



9 day WATER PURIFICATION CYCLE for EMOTIONAL HEALING

HOW TO START

Take your age and divide it by 9.

EXAMPLE

If you are 45 years old, this would be $45 : 9 = 5$. So there are then 9 periods of 5 years each. If you are 27 years old, this would be $27 : 9 = 3$. So there are then 9 periods of 3 years each.

** If you cannot divide your age into 9 equal periods, it is sufficient to add up or subtract one or more years on one or more days, in order to arrive at your present age on the 9th day..*

In this example we have used the age of 45 years.

First day: start thinking about the first five years of your life (from 0 – 5).

Ask yourself these questions:

- Where did I live? What was my house like? Did I like to live there or was there a room (several rooms) that I didn't like very much?
- What were my parents like? What was their relationship like? How did they behave towards each other? How was their behavior towards the children?
- Was I an only child or did I have any brothers and sisters? How was our relationship? Did one (or more) of them receive preferential treatment or was it exactly the opposite?
- Were there many feuds, worries, or did somebody maybe die during that period (because that could have been very substantial from an emotional point of view). When you were a child you probably didn't consciously realize the death, but very often we do remember the sad atmosphere it brought and the pain and grief.

Every time you remember something negative (so several times during the day), you drink some water and while you do that, you realize that drinking the water is a symbol for purification of that particular emotion you remembered, so you can let go of the emotional burden.

In the evening, before you go to sleep, you drink water once and for one reason only: you drink water as a symbol for purification for all emotional burdens in that period that you can't remember or that you don't want to remember.

This way you include everything and you can then let go of the negative emotions from the period in question.

Please note:

The amount of water you drink is not important. It is important only that you think about your motivation to drink the water: it symbolizes purification of a specific emotional burden!

On the second day you do exactly the same thing by taking the next period of 5 years. You ask yourself the same questions, but now you visit school and new questions can be added.

- How did I experience school? Did I like to go there or not? Did I get along with the teachers or not? Did I have friends or not? Maybe your best friend suddenly moved away and you never saw him/her again? That would constitute a substantial emotional burden.

And in the next period you can add questions about friends, lovers, partners, work, employers, colleagues etc.



9 day WATER PURIFICATION CYCLE for EMOTIONAL HEALING

Every time you remember something negative you drink water and you realize you are drinking the water with the purpose of emotional purification and every evening you drink water for emotional purification of everything you can't remember or you don't want to remember.

You continue this until you arrive at the "now" moment. You have then finished the 9-day water purification cycle and if you understood exactly what it was you were doing, you will now be feeling quite a lot of difference in your energy, in your mood, in your strength and in the way you are able to experience more happiness in your life

After 9 days you can always continue drinking water as a symbol for purification, daily or every time you feel the need to let go of some emotional burden.

You can drink water for purification, for strength, for feeling calm, for clear thoughts during a difficult conversation etc.

And: you can always ask your guardian angel for help and then drink water in order to help the guardian angel to pass his/her information to you.

EXAMPLES of NEGATIVE EMOTIONS:

Fear / feud / anger / aggression / frustration(s) / worries / pain / feelings of guilt / feelings of self-doubt (justified or unjustified) / grief.

IMPORTANT ADDITIONAL INFORMATION:

- don't think too hard about things that need purification. Those things will come up all by themselves and you can ask your guardian angel to help you remember emotions that need purification.
- Also you are not supposed to re-experience negative situations/emotions in your life. You just need to touch the emotion and then drink water for purification and let go.
- The water purification cycle does *not* replace your normal eating patterns. It is something that you do additionally.

Last but not least:

- * Drinking water for emotional purification **never** replaces any medical treatment you are undergoing !
- * It **never** replaces prescription medication !
- * It **never** replaces any therapy you are receiving from a psychiatrist or a psychologist !

If you have any questions regarding the water purification cycle, please don't hesitate to send us an email.

If you want to speak to us in person you can call us, but please keep in mind the different time zones. The time to call us is on working days (Monday to Friday), between the hours of 17.00h and 19.00h local time Maastricht, the Netherlands.