

Water Bowl

The water bowl is a versatile technique that enables you to:

- Calm emotional turbulence
- Change stagnant water to moving water
- Diagnose your internal state
- Perform self-healing
- Psychically communicate with others
- Find lost objects
- Divine probable futures

A water bowl is simply a “bowl” formed by holding your elbows snug against your sides and lacing your fingers together in front of you into which you flow your energetic water. This procedure takes very little time and handles a lot of life’s daily difficulties. It also allows you to accomplish a lot without changing your overall water level but just re-circulating it. To make the most of your water bowls, read the following safety cautions until you understand them thoroughly:

- Many emotional disturbances come from deep subconscious causes that are not easily managed with this procedure. For this reason do not work with the deep blue or blue-black colors! If these begin to creep in, stop the procedure and reabsorb your water.
- If you have alligators in your water bowl and they are dark, leave them alone – they are from your buried subconscious and cannot be handled with this technique. If they are healthy and you don’ t want them, you can blow them over the edge of the bowl. Circulation of your water can clean the water of blue-black or black animals.
- Be sure the “bowl” is at or above the level of your navel unless you want to clear out your intestinal tract.

Do not drop the bowl without first reabsorbing the water energies in it. If you accidentally drop the water bowl before you have reabsorbed all the water, it may leave you short of water which could produce a feeling of being emotionally drained or could cause dehydration. It could also possibly cause diarrhea. Also, keep the bowl level to prevent sloshing so that you don’ t lose any water unless you want to get rid of a whole lot of psychic water (for instance, if you are overcome with grief and overwhelming feelings of overwhelm). Any water energies lost cannot be replaced by drinking water.