



Meditation Workshop

Talk 12 Year 2 - Water

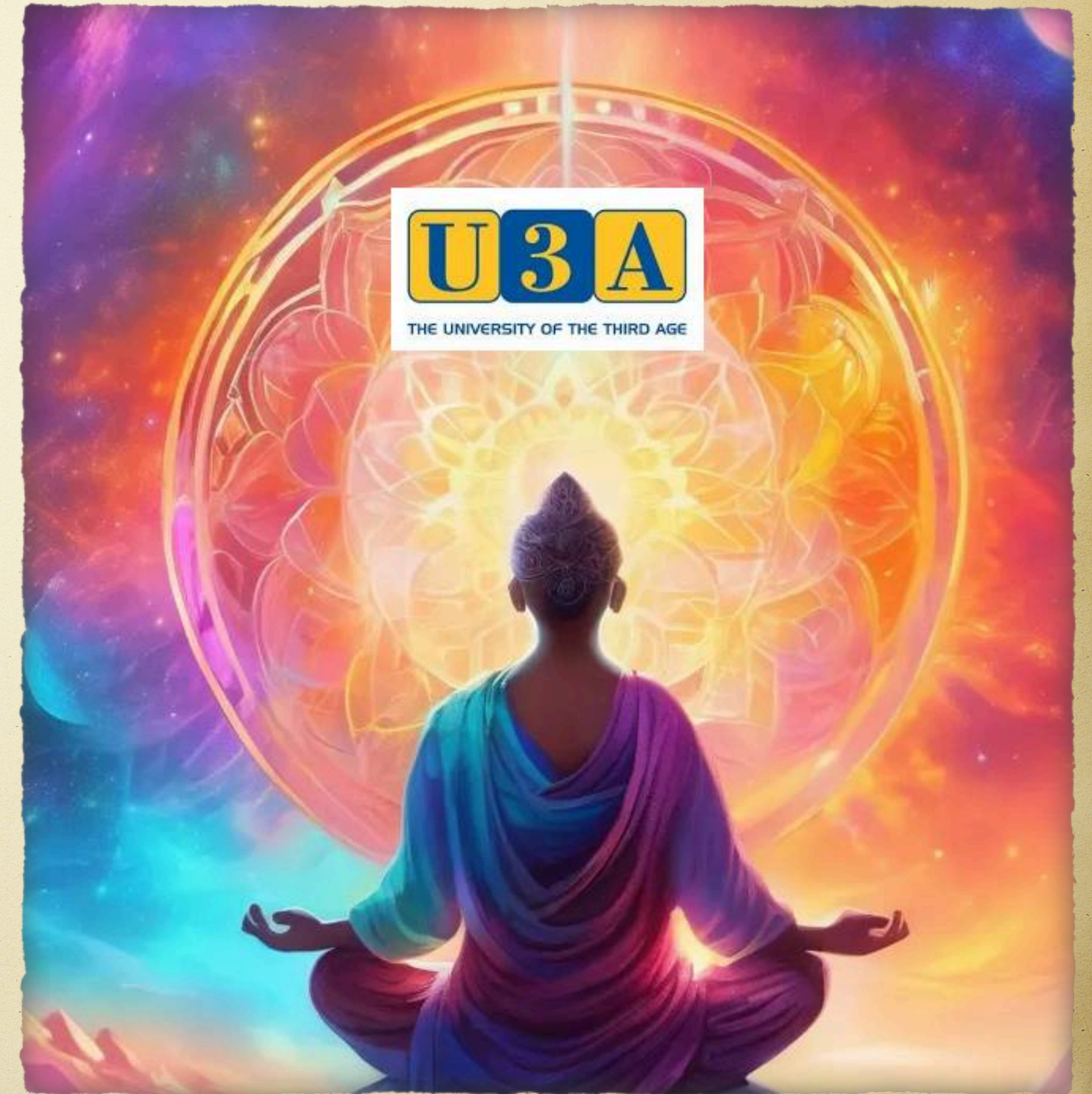
Bob Ocean

Intro

- Mobiles switch off
- £2.50 per session (u3a rent of rooms from Friends)
- Fire Exits/ Restrooms
- We can use coffee/tea in kitchen

u3a talks

- My Truth - not asking you to change your beliefs
- The Deep Mystery as it is all One
- Ask questions at any time
- Terminology - please ask if not sure of meaning



Dates

Date	Topic
12 September 2025	Talk 1 – Mass Meditation and AI
10 October 2025	Talk 2 - Water
14 November 2025	Talk 3 - Ancient Wisdom & Modern Science
12 December 2025	Talk 4 - Merge with Cosmic Consciousness
25 September 2025	u3a Open Day - Priory St

