

The Burning Bowl Ceremony... FORGIVENESS is the Key 6 Steps That Can Turn Around your Health — and your Life!

Unreleased emotions are negative energies stored at the cellular level that, because they trigger the release of acid into the body, can ultimately block the healing process. The result is a constant acid state of the system, the perfect terrain for disease to thrive.

Once the *AltWaters™ System* neutralizes cellular memory, the **Burning Bowl** exercise does the rest. Wellness follows with not only health of BODY, MIND AND SPIRIT, but the forward movement of a “stuck life” and your Soul’s Plan, the reason you are here...

The BIGGEST MISSING PIECE of The
Health & Wellness Puzzle

The Burning Bowl...
and you can do it TODAY!

1. Ask yourself *how many males and females* have caused you “grief and pain”.*
2. Write the name of each at the top of his/her own sheet of paper **IN PENCIL**, (natural graphite).
3. List all the things for each that were hurtful — words, actions, situations, and ???
4. Burn each sheet separately (outside) in an unburnable metal or glass container.
5. Count the matches it takes to burn each sheet completely. Note the last word to burn — interesting.
6. A final release happens when you blow all these burned pieces of paper to the winds and begin to feel the peace and calm that is slowly seeping into your Life. I posted my experience on our website for your reference: <http://www.altwaterstech.com/support-docs-downloads/>.

You have actually transferred all your “grief and pain” out of yourself and onto the paper. Burning these papers *releases* all the negative energy into the Universe disposing it for you — forever. Let the healing begin, continue, or be completed.

*This could be a parent, sibling, child, relative, friend, neighbor, acquaintance, teacher, minister, coach, associate, or someone who has passed, etc. It may have been a childhood incident you don’t remember. When all else fails you may write “unknown or don’t remember or hidden/buried”.



***Watch for a shift in actions/reactions/improved health.
It may be as early as 24 hours!***

The **BURNING BOWL CEREMONY** is a simple process for releasing all negative energy now, *out of you and onto a piece of plain paper.*

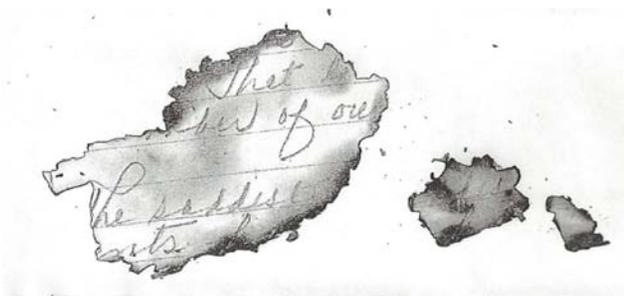
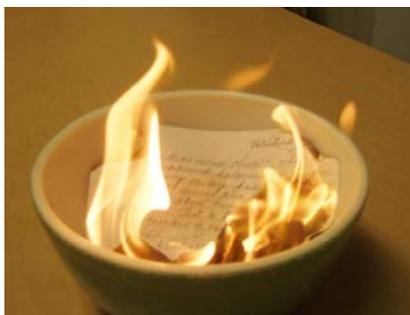
1. Intuit (guess) how many males/females. Write each name on a separate piece of paper **IN PENCIL** (natural graphite).
2. Once all your feelings have been written out place the paper in an unburnable container (pyrex or metal)!

Suggest burning outside!

3. Burnings are done for one person at a time with *matches* only, and as many as are needed to burn it all.



4. For each name, check to see if there is a piece of paper with a significant word that resists the burning — as on the small piece of paper here, it is the word “saddest”, and even as it burns smaller, the rest of the word “est”. Count how many matches.



5. This forgiveness piece took **SIX** matches to finally complete the burnings that were needed to *release all the negative energies.*

6. A final release happens as you blow each result of the burning to the winds...

*Be aware of Healing Happenings,
of the Shift taking place in your Body
— in your Life.*

A Burning Bowl Ceremony for a Pet/Animal???

If you have an animal companion that has been on the *AltWaters™* formulas and still has unresolved health or behavioral issues, the **Burning Bowl** may go a long way in resolving those problems, too, for any animal, bird or reptile — *especially if abused or abandoned.*

We did it for our male Schnauzer (a rescue), and within 24 hours he was a different dog — no more dragging us on our walks, no more refusing to eat if someone else fixed his food.

Here's how: Write a list of all the pet or animal's unresolved issues, as you see them, health or otherwise (could be many!). Be sure to use a *pencil* (natural graphite lead).

**Decide to Forgive for resentment is negative.
Resentment is poisonous; it diminishes and devours the self.**

**Be the first to Forgive, to smile and take the first step,
you will see happiness bloom on the face of your human brother
or sister.**

**Be always the first — do not wait for others to Forgive,
for in Forgiving you become the master of fate,
the fashioner of life, a doer of Miracles.**

**To Forgive is the highest, most beautiful form of Love.
In return, you will receive untold Peace and Happiness.**

**Only the brave know how to Forgive.
A coward never Forgives — it is not in his nature.**

from "Dear Abby"

What if there isn't "anymore"?

One day a woman's husband died, and on that clear, cold morning, in the warmth of their bedroom, the wife was struck with the pain of learning that sometimes there isn't "anymore". No more hugs, no more special moments to celebrate together, no more phone calls just to chat, no more "just one minute". Sometimes, what we care about the most gets all used up and goes away, never to return before we can say goodbye — or say "I love you".

So while we have it, its best we love it, care for it, fix it when it's broken and heal it when it's sick. This is true for marriage, old cars, and children with bad report cards, dogs with bad hips, aging parents and grandparents. We keep them because they are worth it, because we are worth it.

Some things we keep — like a best friend who moved away or sister-in-laws after divorce. There are just some things that make us happy, no matter what. Life is important, like people we know who have been special. And so, we keep them close!

I received this from someone who thought I was a 'keeper'! So I'm sending it to people I think of in the same way. Now it's your turn to send this to all those people who are 'keepers' in your life, including the person who sent it if you feel that way. Suppose one morning you never wake up — do all your fiends know you love them?

I was thinking... I could die today, tomorrow or next week, and I wondered if I had any wounds needing to be healed, friendships that needed rekindling or three words needed to be said to let everyone of these special people know I love them. Even if you think they don't love you back, you would be amazed at what those three little words and a smile can do. And just in case I'm gone tomorrow. **I LOVE YOU!!!!**

Live today because tomorrow is not promised..