

# 28 DAY WATER QUEST



*"Water - the essence of grace and resilience,  
teaching us to adapt, to flow effortlessly, and to find strength  
in both stillness and motion."*

# Your Journey

The 28 Day Water Quest is a transformative 4-cycle program designed to deepen our connection with water - the source of all life. This quest was inspired by the sight of dried-up lakes, polluted rivers, and the correlation between our external waters and the polluted waters within our bodies. As the ancestors say, "Water is life," and is identified with the cosmic womb. Water is the beginning of all things, and its healing properties are undeniable.

We humans as an extension of water can also have a purifying and regenerative effect on the vast bodies of water on Earth. By connecting to it, charging it, and simply aligning our wellbeing to its well being we can add to its vitality. This quest is an invitation to turn our attention to the fluids of life and its effect on our health plus our effect on its health.





# In the Beginning

Through this quest, we will participate in daily practices that will help us connect with water on a spiritual, emotional, and physical level. We will program water with affirmations, visualizations, frequencies, supplements, and minerals, and use it as a tool for purification, cleansing, and healing. Water is not only essential to our physical well-being, but it also has a significant impact on our mental and emotional health. By staying hydrated and drinking programmed water, we can improve our cognitive function, mood, and energy levels.

Moreover, water holds a deep connection with human beings, and it serves as a bridge between worlds and a source of wisdom and knowledge. By merging with water, we can identify the feelings produced and gain greater insight into what is being communicated. Through this quest, we will also honor the Earth (The Mother) by feeding her life force within ourselves, connecting with her, and adjusting the frequency of care and attention we are offering our origins.



Join us on this quest to turn our attention to the fluids of life and its effect on our health, and our effect on its health. By the end of this 28-day journey, we will have a renewed appreciation for the power and importance of water in our lives.

# Recommended Tools

As you embark on your water quest, we highly recommend incorporating some tools and items that can help enhance your experience and nourish your body even further.

A good quality water filter such as the USA Berkey Filters can ensure that you are consuming clean and purified water: [Berkey Filters Link](#)

To ramp up your water to the next level, we suggest trying the Hydrolux, which infuses hydrogen into your water, as well as Shilajit and Cell Food, which can add additional nutrients and minerals to your water:

**Hydrolux:** [Visit the Secret Energy Store Link](#)

**Shilajit:** [Visit the Secret Energy Store Link](#)

**Himalayan or Real salts can add vital minerals to your water:**

[Amazon Himalayan Link](#)

**Rock Minerals:**

[Amazon Rock Minerals Link](#)

We trust these recommendations can help you in your journey towards a deeper connection with water and greater health and wellness.

# Quest Instructions

These instructions remain the same throughout the entire quest. As you start the quest each cycle begins with starting your day by:

- Taking of 8 oz. of water
- Every hour drink 8 oz. of water (set a timer) for a total of 12x a day
- At the end of each cycle we will gather together (WhatsApp Chat - Sisterhood) to share our observations, notes, and experiences.





# Water

*"Water is the source of life and the foundation of purity; let it flow through you, nourish you, and wash away all that no longer serves you."*

**Water is a crucial element for life on Earth, and it has played a significant role in the development and evolution of both our planet and our species. Here are some facts about water related to us, our existence, and our planet:**

- **Water makes up about 60% of the human body:** This means that water is essential for our bodies to function correctly. Water helps regulate body temperature, transport nutrients and oxygen to cells, and remove waste from the body.
- **Water is a key component of DNA:** DNA is the genetic material that contains the instructions for the development and function of all living organisms. Water is one of the main components of the structure of DNA, which means that water is essential for life at the most fundamental level.
- **Water is a universal solvent:** This means that water can dissolve many different substances, including minerals, nutrients, and gasses. This makes water an essential part of many biological processes, such as digestion and respiration.
- **Water is a powerful force for erosion and change:** Over millions of years, water has carved out valleys, canyons, and other landforms on our planet. Water is also responsible for the weathering and erosion of rocks and minerals, which creates the soil that supports plant life.
- **Water is a finite resource:** Despite covering more than 70% of the Earth's surface, only about 2.5% of all the water on Earth is freshwater that is available for human use. This means that water is a precious and finite resource that we must manage carefully to ensure that it is available for future generations.
- **Water is a symbol of spiritual renewal and purification:** Many cultures and spiritual traditions recognize the importance of water as a symbol of renewal, purification, and transformation. Water is often used in religious ceremonies, such as baptism and ritual cleansing, as a way of purifying the body and soul.

