🌟 **Welcome to Just Waking Up: The Spiritual Guidebook** 🌟

This free snippet is just the beginning of a deeper journey. If you're ready to unlock the full guide and dive into the knowledge that can shift your perspective, you can get the complete book on Amazon here: https://a.co/d/5kthKna.

Keep an open mind, and let this be the first step toward true awakening.

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Introduction

Reality is stranger than fiction. That statement has rode with me throughout my entire spiritual journey. I've come to the realization that the mysteries of this world travel far beyond our comprehension. Rather than trying to persuade you of any one reality, I offer you an invitation to consider alternative perspectives that may have seemed fantasy to you at one point. It is for those who know there is a deeper meaning to life than working, sleeping, and eating. For those who look beyond the veil and question lifes intricacies, Now, let's go on a journey together as we uncover the hidden sciences of our world.

Chapter 1
The Walk of the Loner

PART I

The Matrix

A key layer, central to our discussion, is what I refer to as 'the Matrix' The word Matrix has multiple meanings, but in this book when mentioned will be a reference to the corruption of society.

When you're just waking up, one of the first things you will realize is how many people are completely oblivious to the matrix. People have been conditioned to a level that they are unaware of and **most of the decisions they make in life are influenced & or controlled by the Matrix.** Here is an example.

"Let's say it's midday and your energy levels are high so you decide you will work out later in the evening.
But in between time you go grab a nice big greasy burger with fries and a large soda, after your meal you are so full you decide you will just go to the gym the next day." **But in reality, you wanted to improve your health**, but the steak and potato you washed down with that soda has now "convinced" you that sleep is more important. The bad food (A.K.A. energy) you consumed ultimately influenced you to make a bad decision. This is how the matrix works, when you constantly consume corruption you produce corruption.


GM
GYM SOUNDS GREAT RIGHT NOW
ACTUALLY, i HAVENT EATEN ALL DAY

When in a stressful or traumatic environment, the brain has a tendency to normalize the situation as a way to cope with trauma. This is what the matrix has done to us all. Stressful and traumatic scenarios like working dead ends and life-leaching jobs have become **normalized**. Paying for water, a God-given necessity, has been **normalized**. You can't even live without water, yet you have to pay for it to live. Paying rent on a planet owned by no one Becomes **normalized.** This doesn't mean you should quit your job, steal water, or not pay your rent; however, acknowledge the fact that we have been conditioned to think these things are normal and okay.

There is literally enough space in Texas for the entire world's population to fit in with 100 square feet of space for each person. So why is the news telling us we are overpopulated? Why are we being told there is a food shortage when food grows naturally out of the ground and we can thrive on a plant-based lifestyle? We have been fooled. I know that with the level of technology we have today, we could have A.I. doing all the jobs we consider mundane and dangerous so that we can coexist in a reality where we spend energy doing things that are liberating and creative, making the most out of our time on this Earth.

But try and explain this to some and most people will call this wishful thinking or say, "what are the chances of that happening?" These are the "Agents, Bots, Sheep, or Sheeple." Those who would rather continue to perpetuate the matrix's destructive nature as opposed to standing up and fighting for our God-given rights because they are either:

1. They are so comfortable in their sleep that they don't want to face reality

2. Completely consumed in a state of fear as to what may or may not happen.

3. Are they living a lifestyle that is benefiting from corruption to such a degree that trying to live any other way may cause them to lose money or their luxurious lifestyle?

The unsettling part about this realization is that some of these people will be friends and family. Hence the title of this chapter, **“The Walk of the Loner.”** On this journey, you have to be willing to walk alone. You may lose a lot of people in this process of growing, but it is all part of the process.

Tree Analogy



When a tree is planted underground, it is dark, muddy, and surrounded by creepy crawlers. It may take some time before it rises above the soil, but this is where the seed undergoes the most intense part of its development. That is the time when the tree creates its roots, which will one day maintain the balance of a beautiful tree.

Now imagine if this beautiful seed **(You)** was planted around weeds **(bad people)** that were stripping the tree of the nutrients it needed during its time of development. This would cause damage to the roots and, in turn, affect its overall growth process, causing the tree to never reach its full potential. Your environment is EVERYTHING. The people you surround yourself with are EVERYTHING! In your darkest times, you will find strength. Know that pain comes with healing. You cannot gain muscle without being stressed, so how can you expect to gain mental strength without mental stress?

Become friends with the darkness, and remember that it is where you gain your power. When your back is against the wall and all odds are against you, you will discover your true power. So here is some advice I wish I would've known prior to this paradigm shift.

PARADIGM SHIFT GUIDELINES

1. KEEP IN MIND THAT NOT EVERYONE WILL BE INTERESTED IN YOUR PERSONAL JOURNEY. ITS OKAY TO SHARE YOUR THOUGHTS, BUT CONSIDER THAT NOT EVERYONE WILL SEE THEM AS ENGAGING AS YOU DO.

