

## **PE #3½ Hydration / Water**

Our body is 60% water. Our brain and hearts are 73% water, lungs are 83% water, skin is 64% water muscles and kidneys are 79% water.

The body depends on water for clear thinking, proper mind / body function and overall top performance. The body's electrical system is impaired and both the lymph system and organ function suffer if the person is lacking water (dehydrated)

Water is used in every single biochemical process in the body. It also holds / carries vibration in the body; thoughts, feelings, attitudes etc can be imprinted into water.

Note extra resource: See Masaru Emotos' research from 'The Hidden Messages In Water

### **Metaphysics**

Thirst for something eg love, knowledge, power.

Needing to have a desire / dream quenched or never feeling quenched.

Going with the flow.

Taking on the shape of something in our lives. Being like water with the ability to adapt / change based on a new situation.

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### **Tools / Resources**

Good quality water for the client to drink

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### **REHYDRATION - standard process**

#### **Evaluation:**

1. Using a clear circuit indicator muscle (IM)
2. Lightly pinch back of resting hand - IM unlock = need to balance
3. Find emotion and dynamic (**only** required when using this as a finger mode **or** if doesn't clear with the correction alone as a pre-check)

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#### **Balance:**

1. Offer glass of water for client to drink (this is all you need to do if using this as a pre check)
2. If doing this as a finger mode (after 106)
  - Discuss drinking habits
  - How much do they drink on average?
  - Type of water? Suggest: enhancement of quality water e.g. bottled water like Pureau, filters etc
  - Suggest buying a bottle so they know exactly how many litres they are drinking each day
  - Discuss vibrational aspect of water. Perhaps imprinting a vibration into their water using intention or the written word (as per Dr Emotos work)
  - Test how much per day?
5. Discuss clients willingness to make changes

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#### **Checking changes:**

1. Recheck the pinch to hand
2. Check emotion (if tested)
3. Check mode (if doing as a finger mode)

**Note:**

If you are using this technique in the **pre-check** section **do not find an emotion**. Just do the correction and then retest.

If it **does not clear** using the balance only, **then** find an emotion, discuss the relevance (between the emotion and the metaphors of Hydration), repeat balance and then check changes.