**In summary, water is an essential element for life on Earth, and it plays a vital role in our bodies, our planet, and our spiritual and cultural traditions. Understanding the importance of water and learning how to care for it is crucial for ensuring the well-being of our planet and all its inhabitants.**

# Sacral Chakra Activation:

“Cultivate Creative Energy and Transmute Guilt and Shame”.

*“A meditation to assist clear the Waters within and create more conductivity in our wombs”.*

The connection between our sacral chakras and water lies in the fact that the sacral chakra, also known as Svadhisthana, is associated with the element of water. It is located in the lower abdomen, just below the navel, and governs our emotions, desires, creativity, and sexual energy.

To make one's internal waters more electrical and ready to birth new creations within our inner world, it's essential to focus on cultivating and balancing the energy in the sacral chakra. Here are some methods to achieve this:

- **PRACTICE MEDITATION:** Regularly meditating and focusing on the sacral chakra can help balance and increase the flow of energy in this area. Visualizing a swirling energy field of orange color (associated with the sacral chakra) while meditating can help in this process.
- **ENGAGE IN CREATIVE ACTIVITIES:** As the sacral chakra governs creativity, participating in artistic and creative pursuits can help stimulate and balance this energy center. This might include painting, dancing, writing, or any other creative expression you enjoy.
- **MAINTAIN A HEALTHY, BALANCED DIET:** Eating a variety of nutritious foods and staying hydrated can help support the energy flow in the sacral chakra.



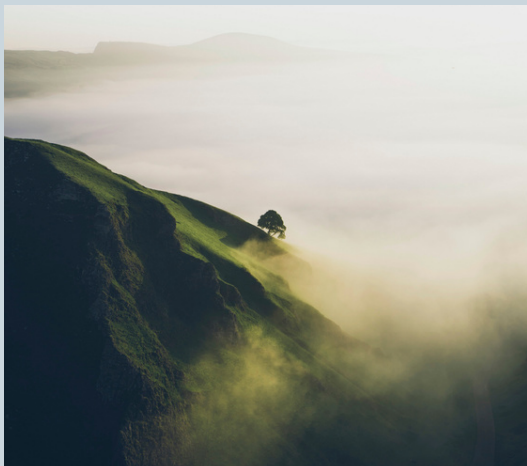
If the **Sacral Chakra** is blocked by guilt and shame, here are some deep methods of transmuting these feelings into their opposite counterparts.

**To transmute the feelings one must first recognize and accept these emotions without judgment.**



**Self-awareness and acceptance:**

Self-awareness and acceptance are essential steps in the process of spiritual growth and development. allowing you to observe them without judgment. As you cultivate non-judgmental awareness, you can begin to see your guilt and shame for what they are – merely emotions that can be transformed.



**Forgiveness and self-compassion:**

Forgiveness and self-compassion are powerful tools for healing and transmuting guilt and shame. Forgive yourself for any past actions or experiences that may have contributed to these feelings. Show yourself love and kindness, recognizing that everyone makes mistakes and deserves compassion.



**Interactions with the world around us:**

By recognizing the interconnectedness of all things, we can cultivate a greater appreciation for the balance and harmony that governs both the physical and the energetic realms. This understanding can inform our choices and actions, encouraging us to live a life that is more attuned to the natural order of the universe.