2.
WALKING A PATH LESS TRAVELED MIGHT DRAW CURIOUS GLANCES AND CHUCKLES FROM THOSE ON THE WELL-WORN ROAD. YET, IT'S IN THESE UNCHARTED TRAILS THAT NEW HORIZONS ARE DISCOVERED AND GROWTH OCCURS. EMBRACE YOUR UNIQUE JOURNEY; IT'S THE PATH TO INNOVATION AND SELF-DISCOVERY.

3. PEOPLE ARE DEEPLY CONDITIONED TO THEIR BELIEF SYSTEMS AND WILL REACT WITH AGGRESSION AND DISRESPECT WHEN CONFRONTED WITH TRUTH AND FACTS THAT CHALLENGE THEIR PERCEPTION. IT IS ESSENTIAL TO APPROACH SUCH SITUATIONS WITH WISDOM, PATIENCE, AND UNDERSTANDING.

4. WHEN A TREE GROWS TALLER, IT'S NOT UNCOMMON FOR THE SURROUNDING TREES TO FEEL OVERSHADOWED. YET, THE TREE DOESN'T GROW TO DIMINISH THE OTHERS; IT GROWS SIMPLY BECAUSE REACHING TOWARDS THE SKY IS ITS NATURE. SIMILARLY, YOUR GROWTH IS A NATURAL PART OF YOUR JOURNEY, NOT A MEASURE AGAINST SOMEONE ELSE'S. LIKE THE TREE, FOCUS ON REACHING TOWARDS YOUR OWN SUNLIGHT.

5. SOMETIMES, OFFERING HELP IS LIKE A BIRD TEACHING A FISH TO FLY. OUR INTENTIONS MAY BE GOOD, BUT WE MAY NOT BE OFFERING WHAT THE OTHER NEEDS. IN THE SAME WAY THE FISH HAS ITS OWN WAY TO NAVIGATE THE WATERS, PEOPLE HAVE THEIR OWN WAY IN NAVIGATING LIFE. UNDERSTAND NOT EVERYONE WANTS OR NEEDS TO BE SAVED. OFFERING HELP IS GENEROUS, BUT RECOGNIZING WHEN TO STEP BACK AND ALLOW OTHERS TO FIND THEIR OWN WAY IS A SIGN OF RESPECT AND UNDERSTANDING. IT'S ABOUT SUPPORTING WITHOUT IMPOSING, GUIDING WITHOUT CONTROLLING.

You must be willing to walk this path alone; however, there are benefits. A lot of the time, we are so engaged in the opinions of others and their perception of who they think we are that we rarely find time to innerstand ourselves, thus forgetting or never truly innerstanding who we really are. Solitude can be one of the most satisfying states to be in.

Embracing Solitude

If you are a person who finds yourself never wanting alone time and always feel the need to be around other people, I would say that is somewhat unhealthy. You should find your alone time gratifying and rejuvenating. If you are this type of person, spend more time alone finding things you are interested in and activities that are enjoyable. Pick up a new hobby and find creative ways to express your energy, whether it be going to the gym, learning how to paint or sculpt, learning a new instrument, or even playing a sport.

You should be spending the majority of your energy elevating your soul by learning, being creative, and doing any other form of self-work to the point where you don't have time to think about other people. You have to put yourself before anybody else, and I mean that literally. Some might consider this selfish, but I disagree, and I'll explain why with an analogy:

Imagine you own a beautiful garden. Each plant represents an aspect of your daily life, such as time, energy, and resources. These plants represent your happiness and wellbeing, as well as your love for self-care.

Imagine that your friends, relatives, colleagues, or acquaintances visit your garden, and all of them want to harvest some flowers, fruits, or vegetables. Others may be genuinely concerned about your well-being, but others will just take what they want from your garden.

Think of the times you've helped someone out financially, even if it was beyond your means. Your relationship was strained because you expected the person to pay back what they owed, but that never happened. You may have been in a situation where you were so focused on the other person that you neglected to take care of and love yourself. This compromised your values.

You may have committed too many favors. knowing you didn't have the time and energy. You may have ended up feeling exhausted or even involved in situations that may have put you in a less advantageous position.

When your garden doesn't thrive, you can let others pick out your flowers and harvest your fruits and vegetables. This will result in a less healthy and vibrant garden,as well as feeling emptied and drained. You are the only one who can take care of your garden. You, not your family, friends, or partner. Your own well-being is your responsibility.

Enjoy your alone time in the garden, and treasure those moments with yourself. Self-care is essential to your happiness, and it can be difficult to refuse others. You wouldn't let others harvest your flowers until your garden was flourishing, so don't waste your energy or resources on someone else unless it's safe to do so.

