

# DRINK WATER

Our light bodies are upgrading from Carbon DNA to Crystalline DNA (Liquid Crystal). It is important to make sure you are also drinking a lot of water to assist your body through this process. Water assists in hydrating and lubricating the nervous system which is where we process most of our energy as well as moving toxins and density out of the body.

Once you get used to drinking more water or drinking it more consistently, higher water intake will become a more habitual lifestyle over time. You should bless your water with any higher energy by placing your hand over it and stating what you would like your water to be filled with.

For example: "Thank you for blessing this water with love, full healing, and positivity". You can bless the water with energies for healing whenever it is necessary or when you feel guided to do so.

You can also look up Dr Emoto for reference and proof of how powerful this influences the water molecules.

Water is living consciousness and holds memory.