**"Water teaches us the beauty of impermanence, reminding us to go with the flow and embrace change as a natural part of life."**



# Water Programming

A water program typically involves a set of practices and techniques designed to enhance the quality of the water we consume or interact with. This can include techniques such as programming water with affirmations, visualizations, frequencies, supplements, and minerals to improve its healing properties and our overall health and wellbeing.

One popular technique is called "structured water," which involves using various devices or methods to restructure the water molecules into a more organized and coherent form. Proponents of structured water claim that this type of water can increase hydration, improve nutrient absorption, and enhance the body's natural detoxification processes.

Another common practice is water filtration, which involves removing impurities, chemicals, and toxins from the water we drink or use for bathing or cooking. Water filtration can range from simple methods such as using a carbon filter to more advanced techniques such as reverse osmosis or distillation.

In addition to physical techniques, many water programs also include spiritual or energetic practices, such as connecting with water on a spiritual or emotional level, aligning our wellbeing to its well being, and using water as a tool for purification, cleansing, and healing.

In addition to affirmations, visualizations, and frequencies, there are several other ways to program water for purification, cleansing, and healing. Here are some ideas:





In addition to affirmations, visualizations, and frequencies, there are several other ways to program water for purification, cleansing, and healing. Here are some ideas:

1. **Crystals:** Placing crystals in water can infuse it with their energetic properties. For example, amethyst can promote calm and tranquility, while rose quartz can enhance self-love and compassion.
2. **Sound:** Playing soothing music or using singing bowls to create sound vibrations can also program water with healing energy.
3. **Intention setting:** Setting a clear intention for what you want the water to do can also help to program it. For example, if you are drinking water to support your digestion, you might set the intention that the water will help to soothe and heal your gut.
4. **Sunlight and moonlight:** Exposing water to sunlight and moonlight can also infuse it with energy. Sunlight is associated with vitality and energy, while moonlight is associated with calm and intuition.
5. **Herbs and plants:** Adding herbs and plants to water can also infuse it with their energetic properties. For example, adding mint to water can promote digestion, while adding lavender can promote relaxation.



# The Quest

There are many water quests that can be undertaken to deepen our connection with water and its healing properties. During this quest we will be review some of the following examples:

1. **Sacred water ceremony:** This involves creating a sacred space and performing a ritual or ceremony that honors water and its importance in our lives. It can involve chanting, meditation, and other spiritual practices.
2. **Water programming:** As mentioned earlier, water can be programmed with affirmations, visualizations, frequencies, supplements, and minerals to enhance its healing properties. This can be done on a daily basis, with the intention of purifying and cleansing the body.
3. **Conscious hydration:** This involves being mindful of the quality and quantity of water that we consume, as well as the energy that we bring to the act of drinking water. It can involve setting an intention before drinking, blessing the water, or simply taking a moment to appreciate its life-giving properties.
4. **Sound frequencies:** Sound frequencies can positively affect the molecular structure of water, making it more organized and energetically charged. This can lead to greater hydration, vitality, and overall well-being when consuming the water.
5. **Water infusions:** In this process we add fruits, herbs, or other ingredients to water to enhance its flavor and add nutritional benefits. You can also add crystals or minerals to your infused water for added healing properties.
6. **Water blessings:** This is a practice of offering gratitude and blessings to bodies of water such as rivers, lakes, and oceans. It can involve offering flowers or other natural offerings, singing or chanting, or simply sitting in quiet meditation and offering prayers of gratitude.
7. **Color charging:** This is the process of using specific colors or wavelengths of light to energize or infuse water with different properties, such as healing or balancing effects, depending on the color used. The idea is that different colors have different frequencies that can affect our physical and emotional well-being, and by exposing water to these colors, we can transfer those properties to the water we drink or use.

These are just a few examples of the many ways that we can deepen our connection with water and incorporate water practices into our daily lives. The key is to approach these practices with intention, reverence, and an open heart, and to allow ourselves to be transformed by the healing power of water.