This is the importance of solitude: you must isolate yourself for periods of time **(everyone’s amount of time is different)** so that you can innerstand who you are, allowing yourself to decipher

where energy is gained and where it is lost. Certain habits you might have and certain things you might say and do may only be

because of your environment. Here is another analogy to spark the imagination on this topic:

When Orcas **(Killer whales)** are put in, their dorsal fin **(fin that sticks out of the water)** becomes limp and not as erect. This is because the Orca never reaches its full potential physically, let alone mentally, because it is taken out of its natural environment and surrounded by what could be considered negative energy or environment.

This could be some, never reaching their fullest potential physically because their environment is surrounded by drugs; this could be some, mentally because their environment is constantly consuming meaningless stimuli like reality TV; and **(which I would like to ask: why would you want to watch the life of someone else? (Really ask yourself that question.)** You waste every weekend going to clubs or parties.

This could be some emotionally constantly hanging out with those you are trying to impress or gain validation from, doing things you don't enjoy because they are considered "cool.". Or accepting verbal abuse and name-calling and being put down by people when you express your goals. It will be a challenge to decipher where the negative energy is coming from until you isolate yourself. Through this period of isolation, you will gain wisdom, peace, and love for yourself. At first, it may seem lonely, but when you realize these periods of solitude are the foundations of your greatness, you will truly appreciate them.

The time you take for self-realization will open the door to meeting new people who are like you. If you don't know who you are, you will only attract people who are the same.

You attract who you are.

Let's look at life from a metaphysical standpoint:
An element's main goal is to become stable by having an equal number of protons to electrons. The protons are in the **center, and** the electrons surround the **center**. The entire “lifespan” of the element, it seeks to be stable by attracting balance into its life.

Some electrons eventually lose their stability and become a part of another element, leaving their original element behind. This leaves the original element unstable. But throughout the element's journey, it will run into another electron that is ready to join in and stabilize it. If we apply this to the third dimension, we can say that you are the protons, and those around you are electrons. There will be times when people leave your life, and during these times, you will feel unstable, lost, or unbalanced because you are used to that energy being there. But the only way that you can allow new energy **(people)** into your life is by removing the energy that does not want to be there.

Chapter 2
Claiming My Whole Story

The Path to Self Mastery

We are all guilty of putting the blame for our problems on other people. I will use one of my earlier comparisons to show what I mean:

Think about the time you "expected" someone to pay you back after lending them money. You can be upset with the other person all you want but it was **YOU** that gave them the money; **YOU** are the initiator of your problem. If it weren't for **YOU,** you would not be out of whatever amount of money you're missing. Getting upset at the other person is just a waste of your time and isn't going to solve anything; it will actually make it worse. This was the choice you made, so **YOU** have to take responsibility for it.

It's easy to point the finger and say, “Hey! This person hasn't paid me my money back, but what's not so easy is reflecting on the situation and analyzing where you could have performed better. This analysis process, being able to reflect on situations as such, is major in taking control of your life. If you continue to have expectations of people outside yourself, continue to play the victim role, and never reflect on where you could have improved or prevented situations from happening, you will constantly repeat scenarios in life over and over again.

The first thing you should do before getting mad or lashing out when you realize a situation went bad is to immediately reflect on what part of the situation you could have changed or made better. This is how you take control of your life. This is how you stop becoming the victim and repeating karmic lessons. Don't play the victim role; this will lead you to become bitter and sad.

Chapter 3
Thoughts That Transform

Power Of Thought

You cannot have waves without the ocean, just like you can't have the ocean without waves. They are one and the same. They are simply different aspects of themselves. There is no hand without the fingers, just like there are no fingers without the hand. Even though one may not seem as important as the other, they are completely reliant on each other. I apply this same concept to God.

The very energy that makes up our God, or universe, is the source of our energy. Our soul is God. We were all created with the ability to create. You are in control of your own destiny; you create your reality every day through your thoughts, and you must realize this. Every scenario in your life has been a product of your own thinking process. Everything in this world was manifested through thought. Even you were once a thought. Your parents, at some point in their lives, “thought” they wanted to have children in their lives, and from the moment of that thought’s inception **(birth),** it was planted into the universe, and the more that “thought” was thought about, the closer it was to becoming a reality. Eventually, your parents got into a relationship and “thought” about having sex; they acted on that thought, and nine months later, you were created.

One day, a man imagined himself flying in an aircraft, envisioning himself in it in every way: how high he wanted to be in the sky, the type of seat he would be sitting in, the shape of the wings, the whole 9. These thoughts inspired words, so he began speaking vibratory frequencies into the universe, commanding his mind into the world. He then began to write down his ideas with pictures, now physically creating his thoughts in the third

dimension. After that, he began using materials from the earth to manifest his thoughts, and this eventually evolved into what we know today as an airplane.

