



# Tools For Healthy Living Project Sheet:

## Love Water Mug



It is common knowledge that water is an important and vital ingredient to staying healthy. In his *New York Times* bestseller, internationally renowned Japanese scientist Masaru Emoto showed how the influence of our thoughts, words and feelings on molecules of water can positively impact the earth and our personal health.

Using high-speed photography, Dr. Masaru 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 colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors.

The implications of this research create a new awareness of how we can positively impact the earth and our personal health.



Using this concept, we can influence our health by being mindful of our water and sending it loving thoughts, every time we take a drink. Make this mug to help you get 32 oz. of “Love Water” first thing every morning! All you need is:

- 1 32 oz. (1 quart) Mason or Ball jar with a handle
- Glass Markers

**Instructions:** Use the glass markers to create your own “Love” design or message on the glass jar. Let dry for 8-12 hours at room temperature. Bake in a 375° oven (you can use a toaster oven if you wish) for 40 minutes. Let cool with oven door open.