



How to structure Water with The Triple Breath

By Torben Munk Nielsen



Contents

<i>How to structure Water with The Triple Breath</i>	<i>1</i>
Intro	3
Introduction of Torben Munk Nielsen	4
Our vision	5
Our mission	5
Where have I learned to structure water?	6
What does the water do to the body?	6
The spiritual explanation	7
How does structured water function?	10
What is the connection between energy and water?	10
Dr. Masaru Emoto	11
"What The Bleep Do We Know!?"	12
Channelling from Metatron	13
How I make The Triple Breath	14
Why can't all structure water?	15
Now Time	15
Reclaim the power in your life	16
Intention suggestions for The Triple Breath	17
How to structure water	17
Online store on www.lysetskilde.com:	18
Treat your limitations in manifesting	18
The power of forgiving	20
Love vibrations	21

Lysetskilde.com presents The Triple Breath

Intro

Welcome to this e-book which gives you a brief overview of what structured water is.

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You are welcome to give it away to friends and family and to ask questions here:
eft@lysetskilde.com

My deepest thanks to Trine for her unlimited support of this e-book; without her help I would not be able to make it public now.

Thank you for reading this e-book, may it expand your life
Love and light to you.

Torben



Introduction of Torben Munk Nielsen

My name is Torben, I am 46 years. I live together with my girlfriend Trine in Herlev. Together we have 6 kids in the age of 7 - 26 years. We both work with healing. I have been interested in how people influence on each other since I was 12 years old. In the last 20 years I have worked with people; for many years I had family care with children and adults who had psycho- social problems. It has always been in my interest to serve people to do their best. I am Reiki Master Healer and teacher in all 6 levels, EFT practitioner, and in the last 4 years I have attended 9 Melchizedek / Gaiadon workshops; I have participated in workshops in London and Hawaii and facilitated Melchizedek healing in Australia. I am Master Facilitator in the Gaiadon Heart teaching, module 1A, 1B and 2A. In the Melchizedek Method and its successor Gaiadon Heart we activate divine encodements by blowing or breathing, this is also what I do to structure the water.

How did I get the idea to make Structured Water Online?

I was activating one day and Metatron came to me and asked if I would make an electronic version of Structured Water, so that as many as possible can use it for making their own Structured water no matter where they live and no matter if they have money or not. I was told exactly how to do, the result you can hear and see on www.lysetskilde.com

I see The Structured Water to be one of the most powerful and at the same time one of the simplest healing tools we can use. If you think on the enormous power contained in water, now being discovered by scientists also, it is a gift we have at our service and it is my wish that every man on earth can make their own structured water and at last all water on the planet is structured into being Divine water.

You don't necessarily need to learn how to structure water your self, you can just use the internet or buy a CD. Maybe it is the greatest gift you have ever given yourself. If you really want to give a gift that knock all out, then give your loved one or your friend a CD with The Triple Breath and it will change their life forever.

All you have to do is put a CD in the player and use The Structured Water at once. You might already feel the difference few minutes after you have been drinking the water.



Our vision

Our vision is to make the world to a happy world filled with unconditional love where no one suffers unnecessarily. That---
The people will join hands across the seas,
their minds linked in one consciousness.
And there is no separation.
All children belong to all people.
All marriages create union.
The death of competition becomes the birth of acceptance.
The greed is replaced with giving,
and the fear replaced with the memory of all kingdoms
dancing together in harmony.
We will watch the feet of the people light upon the Earth.
They bring flowers to celebrate their joining with
the Earth, the Heavens and each other
for there is no separation.
They truly remember.
And in that moment we are all one
and there is no time and then we die
and is re-born and the memory is light
and then we fly home to the source of all there is.



Our mission

Our mission is to increase the amount of enlightened, loving and considerate people on this Earth by supporting a shift from separation to unity consciousness so we all can heal the world. Love for water is essential in this purification process; our contribution is that all people can afford and have access to healing tools such as structured water at home, by using The Triple Breath, with their own tap water or with water from a local source. We want to help you with manifesting light in your life so all the wasted emotions of anger, resentment and judgement will be released and vanish. By using The Triple Breath you will accelerate a process of thought exchange in your known environment. The universal electromagnetic field recognise that the human consciousness is beginning to expand itself beyond its known concept, and so it allows the incoming high dimensional light thoughts to be released into our physical

world. When this happens in your life, old non-serving thought grids begin to disintegrate. How fast this process of change manifests is entirely up to you.