Every invention, along with anything else you can think of, came from a thought. Whether it was the thought of the omnipresent energy of God itself or the God within all of us,. We must not ignore our power. Imagination is the foundation of our reality. Our words are just as powerful. Every scenario in your life is a product of your thoughts. Your job, your home, your car, your spouse—your entire reality—**YOU** chose to exist in it. **YOU** chose to apply for the job. **YOU** chose to be in a relationship, just like you chose to be in this moment.

All of these situations transpired from thought. That means anything you want in this world, you can have if you are able to concentrate and focus on that thought long enough

That doesn't mean it will happen overnight; you still have to allow the universe to take its course, and the thought alone will not always be enough to manifest it. You have to transmute that thought energy into the physical. For example, if I have an idea of a song in my head, the jingle in my head is not enough to make it "real.”. I have to apply my thoughts to physical objects such as an instrument or beat machine in order to bring them into the 3rd dimension.

One may think they aren't capable of doing something and may constantly ingrain these thoughts into one's soul, and that is the very reason one cannot do them. The moment one decides they have the power to change their reality, it will start changing.

When someone decides they are going to have a great day and does not let anything get in the way, your reality will transform before your eyes. Throughout the day, you may think something bad is going to happen; this is the energy one attracts.

No one can make you upset; you allow yourself to be upset. No one can make you sad; you allow yourself to be sad. These are all choices. A lot of us are just reacting to life instead of creating the active force. Your body cannot recognize the difference between an actual thought and an experience.

For example, if you just got into an argument with a friend and two days later you start reminiscing on that argument, replaying it in your head, you will begin to experience not only the emotions you had during the argument but the hormones released during that time as well. Cortisol and adrenaline may be released into the body. **(Cortisol and adrenaline are the hormones released in stressful situations.)** Just by thinking of something, you actually experience it. Think about how many times you've watched a scary movie and cringed when you witnessed someone's shin being cut by a chainsaw, or nails being pulled off, ripping off pieces of flesh, teeth being pulled out by pliers, or someone drowning, and you felt like you couldn't breathe. I call it "Experience by Assimilation".

Chapter 4
Perfecting the Thinking Process



In order to have a clear playing ground for manifesting thought, we need to relinquish our bad habits and tendencies first.

Diet A.K.A. Live-it

Your Diet A.K.A. Live-it is number 1. Your Live-it doesn't just consist of what you eat but what you absorb on all levels of **phenomena. Taste, Touch, Smell, Sight, Hear.**

Questions To Ask Yourself

(Write the answers in the Book below.)

In other words, what kind of music are you **listening** to every day? Write down 3-5 artists you've been listening to this past week; if they are all in the same genre, starting today, one will listen to 3 different artists from an unfamiliar genre of music for the next week. You can select randomly. (The Pandora app will be a great medium for this experience.)

_____

_____

_____

Does it constantly promote the ideas of violence, anger, and destruction?

Or does it project love, happiness, and well-being?

(**Answer Below)**



Depending on which one you pick, do you see those same things in your reality?

(Circle)

Yes or No?

What are you **watching** on TV and social media? List three TV shows you watch frequently if they are all entertainment shows. Start an educational series this week in rotation with your other shows, something of your interest.

_____

_____

_____

Are you constantly swiping on social media, playing into everyone's fake lives?

(Circle)

Yes or no?



Are you obsessed with dramatic soap operas, heartbreaks, and Cinderella stories?

(Circle)

Yes or No?

Or are you addicted to promiscuous women on adult websites?



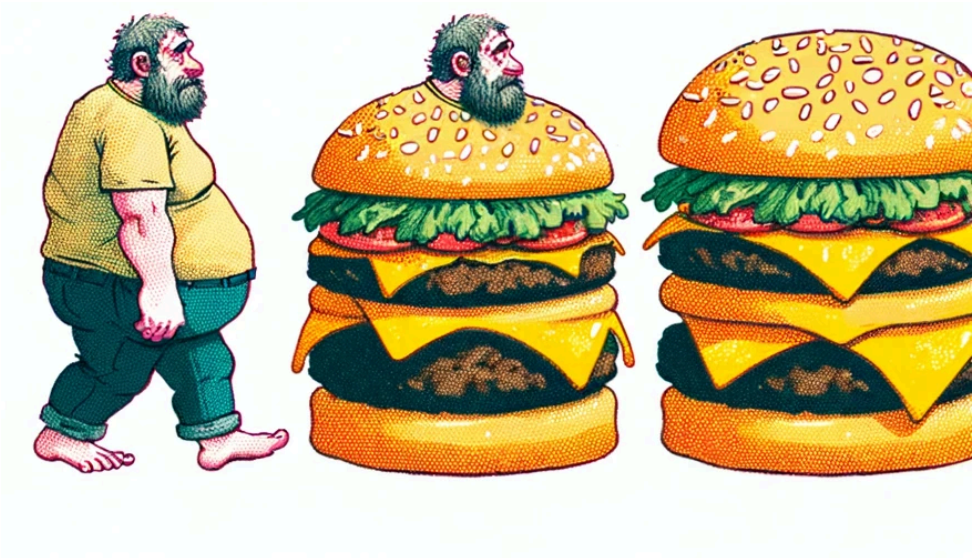
Who are you in **contact** with on a day-to-day basis? Is that person an inspiring figure in your life who adds value to you daily? Or is it someone who sucks the life out of you every time the chance is given?