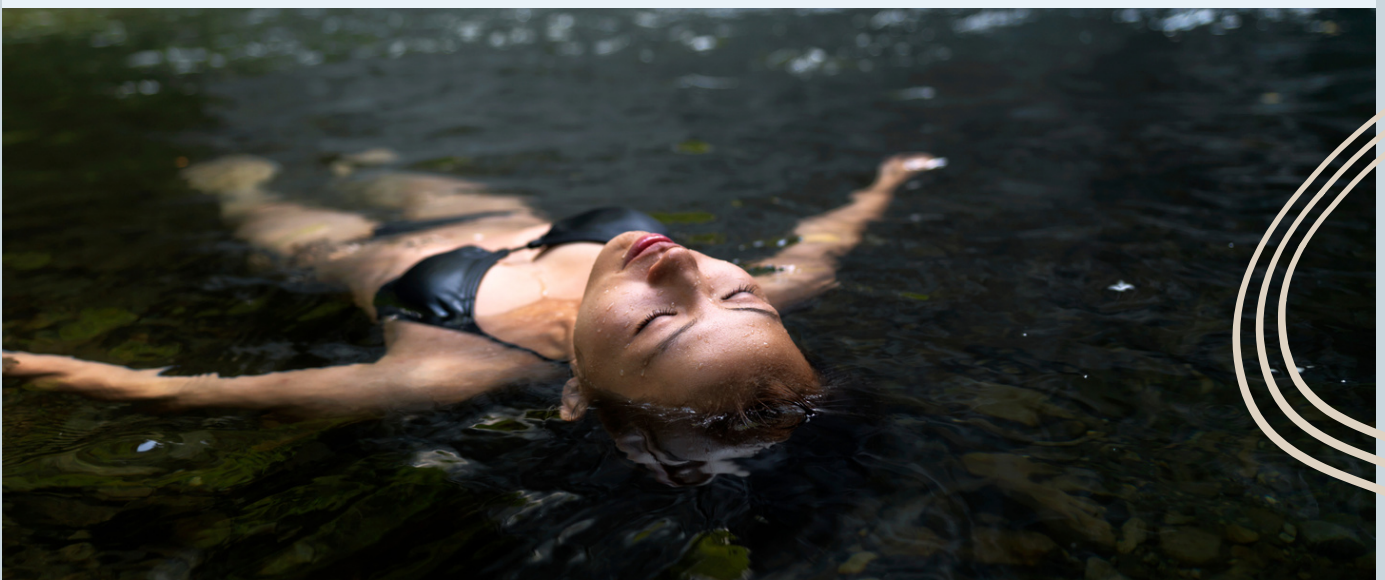
# First Cycle

To start our 28-day quest, we'll dedicate the first 7 days to deepening our connection with water through intentional practices. We'll participate in a Sacred Water Ceremony, Program Water with Positive Affirmations, and practice Conscious Hydration. These practices are not limited to specific times or moments, but rather should be integrated into our daily lives as we engage with and drink water. By prioritizing these practices early on, we'll establish a strong foundation for the remainder of the journey.

## Sacred Water Ceremony

Sacred Water Ceremony is a ritual that is performed to honor and give thanks to the water element. Here are some basic steps to perform a Sacred Water Ceremony:

- Take a few deep breaths and ground yourself in the present moment.
- Begin to connect with the water by gazing at it, feeling its energy.
- Offer your gratitude to the water, thanking it for its life-giving properties, its cleansing abilities, and its connection to all living things.
- If you have a prayer or intention, offer it to the water as well.
- Hold the cup of water in your hands and infuse it with your intentions or healing energy.
- Drink the water.
- Remember to always approach water with respect and gratitude, as it is a sacred and life-giving element.



# Water Programming with Affirmations

Water programming with affirmations is a powerful practice that involves infusing water with positive intentions, affirmations, and mantras. The basic idea is that water has memory and can be programmed with specific frequencies, vibrations, and energies. By programming water with affirmations, we can transform the energy of the water and benefit from its healing properties.