Where have I learned to structure water?

I have learned to make Structured water as a part of the healing I have been taught. In a workshop in Melchizedek level 5, I was first presented for Structured Water; we made activations in which the body and soul were coded to make Structured Water. It was a very big experience; during the activation it felt like I was blown out of the room. Very powerful.



What does the water do to the body?

Water is important for all living beings. Even before you were born, you were living in water inside you mum's womb. A big part of the body is water. Overall 70 % of the body is water and the brain consists of 80 % water. We are namely put together by a lot of small cells; we can compare them with small bags filled with water. You have probably heard that it is very important to get enough to drink, at least 8 big glasses of water every day. When the body don't get enough liquid the cells will be short of water.

The cells are like small bags with water just like grapes, which are little peels filled with water. When you drag the water out of the grapes and dry them out they become small dry raisins. Raisins are nourishing and healthy, but this is not the case for our cells because now they can't work appropriately.

We don't need to lack much liquid before we can feel it strongly in the body and in our head. Actually you only need to be 2 % in shortage of water to have reduced your performance with 20 %!! This is surprising for the most.

Shortage of liquid on only 2 % can make loss of memory so even easy math tasks can be difficult to solve, or give you trouble focusing on the computer screen or on a page in a book.

When the muscles is short of liquid they can't work optimal, e.g. run a distance. The speed will go down and the temperature of your body will rise and you will have difficulties to get rid of the heat, because there is not enough water to sweat out.

The run will be felt much harder than normally. It is dangerous to be dehydrated because the body won't function, you can die of dehydration.

A man can live one month without food, but only one week without water.

97% of the surface of the earth is covered with sea or lakes, but only 1 % water can be used for drinking water.

About 80 % of the human brain is water. Trees contain the same amount, about 75-80 % water.

We have 2,20 lbs water in the brain.

We produce totally clean water in the brain; 50 ml every 24 hour. The water is produced when the nerve cells burn nutrient.

The lungs consist of 90 % water.

If you are tired or get a headache, drink a couple of glasses of water, it might help you.

Life grows in water. Every cell of our body float in water behind cell membranes and keep in this way thousands of different bio molecules, which interact with each other in the water filled micro environment. The connection between bio molecules and water is a central part of the bio chemical and the bio molecular biology.

When we shake our head we also shake our brain, but we don't feel it. The brain has a kind of shock absorber, the so called water caves or water cistern. The short explanation is that the water caves are bounded pockets filled with liquid. They are found different places in the body. In the brain the liquid makes a cave system in which a gland produce 0,5 l, every 24 hour. The liquid load the cave system and a healthy person has balance with the input and export of water in the cave system.

Many sick people are affected by disturbance in the water and salt balance of the body. For instance high blood pressure can be caused by disruption in the ability of the kidneys to regulate the water and salt balance. In connection with heart failure there will be retention of water in the kidneys which lead to increased liability of the heart.



The spiritual explanation

Water has been used in most cultures for symbolic purification. We know it from the baptising in Christianity. Catholics and Muslims wash themselves before the prayer.

Water is very symbolic in its nature and when you drink it or bathe in it, it has the ability to transmit light between cells in your body. Thus the water around our planet in whichever form (including rain) contains Prana, the universal life force, and transmits light which equates to the true nature of God. We are water planet people, and we represent every aspect of Divine Source.

In many locations around our planet the water is polluted. What does this say about our human consciousness connection with our God selves? How many people are now actively involved in cleaning up our waterways worldwide? Our consciousness is shifting, and we are becoming aware of the importance of water, symbolically and physically, as an intrinsic aspect of ascending into higher vibration of divine body.

Every cell in our body is surrounded by water. This water is called structured water. This structured water is very sensitive and totally influenced by the functioning of our body's health. When our body is suffering from an irregularity, the structured water around the infected cells becomes unbalanced. Within the healing process we must attend to the balance of the cellular structured water first. This will greatly accelerate the healing process of the body.