_____
_____
_____
_____
_____
_____

How does your life reflect what you are absorbing? One should take time to analyze each one of these **phenomena (Touch, Taste, Smell, Sight, Hear)** and how they are being absorbed, when, where, and at what rate.

Taste

I left **taste** for last because what you are consuming physically will ultimately affect how all the other senses perform. The type of food you consume directly correlates with your brain function. The saying **“You are what you eat”** is a saying to be taken literally. Your body is constantly replacing itself every day. You will have a new cloak of skin in 27 days, a set of new taste buds in the next 10–14 days, new blood in 120 days, a new liver in 150–500 days, and a new set of bones in 10 years. This is all based on what you've been eating every day. Now imagine that for the next 27 days, all you ate was Cheeseburgers. You're going to “think like a cheeseburger and retain all the energy of a cheeseburger.”. Sloppy, greasy, fat, artificial, and DEAD.



You will literally see aspects of the cheeseburger in your being. Now if you were to replace that same food with electrical, alkaline foods like fruits and veggies, you thrive. imagination is clear like water, flexible like water, and thoughts become quick like lighting. “Be water, my friend." Depending on your Live-it, water makes up about 60–80% of your body. It only makes sense that you replenish your body with fruits that complement that ratio. Fruits and veggies are about 75–97% water. Your body is an electrical vessel, so in order to keep it conductive, a plant-based Live-it is most optimal for brain, body, and spirit function.

I could write an entire book on what foods are actually food and what should go into your body, but I will save that for a future novel. But for starters, let's keep it short and simple… **STAY AWAY FROM PROCESSED FOODS, MEAT, AND WATERS THAT ARE ARTIFICIAL.** Now, mind you, this will not be an overnight process; it won't even be a year-long

process, but a lifelong process. Do not feel pressured or anxious. Take your time. This is a journey, not a race, and a growing process, not a contest. Let this be a door you walk through for an opportunity to try new things and be better than you were yesterday.

Most people aren't aware of the fact that digestion is an energy-demanding process. All throughout the day, your body is sending energy to places where it is needed most: the muscles, digestive tract, the brain, etc., and whenever energy is being used in unneeded places, it will direct it to where it is needed. For example, let's say you are at a bar having a couple of drinks with friends, and a drunk asshole comes along, starts getting rowdy, and wants to start trouble. Your body will begin to release adrenaline and shut off other unnecessary parts of the body. Digestion, reproductive growth, growth hormone production, and tissue repair are all temporarily put on the back burner, and energy is sent to the most crucial areas of the body, such as the brain, muscles, lungs, etc. This is called your **“fight or flight”** response.

A similar phenomenon occurs during the process of digestion called **“rest and digest."**. Did you know that, on average, **20–25%** of blood flow is pumped to the digestive system in order to help with its processes? And depending on your Live-it, maybe double that! So **25 to 50%** of your energy is being redirected just for food digestion. This is insane. That is **50%** of your brain power GONE. **50%** of your inspiration GONE. **50%** of your power GONE! Now, do you innerstand the importance of fasting and intermittent fasting? This time of fasting gives your body a break from the unnecessary breaking down of foods and allows your body to heal.

Look at your body as a car. A car that has never been driven is your best option because fuel has not been run through the car, destroying and deteriorating the parts, the tires have not been treaded, and everything on that car is in perfect condition and does not need fixing. The moment you put fuel in that car, it begins to deteriorate, no matter if you're putting in unleaded gas or premium. Over time, it will eventually become worn out, and you will have to replace the parts. Although premium fuel and parts will make a significant difference, it will not change the fact that the car will have to be repaired at some point.

When fasting, you have to look at your body as if it is the car that has not been driven off the lot yet, and the car with premium fuel and parts is your body in the state of a healthy Live-it. If you have an unhealthy diet filled with processed foods, dead carcasses, and sickening fluids, you are the car that uses unleaded gas, doesn't get your tires changed often, and only gets an oil change twice a year. Eventually, one could get into a serious accident **(heart attacks and strokes)** or lose a vital car part, such as the engine or transmission **(organs failing)**. When the body is constantly consuming toxic substances, it destroys the body's ability to perform, and eventually the organ will fail to perform and heal itself.

