it is beautiful and that it will be beautiful for your body or saying "I love you" to your water as love has a ripple effect on everything.

So let's throw away our plastic water bottles for good and start using metal water vessels that are better for the environment and for ourselves and let's start adding a drop of essential oil to our water and really imprint upon our bodies and souls health and well-being. Many people will put lemon essential oil in their water but many do not explore further the benefits of other oils in their drinking water. Using essential oils internally is one of the best yet least used methods. As you grab a glass of water throughout your day, take an extra minute to add an essential oil and really imprint upon the water well-intentioned thoughts and love bringing it to its highest vibration and potential. Try a drop of oregano to counterbalance whatever bacteria and fungi may be in the water as you imprint purification of the water. Perhaps try a drop of Frankincense to increase the spiritual vibration of the water as you raise your own spiritual vibration. Maybe try a drop of Sandalwood to remove the negative programming of the contaminated water so that you can imprint health and love into the water and essentially into your body. Add some NingXia Red into your water for even more added health benefits. Eating and drinking in our future will take on ever increasing challenges and we must be prepared to know how to change the molecular structure of water and food with intention for our highest good.