The term H_2O^∞ is a short way of referring to this structured water- H_2O being the chemical name for water, raised to the power of infinity (∞) to describe the essence of this substance being multiplied by itself by whatever frequency is possible. It will hold whatever light frequency that you vibrate to.

All living matter is made up of cells. A single human being has as many cells as the stars in a galaxy. Water is the key to life, health and vitality. It's the medium behind every process in the body. It helps regulate respiration, digestion, glandular activities, heat dissipation, blood circulation and waste removal- and that's just the big picture. On the cellular level, water is the means of getting nutrients to the cells. Water is involved in the removal of toxins and waste materials. It even forms the matrix, which carries brain signals and nerve impulses throughout the body. Ultimately, water can be the difference between a balanced, alert and vital individual and one who experiences sickness, depression and disease.

Structured water or Bio water is common in young healthy cells, but levels diminish as we age. This active, highly mobile water helps deliver nutrients more quickly, hydrates more efficiently, and promotes cell waste removal much more effectively than the "bound" water most commonly found in older cell systems. Structured water, like the holy or healing waters uniquely found and studied in places like Lourdes, France are composed of beautiful, six-sided (hexagonal), snowflake shaped, clusters containing

hundreds of thousands of crystal water molecules. Our geometrically perfect super-intelligent structured waters display the perfect six-sided (hexagonal) geometry necessary for the reception and transmission energy.

To carry energy through the cell walls, it is important to activate the water crystals in the body, and these water channels are also activated through the glands, the organs and the chakras, The activation of the water crystals in the body prevents aging and bring about a molecular transformation of the crystals in the body into clustered water.

Clustered water molecules activate the power and natural genetic sequence to receive and transmit electromagnetic information every moment of our lives. We exhaust our resources of DNA clustered water crystals as we age. Over time, this can affect our natural ability as beings to receive and transmit at the DNA level. Every function of our body is dependent on our DNA structure to be healthy at a high level. The clustered water crystal is a profoundly amazing vehicle enabling us to experience our highest potential.

The perfect hexagonal geometric water structure created by the crystalline water activation represents a composite consciousness of the molecular structure of the water. It takes millions of molecules to create this perfection in the water crystals in the body.

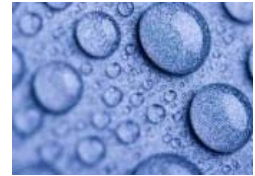
"The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at regular intervals, give the cells what they require for nutrition, and as far as we know, the pulsation of life can go on forever."

Dr. Alexis Carrell, Nobel Prize winner.

"Since the molecular structure of water is the essence of all life, the man who can control that structure in cellular systems will change the world."

Dr. Albert Szent-Gyorgy, Nobel Prize winner.

When the water crystals are activated, communication between the cells is enhanced and becomes clearer through the super calibration of water channels. Adding your personal frequencies to structured water gives much higher divine vibration that will enable a quicker healing and the raising of consciousness.



How does structured water function?

When you drink structured water it feels soft and it can taste differently, of fruit, iron etc., depending on the thought intentions. Structured water is charged with divine energy equivalent to the water that comes from the holy fountains and springs. Some may say that it is comparable to the water Jesus gave to his disciples.

The water consists of hexagonal water crystals which are high vibrating, and the water is good for cleaning the cells, good to remove waste material inside and outside the cells. At the same time it effects your feelings, you may say that you clean up in you emotional system. The old inappropriate feelings are flushed out with the water. If you have been paralyzed physically and emotionally and feel that it is hard to move on, the water is a gift for you. You will get a divine and friendly kick in the ass. 😊

The water you drink will start to communicate with the water you have in your body already. It will strengthen the signals your wish to send out. If you have a desire for something, the structured water you drink will reinforce you wish. The divine energy fits to your body's vibration and the water also raises your vibration so your life will change in the direction that helps you most. It is a kind of channelling from spirit that helps me making the perfect structuring breath that fits to you.

The water molecules communicate with each other with a kind of radio waves. The users will experience that old patterns will disappear and it makes it easier to change. There are several who tells me that they have become healthy now and that the water has helped them where nobody have been able to do anything for them in the last 20 years. There are no limitations in the use of the water and very important is that there are no side effects at all by drinking the structured water. It helps you with anything, anywhere and anytime.