These are your alcoholics who give their liver no break to heal and eventually have liver failure or other complications. These are your drivers who constantly floor their gas pedals, burning up tons of gas. It's okay to press the gas for speed every now and then **(drinking occasionally)**, but not at every stop light **(drinking every day).**

Chapter 5

Affirmations



One of the most powerful ways to master your thinking is by speaking—speaking life into the world. We truly forget the power and abilities of our words, but how powerful are they really? Can you remember a conversation that impacted your life forever? What made you the person you are today?



Whether it had been your mom cussing you out for something stupid you did, a deep conversation with big bro or pops about life, whatever it was, it literally changed you. Whether you realized it or not, your **DNA** changed after that, and the chemistry of your brain evolved after those deep



conversations and also conditioned you to be the type of person that moves, thinks, and responds in the manner you do today. This is the power of words. Now, you talk to yourself more than anyone throughout the day,y and this is

where affirmations come into play. Your words are vibration…

“Frequency”. Your body's cells are made of **99%** water and water absorbs those frequencies. When you speak life, you absorb life, when you speak evil you absorb evil! It is that simple. Below one should write down things you are aspiring to be, are, and want to attract. Also, write them down on a whiteboard or piece of paper you can hang up that you will see every day when you wake up. One should recite these affirmations out loud, with energy and strength, and if you are in a place of solitude shout them! I will give you an outline to help you until you come up with your own, feel free to come to this book at rising to recite affirmations:

(Say these affirmations out loud before continuing.)

Affirmation List

1. I AM GREAT.

2. I AM SUCCESSFUL

3. I AM CONFIDENT

4. I AM BEAUTIFUL

5. I AM IN ALIGNMENT WITH THE UNIVERSE

6. I ALLOW MY ANCESTORS TO GUIDE, PROTECT, AND GIVE ME POWER.

7. I AM ATTRACTING WEALTH AND ABUNDANCE.

8. I SURROUND MYSELF BY INDIVIDUALS WHO CARE FOR AND RESPECT ME.

9. I AM THE MASTER OF MY REALITY, AND THINGS ALWAYS WORK IN MY FAVOR.

10. TODAY IS GOING TO BE A GREAT DAY

11. I AM TRUE TO MYSELF

12. I AM CONSTANTLY GROWING AND EVOLVING INTO A BETTER PERSON.

WRITE DOWN THINGS YOU ARE ASPIRING TO BE, ARE, AND WANT TO ATTRACT:

1._____

2._____

3._____

4._____

5._____

6._____

7._____

8._____

9._____

10._____

11._____

12._____

Do this every day for a month straight, 3X's a day, and watch your life change **(and don't stop after one month)**. You will start to feel better, think better, and be better. It is like a subtle reminder to your conscious of who you are. It's like a reset after a brief period of negative thinking. You begin to

start rewriting your DNA, destroying all the old baggage passed down through generations.

Chapter 6

Beneath The Surface: The Hidden Life of Water

Water

“I hate the taste of water.” How many times have you heard people say this and at one point I thought this statement was absurd and would ask myself how could anyone hate the one thing we all need to survive? But throughout my spiritual journey after doing more research, I now innerstand why people feel this way. Most commercial waters are toxic and are not healthy for you! These big companies do a hell of a job marketing with convincing labeling. **For example:** when you buy a carton of milk, you see a cow on a nice grassland eating grass, looking healthy and happy as can be, so when you grab the carton of milk.**it is dec** Subconsciously you are at peace when you pour up a bowl of cereal. But in actuality, i can't tell you when the last time commercial cows were **ACTUALLY “**grass-fed” **(nowadays when you see grass-fed on a label, it is deption when in actuality the USDA term “grass-fed” does not mean just grass it includes grains, GMOs and loads of other crap)** because the majority of them are eating processed, overly medicated, and genetically modified **“food-like substances”**. This scenario of deceptive marketing is used in **99.99%** of **“Food-Like Substances' ' (foods that aren't actually food but appear and taste like food)** labeling including water.

Water In Nature

Water is a very sticky substance. This is why when you put water into something like a styrofoam cup, if left there too long, it will begin to strip the molecules out of the cup and take on the taste of that container **(which is why water should not be put into plastic bottles).** So when water is flowing naturally in a spring or a lake, it naturally picks up minerals that we need from the rocks & soil.





The Sinister Side of H20

Now in the process of obtaining the water by these big companies, it has to flow through an aqueduct **(water pipe)**. Remember, water is a sticky substance so during the time it is being transferred it is picking up unwanted substances from aqueducts and maybe even the original source. Once the water arrives at the Water plant, it is then put under a process called **“Reverse Osmosis”.**

Reverse osmosis in simple terms is the process of removing unwanted substances from the water… But! Not only is it removing unwanted substances, but it's also removing the naturally derived minerals that were placed in the water by nature. This is why you see added minerals on the labels of water because the natural minerals have been stripped from it during this process. And then they add in unaturally derived minerals back in.