To program water with affirmations, you can simply write down your positive affirmations on a piece of paper and place it near the water container. You can also speak your affirmations directly to the water or play recordings of affirmations near the water. Additionally, you can use visualization techniques to visualize the water being infused with the energy of the affirmations.

In summary, water is an essential element for life on Earth, and it plays a vital role in our bodies, our planet, and our spiritual and cultural traditions. Understanding the importance of water and learning how to care for it is crucial for ensuring the well-being of our planet and all its inhabitants.



# Here are some suggestions of positive affirmations:

- Every sip of water that I take supports my health and well-being.
- I am grateful for the abundance of clean and safe water that is available to us all.
- I drink water mindfully. I savor each sip and appreciate its refreshing taste and hydrating effects.
- Water is a vital component of my self-care routine.
- Water has a positive impact on my energy levels, mood, and overall health.
- The water that I drink is infused with positive energy and helps me to stay focused and productive.
- I honor and respect water. I recognize it as a precious resource that sustains life and connects me to the natural world.



It's important to note that the effectiveness of water programming with affirmations depends on the purity and quality of the water. It's recommended to use high-quality, filtered water and avoid plastic containers that may contain harmful chemicals.

**Overall, water programming with affirmations is a simple and effective way to infuse water with positive energy and enhance its healing properties. It's a great practice to incorporate into your daily routine for optimal health and well-being.**

# Conscious Hydration



Conscious hydration is the practice of mindfully drinking water in a way that nourishes and supports our overall well-being. It involves paying attention to the quality and quantity of water we consume, as well as the intention and energy we bring to our hydration practices.

## Here are some tips and actions you can take to cultivate conscious hydration:

- **Drink high-quality water:** Choose clean, filtered water that is free of toxins and pollutants. If possible, drink water that is alkaline and infused with minerals.
- **Pay attention to your body's needs:** Drink water often and pay attention to the signals your body gives you. Aim to drink at least half your body weight in ounces of water each day.
- **Add intention to your water:** Infuse your water with positive energy and intentions by speaking affirmations or prayers over it, or by placing crystals or other sacred objects in the water.
- **Take your time:** When you drink water, do it slowly and mindfully, savoring each sip and allowing yourself to fully receive the nourishment of the water.
- **Be grateful:** Cultivate a sense of gratitude for the water you drink, acknowledging the role it plays in sustaining your life and the life of all living beings on the planet.

By practicing conscious hydration, we can deepen our connection with water and experience the many benefits that come from drinking high-quality, mindfully consumed water.

# Reflection



Allow yourself time to slow down, and take some deep nurturing breaths.

I invite you to review and reflect on your **First Water Cycle**.

You may choose to set an intention and meditate or use the space below to write down your journey.

How did you feel **Mentally** ?

What did your body **Physically** feel and how did it respond?

**Emotionally**, how were your senses awakened? What feelings came forward?

How did your **Spiritual** essence communicate during this time?



# Second Cycle

During the second cycle of our 28-day quest, we'll enhance the energetic quality of our water by incorporating specific sound frequencies. This will further support our hydration and overall well-being.

## Sound Frequencies

Sound frequencies can also be used to affect the molecular structure of water, which in turn can have a positive impact on our health and well-being.

Studies have shown that exposing water to certain sound frequencies can change its structure, making it more organized and energetically charged. This is because water molecules are sensitive to vibration and can be influenced by sound waves.





## Some sound frequencies that have been used to positively affect water include:

- 528 Hz: This frequency is often referred to as the "Miracle Tone" and is believed to promote healing and vitality in water.
- 432 Hz: This frequency is considered to be the "Universal Frequency" and is believed to enhance the energy and vibrational quality of water.
- 639 Hz: This frequency is associated with relationships and is believed to promote harmony and balance in the molecular structure of water.

### **We also recommend the following sound frequencies and binaural beats:**

- Sound frequencies manual specifications: [Link for Secret Energy](#)
- Binaural Beats: [Pure Binary Beats Link](#)

To incorporate sound frequencies into your water, you can simply play music or tones that incorporate these frequencies near your water source or place your water near sound healing instruments such as singing bowls, gongs, or tuning forks. You should let it play for a minimum of 20-30 minutes. By doing so, you may experience a greater sense of hydration, vitality, and overall well-being.