You can see testimonials on the website www.lysetskilde.com

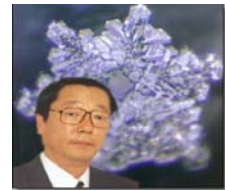


What is the connection between energy and water?

The science has long ago proved that all is energy. Every being and thing on this earth consists of mass. Mass is built of molecules which contains electrons, neutrons and atoms, these are held together by electromagnetism, which equals energy. This

energy is vibrating differently, according to the mass; e.g. a crystal, a human being, a plant or water.

Light, thoughts, words and music are also vibrating elements of energy which affects their environment in a negative or positive way. They are invisible just like radio signals, but we receive them in our body and mind. Some people are more receptive and sensitive than others to these energies. Water also absorbs these energies, proven by Dr. Emoto.



Dr. Masaru Emoto

What has put Dr. Emoto at the forefront of the study of water is his proof that thoughts and feelings affect physical reality. By producing different focused intentions through written and spoken words and music and literally presenting it to the same water samples, the water appears to "change its expression".

Essentially, Dr. Emoto captured water's 'expressions.' He developed a technique using a powerful microscope in a cold room along with high-speed photography, to photograph newly formed crystals of frozen water samples. However not all water samples crystallize. Water samples from extremely polluted rivers directly seem to express the 'state' the water is in.

Dr. Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colourful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colours.

The implications of this research create a new awareness of how we can positively impact the earth and our personal health. The success of his books outside Japan has been remarkable. Dr. Emoto has been called to lecture around the world as a result and has conducted live experiments both in Japan and Europe as well as in the US to show how indeed our thoughts, attitudes, and emotions as humans deeply impact the environment.



"What The Bleep Do We Know!?"

This is a movie about the possibility of possibilities and I think it explains some of the things happening when you use structured water. The subject in the movie is quantum physics, the subatomic realm where science meets philosophy and spirituality . . . the conclusion is pretty much what the title suggests: the Answer is that there is no answer . . . "What the Bleep Do We Know?" is the kind of movie that instigates conversation. The experience this picture has to offer is not only educative, but rather life changing. There is true intelligence to be found in the movie, and one would have to be a fool to ignore the insightfulness of the experience. A serious inquiry, steeped in the mysteries of quantum physics, molecular biology and their deeper implications, into who we are, where we are going, why we bother with the trip and what might be available in the heightened consciousness department to help us along.

Paradigm Shift

A paradigm is a philosophical or theoretical framework that holds our experience together and creates a coherent picture of reality—a worldview. What are the roots of our current prevailing paradigm? What worldview is articulated in "What the Bleep!?"

What difference does our paradigm really make? Our worldview implies a way of knowing. This chapter also explores how to question claims of knowledge. What makes science, intuition, or channelled messages reliable or easy to dismiss?

"To change a major paradigm is to change our definition of what is possible."

Mark B. Woodhouse

Worldviews emerge to solve problems. For an emerging new worldview to take hold, the majority of the population has to deeply understand, beyond abstract intellect, that its current way of thinking is inadequate to solve the problems it faces. A new worldview cannot take hold simply by suppressing the voices of those who disagree, or through impassioned arguments.

Quantum Reality

What are the discoveries of quantum physics? What challenges do they pose to our current worldview? What do the discoveries of quantum physics tell us about the nature of reality? Many of the pioneers in quantum physics disagreed on the implications of their discoveries. Explore different explanations and perspectives on

this mind-boggling science or add your own. In sum, modern physics tells us that the world of common sense reveals only a special, limited portion of a much larger and stranger fabric of reality.

Practice: Look around you. Imagine that what you are seeing is just the tip of the iceberg, a "special limited portion of a larger fabric of reality." Look where there appears to be nothing and imagine that this space is teeming with possibilities. Look where there appears to be something and imagine that what appears solid is mostly space. Feel your hands. Imagine them on the quantum level, particle/waves flashing in and out of existence.