A Thirst for Safety: Choosing the Right Water

If you are going to drink any form of earth water, personally, I would suggest drinking **distilled water** with **added fruit.** Distilled water is water that has no **metals** in it, it's literally just water. Fruits like **limes, lemons, berries, and even certain vegetables and roots** will replenish your water with **minerals and electrolytes**. Get creative. Commercial spring waters derived naturally from source like **“Waiakea”** are the only type of spring water I would suggest drinking. Another alternative is **rainwater** depending on your

location on Earth. If you go this route you will have to implement the right system to make sure your water is safe and clean to drink.

Alkaline and Acidic

What does it mean for your water to be alkaline? Water has substances such as **salts, metals, and minerals** that raise the pH **(potential hydrogen)** of the water. The more hydrogen, the lower the pH; less hydrogen means a higher pH. **0–7 is acidic. 7.1–14 is alkaline.** Just to give you a reference:

Acidic to Alkaline Levels
pH

0. Battery
1. Stomach acid
2. Lemon
3. Vinegar
4. Tomato
5. Coffee
6. Milk
7. Water
8. Blood
9. Baking Soda
10. Stomach Tablets
11.Ammonia
12. Soap
13. Bleach
14. Drain Cleaner

Now some things are acidic, like **tomatoes and limes,** but have an alkalizing effect upon entering the body, so don't be surprised if you hear someone say lemons and limes are acidic. When it comes to water, you want to stay between 7.59 and 12, being the highest. Too much alkalinity can be dangerous.

Artificial Alkalinity

Certain water companies are using what you call an **ionizer** to create **“artificial” alkaline water**. Overstand the reason alkaline water is good for you is because the **“NATURAL”** minerals in the water from **“NATURE**” like **“calcium, magnesium, sodium, and potassium,”** are good for the body, and when they mix with water, it changes the charge, making it alkaline. Now companies are using machines called **ionizers**, running **TAP** water over electrical plates, splitting the positive and negative molecules,
causing an exchange of **ions (an ion is a particle like an atom that has lost or gained electrons),** thus raising the pH.





Now tap water has other metals in it that are **not** healthy and can raise the pH balance. For example, you can put baking soda into water and that will raise the pH balance, but that doesn't make it healthy for you. So it is very important to understand that the way your food and water are processed, and their root of origin are very important variables when it comes to your health. Artificial alkaline water can trick the body into thinking it is absorbing useful alkaline minerals, causing it to deplete reserved minerals creating dehydration.

Benefits of Alkaline Water

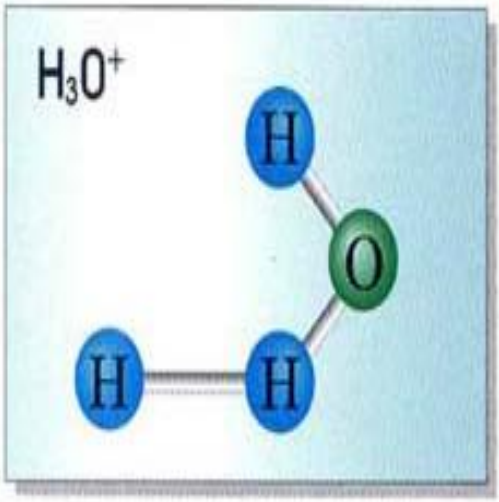
It helps with detoxing the body, acid reflux, bone health, has antioxidant benefits, fights cancer, and helps with heart health. Alkaline water also helps stabilize free radicals **(loose molecules floating throughout the body causing damage).**