# Reflection



Allow yourself time to slow down, and take some deep nurturing breaths.

I invite you to review and reflect on your **Second Water Cycle**.

You may choose to set an intention and meditate or use the space below to write down your journey.

How did you feel **Mentally** ?

What did your body **Physically** feel and how did it respond?

**Emotionally**, how were your senses awakened? What feelings came forward?

How did your **Spiritual** essence communicate during this time?

# Third Cycle



During the third cycle of the 28-day quest, we'll focus on water infusion with minerals. This can be achieved by adding ingredients such as Himalayan salt crystals, magnesium minerals, and concentrated living silica to your water. There are several recipes to try, such as the Basic Mineralized Sole Salt, Mineralized Brine, Violet Prism Salt, and Electrolyte Drink. Each recipe provides different health benefits, such as hydration and energy revitalization. Remember to drink throughout the day until completion, and follow the recommended serving sizes for each recipe.



# Sacred Water Ceremony



Water infusion is the process of adding fruits, herbs, or other ingredients to water to enhance its flavor and add nutritional benefits. You can also add crystals or minerals to your water.

**Water infusion is a powerful way to enhance the nutritional value of your water, adding minerals, vitamins, and other beneficial ingredients. During the third cycle of the 28-day quest, we'll focus on water infusion with minerals to boost hydration and overall health. There are different recipes to try, such as the Basic Mineralized Sole Salt, Mineralized Brine, Violet Prism Salt, and Electrolyte Drink. Each recipe provides unique benefits, such as improved energy, hydration, and electrolyte balance.**

For instance, the Basic Mineralized Sole Salt recipe involves adding coarse Himalayan salt crystals, ionic magnesium minerals, concentrated living silica, and water in a mason jar. The Mineralized Brine recipe, on the other hand, involves adding Himalayan salt, Celtic sea salt, or Real salt to distilled or alkaline water. Both recipes are great ways to provide the body with essential minerals, improve hydration, and promote overall well-being.

Another recipe, the Violet Prism Salt, involves adding red beet extract with spirulina to distilled water, providing the water with an iridescent blue, indigo, or violet color. The Electrolyte Drink recipe includes blending distilled water, maple syrup, lemon juice, Celtic sea salt or Himalayan salt, and flax or olive oil. This recipe provides a natural source of electrolytes, helping to hydrate and revitalize energy levels.



**You can also add crystals or minerals to your water to further enhance its healing properties. Crystals like amethyst and rose quartz can promote relaxation and inner peace, while minerals like Himalayan salt can provide essential trace minerals and help balance electrolytes in the body. To infuse your water with crystals or minerals, simply add them to your pitcher or glass of water and let it sit for several hours or overnight.**

**Infused water with crystals and minerals can provide a variety of health benefits, depending on the stones and minerals used. Water infusion with crystals and minerals is a simple and enjoyable way to stay hydrated and support your overall well-being.**

**Take your hydration to the next level with these infusion recipes that incorporate fruits, herbs and minerals to enrich your water with essential nutrients and energy. Whether you opt for a basic mineralized sole salt infusion or get creative with a violet prism salt and spirulina mix, each recipe offers a unique and delicious way to stay hydrated and nourished throughout the day.**

# Recipes

## Mineralize Water

Here are four refreshing recipes to mineralize your water and enhance its benefits:

### Basic Mineralized Sole Salt

- 32 ounce Mason Jar Glass and Bis-A free plastic top.
- 1/2 way with Coarse Ground Himalayan Salt Crystals.
- Add Distilled or Alkaline Water till you have water 1 inch from the top of the jar.
- Add 25 drops of Ionic Magnesium Minerals.
- 1 tbsp of concentrated Living Silica.
- 1/2 Tsp of MSM.
- Drink during the day until completion.