Consider how our hands are communicating in quantum language with the rest of the universe. What do you notice? Most of us do not spend much time thinking about quantum mechanics at all. If we do, we assume it has no relevance to our particular interests. This is understandable and in most cases perfectly fine for practical purposes. But when it comes to understanding the nature of reality, it is useful to keep in mind that quantum mechanics describes the fundamental building blocks of nature, and the classical world is composed of those blocks too, whether we observe them or not.

Creating Our Days

How can we create our days consciously and with clear intention? What is the scientific evidence for the power of intention? How can we know if our intention is having an effect? Here we explore both the extent and limits of our creative capacities and offer guidance on establishing our own practices for creating our days.

Healing the Past

How can we let go of old stories and shift the way we interact with the world? In the movie we explore ways in which emotional patterns can become biomechanical processes, and we introduce pathways to begin liberating ourselves from past conditioning.

Channelling from Metatron

I AM Metatron, I wish to talk with you today about crystalline water matrix and it's importance for you and the Earth.



The planet Earth origin Blueprint is a very big hologram made by the physical- and light body of the humanity. The Blueprint of the Earth consists of a combination of many energy matrices. Those energy matrices are made of circuit, like ethics water matrices and physical water matrices as well as crystalline structures and vortexes in which these water circuits is mutual connected. These energetic circuits are arranged in web layer formations all mutual holografically trough the core of the Galactic Universe. In its origin form these matrices were fully activated, full of energy and in perfect balance for being able to carry the many flows of consciousness and many different forms of existence.

Water is an origin creating media and your planet is mostly created by water- as your bodies. The human bodies, all bodies in animal and plant kingdoms are all created mostly of water, the media of creation. There is "Etherised Water" in the etherise kingdom and there is "Physical Water" in the physical kingdom; and so it is water in all kingdoms- the Boss of Divine energies trough hole cosmos. Water is the underlying support system for all that exists in the cosmic ocean.

Chakras, water circuit and water crystals play an important role in the transmission of energy from the Galactic Core, which is done trough water canals, which connect star portals.



How I make The Triple Breath

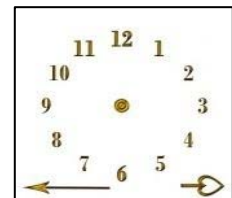
When I get a request for The Triple Breath, I need the name of the person and what their wish or desires are. Sometimes the client doesn't know exactly what they need and when that happens I help them. I tune in on the person and ask their higher self, and then I always get the right answer. I enter a meditative state as if I was healing someone, focusing on the water, on the person's needs and desires, and I activate it with a breath. Sometimes I have to make a new breath if the Ascended Masters doesn't accept it.



Why can't all structure water?

I have worked with healing for many years and when I heal I automatically release negative energies in past, present and future. I have also consciously strived to develop my personality and to minimize my shadow sides, I have cleansed a lot in all my systems and my physical, ethereal and spiritual body, and I have also healed my past lifetimes. Sometimes I have to work on a past life in order to achieve goals in this lifetime.

All this means that when I structure water, my personality and emotions haven't any influence on the result. The structured water will be as the client wants it to be. My thoughts are clean and when I structure water I have a 100 % clear thought intention.



Now Time

Under our personal development we might be used to work on our past, e.g. childhood, past lifes etc. to improve our present life and to make us able to manifest what we might want in the future. These ideas of past, present and future are out of date and belong to the third dimension that we are about to leave. Our respond to the continuing process towards the higher dimensions and the ascension process, The Triple Breath is now upgraded to Now time.

Now time means that The Triple Breath is always having the highest vibration, because I have encoded an ongoing and continuing activation from the divine into the structured water. That is when you use The Triple Breath it is continually updated to which frequencies are appropriate to your needs right now, according to the thought intention encoded in The Triple Breath, it can not be outdated.

Our life changes from millisecond. to millisecond, a single thought can change the whole foundation of your life. You might make a decision that results in a number of consequences and for this reason The Triple Breath must follow your process.

In the previous version of The Triple Breath, the thought intention was specified to the situation in that moment The Triple Breath was created. But shortly hereafter

the user's world might have changed so much that it might not be quite that effective anymore. So they had to get a new Triple Breath to get updated.

