

## **Sun-charged Water**

Put whatever amount of water you drink and cook with in a glass jar with a glass cover. You can get two-gallon glass apothecary jars at WalMart. Use only purified water but not distilled water. Leave it out in the sun for four hours in the summer or six to eight hours in the winter. I like to write positive words like “love,” “gratitude,” “peace” and “joy” on my container so the water takes on these positive vibrations as was demonstrated by Masuro Emoto. It's best if you drink it hot, or if you want, you can cool it by pouring it into clay or earthen vessels. Never refrigerate because the compressor would discharge it. Also, don't keep your cooling vessel near anything electrical. You can also use the water for ear drops, eye drops, skin wash, and enemas. Use it up within 24 hours as it loses its charge after this time. If accidentally left in the moonlight, leave it out till the following afternoon to be recharged. Never drink moonshine water as it contained extreme yin energies. Tea leaves can be added to the water to make sun tea if desired. What do you do if there's no sun for days? The next best thing to sun-charged water is water that has been boiled on a stove (preferable a wood or gas stove). Never drink water that has been heated in a microwave; it has been shown in experiments to kill vegetation. Water heated by fire, however, is very healing because fire has some of the same properties as the sun.