### Mineralized Brine

- 32 ounce Mason Jar Glass and Bis-A free plastic top.
- Add 2 teaspoons of Himalayan salt, Celtic sea salt or Real salt to a 32 ounce Mason Jar Glass ( with Bis-A free plastic top ). Add Distilled or Alkaline Water till you have water , to fill the jar.
- Take 3 oz. 3x a day on an empty stomach .



## Violet Prism Salt or Rainbow Salt Color

- 32 ounce Mason Jar Glass and Bis-A free plastic top.
- Distilled water is always best for this recipe.
- Add 1/4 – 1/2 tsp of Red Beet Extract with Spirulina.
- Drink during the day until completion.

PS: When using the Red Beet Extract with Spirulina, only use the distilled water to make your recipe if you want the iridescent blue / indigo / violet colors to stay bright in color, and not be dissolved by the high pH or high acid water. Recipe #4

## Electrolyte Drink

This is a natural electrolyte drink that will hydrate you and revitalize your energy.

- In a blender add 4 cups of distilled water
- 2 Tablespoons of maple syrup
- the juice of 1 lemon
- ½ teaspoon of Celtic sea salt or Himalayan salt
- 1 Tablespoon flax oil or olive oil
- Blend all ingredients.
- Have 1 cup (8 oz.) 4x a day on an empty stomach. It's helpful to start an hour after rising and have your last 8 oz. 1 hour before bed, the salts are calming and relaxing.





# Water Infusion with Fruits and Herbs

Here are three delicious recipes for water infusion with fruits and herbs:



## Strawberry, Lemon, and Mint Infused Water:

- 1 cup sliced strawberries
- 1 sliced lemon
- a handful of fresh mint leaves
- 8 cups of water
- Mix all the ingredients in a pitcher and let it infuse in the fridge for at least 1 hour before serving.



## Cucumber, Lime, and Basil Infused Water:

- 1 sliced cucumber
- 1 sliced lime
- a handful of fresh basil leaves
- 8 cups of water
- Mix all the ingredients in a pitcher and let it infuse in the fridge for at least 1 hour before serving.



## Pineapple, Orange, and Ginger Infused Water:

- 1 cup chopped fresh pineapple
- 1 sliced orange
- 1 inch sliced ginger
- 8 cups of water
- Mix all the ingredients in a pitcher and let it infuse in the fridge for at least 1 hour before serving.

# Health-Boosting Infusions

Here are three recipes for healthy water infusions:



## Lemon and Ginger Infused Water:

This recipe is great for digestion and immune support. Simply slice a lemon and a few pieces of fresh ginger and add them to a pitcher of water. Let it sit for at least an hour before drinking.



## Cucumber and Mint Infused Water:

This refreshing infusion is great for hydration and has anti-inflammatory properties. Slice a cucumber and add a handful of fresh mint leaves to a pitcher of water. Let it sit for a few hours in the fridge before drinking.



## Turmeric and Lemon Infused Water:

This recipe is packed with antioxidants and anti-inflammatory properties. Slice a lemon and add a teaspoon of ground turmeric to a pitcher of water. Stir well and let it sit in the fridge for at least an hour before drinking.

# Reflection



Allow yourself time to slow down, and take some deep nurturing breaths.

I invite you to review and reflect on your **Third Water Cycle**.

You may choose to set an intention and meditate or use the space below to write down your journey.

How did you feel **Mentally** ?

What did your body **Physically** feel and how did it respond?

**Emotionally**, how were your senses awakened? What feelings came forward?

How did your **Spiritual** essence communicate during this time?

# Fourth Cycle

The last seven days of the water quest are a time of reflection and gratitude, as we honor the sacredness of water and our connection to it. During this final cycle, we engage in water color charging, using the power of art to express our emotions and connect with the healing energy of water. We also offer water blessings to the bodies of water in our lives, recognizing their importance and expressing our deep gratitude. As we complete this cycle, let the wisdom and reverence you've gained during this quest guide you in your continued efforts to protect and honor water for generations to come.