With this Now Time Triple Breath you can continue with the same version for a long time, until your needs have changed radically so the thought intentions encoded within don't fit anymore, then you have to get a new version.



Reclaim the power in your life.

We are used to let others decide what is right and wrong for us, our parents, our partner, our teachers, the media, the government and many others. Go inside your mind and heart instead and ask yourself, ask your Higher Self and you will get the answer; sometimes the answer comes when or in ways you don't expect it to, so keep an open mind.

Many people approach structured water with a limited understanding of its potential, and use it in a limited way - and so they limit the benefits they can achieve from using The Triple Breath. I'd like to encourage you to expand your vision of the freedom you can reach using this wonderful technique:

The Triple Breath is always ready to use, it never gets tired or bored, it never judges your wishes, and always helps you in every manner.

Just use The Triple Breath as much as you like, the more the better. The Triple Breath structures and activates your water for the highest good of all there is. It fills your life with unconditional love, gives you abundance in more than one level and helps you to do the right thing in the right time. The Triple Breath honours what you believe is right for you in your life.

I know it can be hard to believe that 9 seconds of sound can change your life for the better. Give it a try though, - it is free to use from the website. I will suggest that you use The Triple Breath for 30 days, if you are among the few that can't feel a change; you have at least drunk a lot of water and haven't lost a cent. Please contact me if this is the case, maybe I can help you in some other way. In any case I would like to hear your response.

Intention suggestions for The Triple Breath

I want healing for / help with:



Relationships

Meeting my Soul mate / Twin soul

Family issues

Pets

Illness / pain reduction

Health / physical issues

Mental issues

Addictions

Abundance

Job/career

Performance

Money issues

Strengthening my own healing ability

Completing a treatment /session



How to structure water

You register on the website; fill out the form and click on send. Shortly after you will receive an e-mail in which there is an activation link, click on the link and your registration is active. Now type in your username and password in the login form; on the left side you will see an mp3 player, if you don't see it you need to install a plug-in, there is a link on the website where you click on the Flash icon to get the Flash Player plug-in. When the mp3 player shows up you have to click on it to start the music. Now have some water or other liquids ready in a glass or a bottle, put it in front of your pc speaker.

First you will hear some relaxing music and now you can set your intention. When the music stops I chant AUM, and The Triple Breath will be played; now your structured water is ready to use. If you don't have any intentions then I have made a basic coding of The Triple Breath containing: "Peace, Unconditional Love and Harmony".

This way you will always benefit from drinking the structured water. You may be able to feel something after a few seconds; it can be a tingling on the tongue, or a vibration in your body. It can be very different from person to person. If you don't feel anything, don't worry; it works anyway. After drinking structured water on a daily basis over a period, most people observe that their life is slowly changing for the better.



Online store on www.lysetskilde.com:

- ❖ CD's with The Triple Breath in different variations.
- ❖ A personal version of The Triple Breath, channelled and set with your own intentions.
- ❖ Downloads with Clearing Music and The Triple Breath.
- ❖ Gift cards with The Triple Breath.
- ❖ Workshops in Gaiadon Heart, Reiki Healing and EFT (Emotional Freedom Technique).
- ❖ Distance Reiki or Gaiadon Heart Healing.

Payment is by Pay Pal.



Treat your limitations in manifesting

Does it have to be difficult to manifest?

Do you have to participate in lots of workshops?

Do you have to pray and meditate all day long day after day?

In my opinion: No. It takes seconds to use The Triple Breath.

The reality is that everyone manifests all the time - we are constantly creating our own reality, bringing ideas into form. The trouble is that most of us are doing this on autopilot, manifesting negatively. I want to focus here on the process of conscious creation, where we decide to bring into form some new, more positive ways of being and create richer, more meaningful, positive outcomes in our lives.

These are some of the most exciting applications of using the structured water and The Triple Breath in my opinion, requiring us to break through our old, limiting beliefs of possibility and allowing us to expand and realise more of our true potential. What is holding us back from doing what we want to do in our life? Not everyone sets goals in the formal sense; however the act of consciously deciding to create a new future is one of the most empowering actions we can take. It is also one of the most challenging because we are instantly confronted by our limitations.