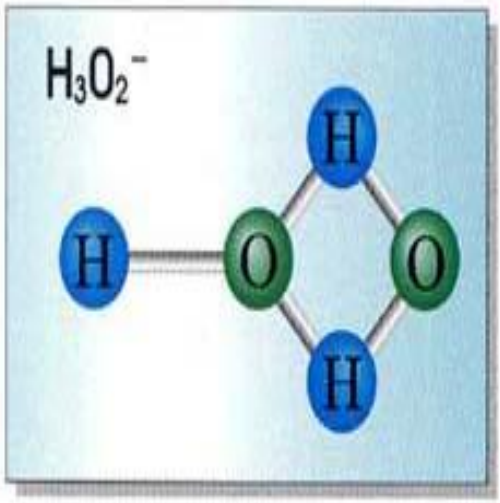
Best Water For You

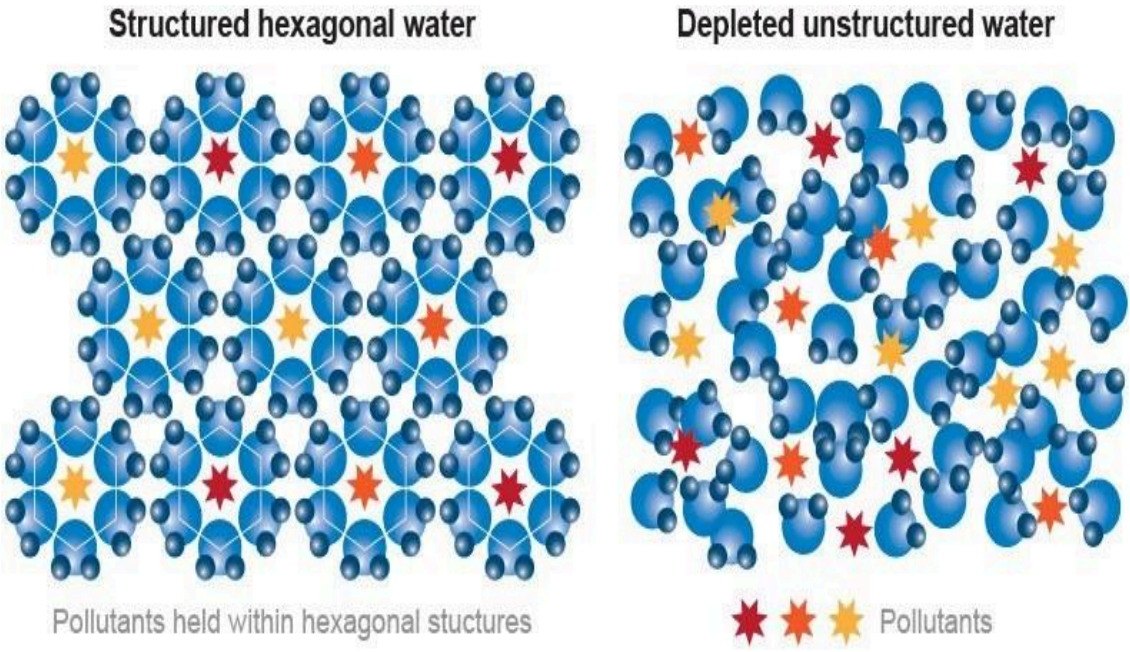
By Far the best water for you is H3o2. not H2o but H3o2 A.K.A. **“Structured Jelly Water.” H3o2 A.K.A. EZ (Exclusion Zone) water or Structured** water, is the 4th phase of water. We are taught that there are only three phases of water. **Vapor, liquid, and solid.** But there is a fourth phase that comes before solid, and that is “**H3o2”.** The molecular makeup of water is important (example: H2o or H302), but what is even more important is its form or its structure.

When molecules organize themselves, they can take on different shapes, and depending on the shape, it can alter that molecule's properties and how it reacts. The molecules are like **letters of the alphabet**, and the structure of the water is like **sentences made by those letters**. The structure of the water will determine how the body communicates with the water. Here is an example:

If you look at the shape of **H30+**, it is incomplete. It is free and ready to be dissolved into a solution. The **H302,** on the other hand, is structured and complete. This **structured water (H302)** is the basis for all cell formation. **99%** of your cells are made of H302.







Above, you see an image on the right of regular H20 water. Look at how the **free radicals (unstable atoms that can damage cells)** roam around unneutralized. On the other hand, you can see the **H302 structured water is** organized and neutralizing threats. This is the molecular foundation you want for building cells in your body so that your energy is being used in other parts of your vessel for better things. If your cells are already in the form of H302 why not consume it in that form so your body doesn't have to do any extra work? This is intelligent living water, stay away from the dead water.

Water assimilates the vibrations of the soil and information about its biological and energetic features. This is important for the soul and staying in tune with nature. The way H302 is formed and charged is by light energy. Yes, light from the sun. It can be created from other artificial lights too like infrared and UV light. H302 can be found in some earth sources but the best way to obtain it is through your fruits and vegetables!

Yes, fruits and vegetables are made of H302. Let this be the way you intake **90%** of your water. I honestly would only recommend hydrating yourself by way of fruit because they are structured, alkaline, and carry the minerals needed by the body as opposed to processed dead H20 water. The other water should only be used for bathing and cleaning and drinking in small amounts. Now I know for a lot of people switching over directly from regular water to fruit water after have been drinking regular mineral water for so long will be somewhat uncomfortable, so don't feel stressed, just slowly start implementing juicing into your Lifestyle. Invest in a nice juicer and get creative! It’s an investment I made and never looked back. If you aren't in a financial position to purchase a juicer at the moment you can still hydrate yourself by way of eating fruit, I would suggest things like watermelon, honeydew melons, and mangos. Fruits that are water plentiful. Also, store-bought juices that have been pasteurized or are from concentrate are not the same as freshly pressed juice, it is mostly sugar syrup and water with no nutrients, in a form not conducive to the body's digestion.

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