# Sacred Water Ceremony

Color charging for water is a practice of using colors to influence the energy and vibration of the water. The idea behind this practice is that different colors have different frequencies and can affect the energy of the water molecules, which in turn can influence the energy of the person who drinks the water. Here are the basic steps for color charging water:



- **Choose a color:** Start by selecting a color that represents the energy or intention you want to infuse into the water. For example, blue can represent calm and relaxation, green can represent healing and balance, and yellow can represent joy and vitality.
- **Fill a glass with water:** Use a clear glass and fill it with fresh, clean water.
- **Expose the water to the color:** Hold a colored object, such as a piece of cloth or a crystal, above or next to the glass of water so that the water is exposed to the color. You can also shine a colored light on the water.
- **Set your intention:** While holding the colored object, focus your intention on infusing the water with the energy and vibration of the color. You can also say affirmations or prayers to reinforce your intention.
- **Allow the water to charge:** Leave the water exposed to the color for at least 30 minutes or longer, allowing it to absorb the energy and vibration of the color.
- **Drink the water:** Once the water has been charged, drink it mindfully, savoring the taste and energy of the infused water.

# Water blessings

Water blessings is a mindful practice that involves expressing gratitude and appreciation towards bodies of water, such as rivers, lakes, and oceans. You can show your gratitude by offering natural gifts, singing or chanting, or sitting in quiet reflection while sending prayers of appreciation. It's a beautiful way to connect with nature and show reverence for the essential element of water.



**Here are some daily practices you can do to offer blessings and gratitude to bodies of water:**

1. Take a moment each morning to offer a simple prayer or intention of gratitude for the water you use to bathe, drink, and wash with.
2. Carry a small bottle of water with you throughout the day and offer a blessing before drinking it.
3. Take a walk by a body of water and offer flowers or other natural offerings as a sign of appreciation and gratitude.
4. Take a few moments each day to sit in meditation by a body of water and offer prayers of gratitude for its life-giving properties and the role it plays in the ecosystem.
5. Consider making a donation or volunteering with organizations that work to protect and preserve bodies of water.
6. Practice mindfulness in your water usage, being mindful of the impact you have on the environment and taking steps to reduce your water usage where possible.
7. Show reverence to the water within us, and acknowledge the sacredness that resides there. Remember, we are not just near water, we are water, and the power and beauty of this life-giving element is within us.

*Remember, even small acts of gratitude and mindfulness can make a big impact in fostering a deeper connection with the water in our lives and the natural world around us.*



# Reflection



Allow yourself time to slow down, and take some deep nurturing breaths.

I invite you to review and reflect on your **Fourth Water Cycle**.

You may choose to set an intention and meditate or use the space below to write down your journey.

How did you feel **Mentally** ?

What did your body **Physically** feel and how did it respond?

**Emotionally**, how were your senses awakened? What feelings came forward?

How did your **Spiritual** essence communicate during this time?



# Successfully completing the 28-day Water Quest Journey

"Congratulations on completing the 28 Day Water Quest! We trust this journey has been transformative for you and has deepened your connection with water - the source of all life. Remember that this is just the beginning of a lifelong relationship with water, and we encourage you to continue practicing the techniques you have learned.

As you continue to drink programmed water, take a moment to acknowledge and honor the water you are consuming. Remember that water is a living, conscious entity that responds to your thoughts and intentions. As you program your water with affirmations and intentions, you are co-creating with water and manifesting your desires.



As you go about your day, remember to stay hydrated and drink plenty of water. Use this opportunity to connect with the water you are consuming and give thanks for its life-giving properties. Take note of any changes in your physical, emotional, and spiritual well-being as you continue to drink programmed water.

We hope this quest has inspired you to become a steward of water and to honor the sacredness of this life-giving element. May your connection with water continue to deepen and bring you joy, health, and vitality."

*"I honor the water within me, the water around me,  
and the water in all living beings. May we all be blessed with the  
healing and transformative power of water."*