If we don't treat ourselves for these limitations I believe we risk remaining prisoners of our own version of "what is", or our current reality. I'm particularly interested in those wild ideas about "what could be" that leap into our minds and crash up against our beliefs about what is possible for us. These are the big, hairy audacious goals that both excite and scare us at the same time. If you have one of those goals in your heart, you have reached the right place in cyberspace. Make some water and code it with your goals and your wish.

Then begin to think about your goal from the perspective of being in it, having already achieved it, doing it. It isn't necessary to have an actual mental picture here however if you're good at visualising this step is about seeing what you desire to achieve as you would if you were *there now* having already achieved it. The challenge is to capture the *real feeling* of how this will be - that's where the power lies. Even seconds per day spent in accessing the feelings of a new reality can pay off in incredible ways. You start radiate your wish and people around you react to this.

So take a few moments now to think yourself into this new future where you have already achieved your goal. Here's where you will almost certainly need to drink some more water to assist your visualization and affirmation processes, and this is something that - for really big goals - I recommend you repeat daily. The more you do it, the more your images of future possibility will start to feel more real. Not only will they begin to feel more achievable, but they will also start to become *the reality* by which you run your life. Remember there are no limits here.

In my experience, there is at least as much work required in treating your fear of success as there is in treating your fear of failure. If your goal is big enough, thinking of yourself in it (having it, doing it, being it) will bring up some pretty challenging feelings. In treating these fears of success you'll again be using the structured water at the negative thoughts - however these are the negatives which prevent us from being comfortable with the idea of having or achieving our goal, remember to use positive affirmations.

When we can see ourselves achieving our goal, say it without fear to our self and others, and feel 100% congruent positive feelings about it, then we can know that the realisation of the goal is a mere formality. So let's do it again now - look at the territory of success. Write it down, draw it, say it, do whatever you need to do to get that blueprint and start to lay down some new physical (neural) and emotional and energetic pathways.

Use affirmations and drink the structured water as you mentally step into the future image and focus on it from within the experience looking out, feeling how it will feel when it is real. If you want to repeat something to yourself, have your words be a description of what it looks and feels like being there - what life is like in that future reality - and describe it exactly how you want it to be. As you do so, you'll be treating your attachment to a previous reality in which this goal did not exist, and making it easier for yourself to feel comfortable in a new reality, which you are consciously bringing into form.

Eventually, the world always becomes "as you see it". As you treat yourself for seeing the world anew, and as you start to live in that place, the world will quite literally transform before your eyes.

You can also write your wish on a piece of paper and give the paper Reiki healing several times daily. Do what is best and strongest for you,

You might feel "Ohh, nothing happens" in the beginning, but suddenly things start to change, not when / always the way you expect, because we have our limited mind vs. the divine mind. You can manifest a new government if you want to, and if there is enough who work on this issue it might come true, it is all up to you. You can manifest money for a workshop you want to participate in. Remember The Triple Breath never gets tired; it is always ready for use.



The power of forgiving

Many people have been treated very bad in their lives and are locked in the feeling of anger; they have anger in every cell of their body. Try to think how it has an impact on their body system. The same happens with fear. These are two feelings that destroy the body, causes cancer and a lot of other diseases. When you have negative thoughts it creates highways of negativity in your brain. It takes 6 days to repair your body, soul and chakra system after having negative thoughts.

The power of forgiving is one of the strongest ways we as humans have to empower our self. Remember once again to forgive is not the same as acceptance. Also here you can use your structured water to cleanse your cells. The Triple Breath is excellent to work with personal issues like lack of forgiving, anger and fear.



Love vibrations

What do you think happens when you drink the water? I think the water vibrates very fast and starts to communicate with the water in your body, with your blood and so on, just like homeopathic medicine. The same thing happens when you get Reiki healing or some other energetic healing.

Dr. Emoto has shown that it is important to talk "lovingly" to your water; try to think what happens to the earth when you write a lot of love filled emails, and what happens every time The Triple Breath is downloaded and played; all these loving bits and bites in all the cables and satellites spread loving messages and loving, high vibrations all over the globe. ☺

Thank you for reading my words, I hope you enjoyed it. If you have questions just ask.

If you give unconditional love you will receive unconditional love.

Unconditional Love and Light Torben.