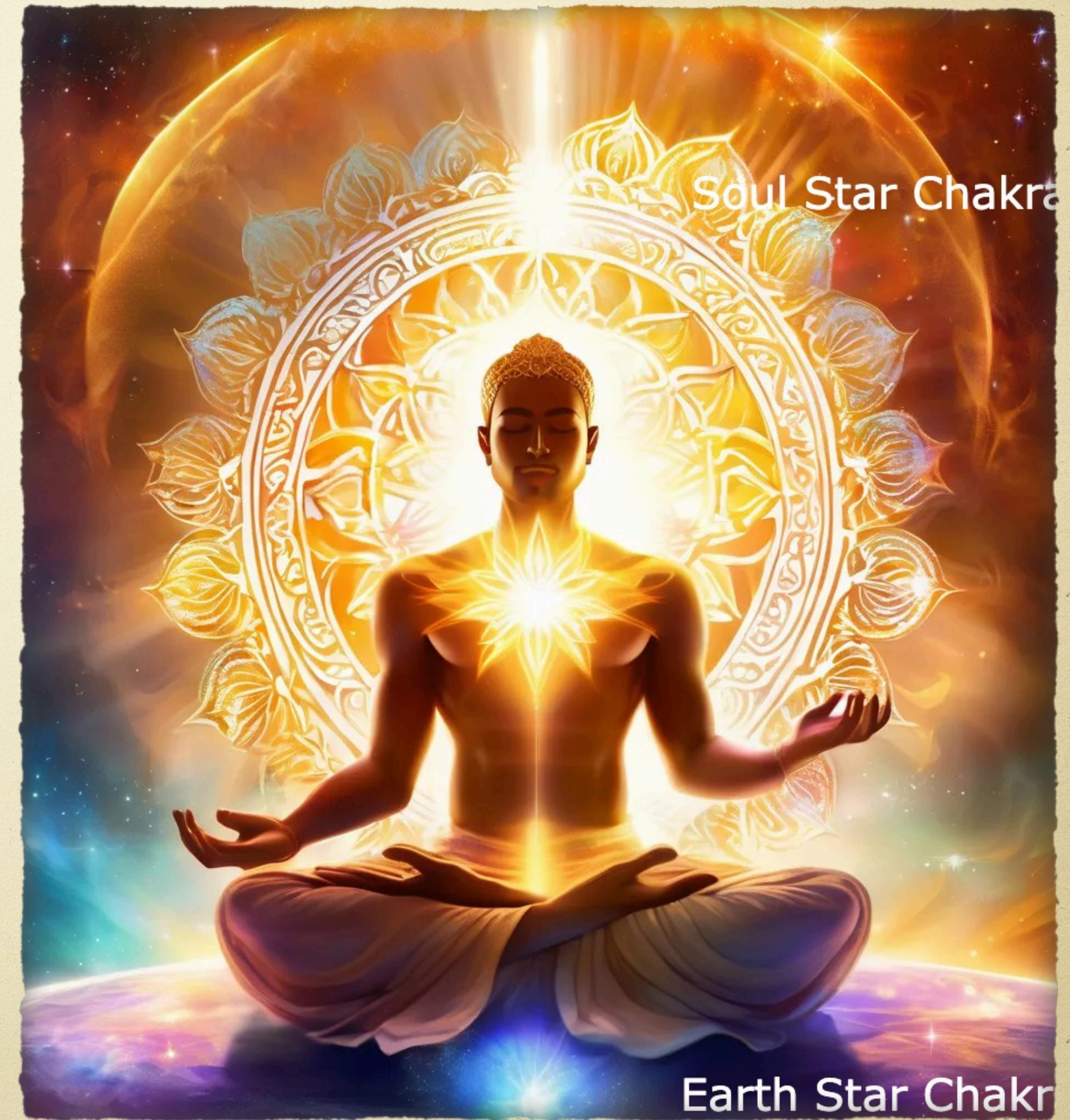
Format for our sessions

- Presentation and discussion
- Tea break - chairs moved into circle
- Guided meditations followed by sharing
- Concluding thoughts



Meditation Techniques

- 3 2 1 method
- Watch the breath
- Mantra
- Guided
- Focus vs Expansion
- Mass meditations



Mass Meditation

We Love Mass Meditation

A blog for organizing mass meditations leading to the Victory of the Light!

- We Love Mass Meditation
- 144K (Return to your Truth)
- Pam Gregory - 7pm every evening
- 1 million meditators



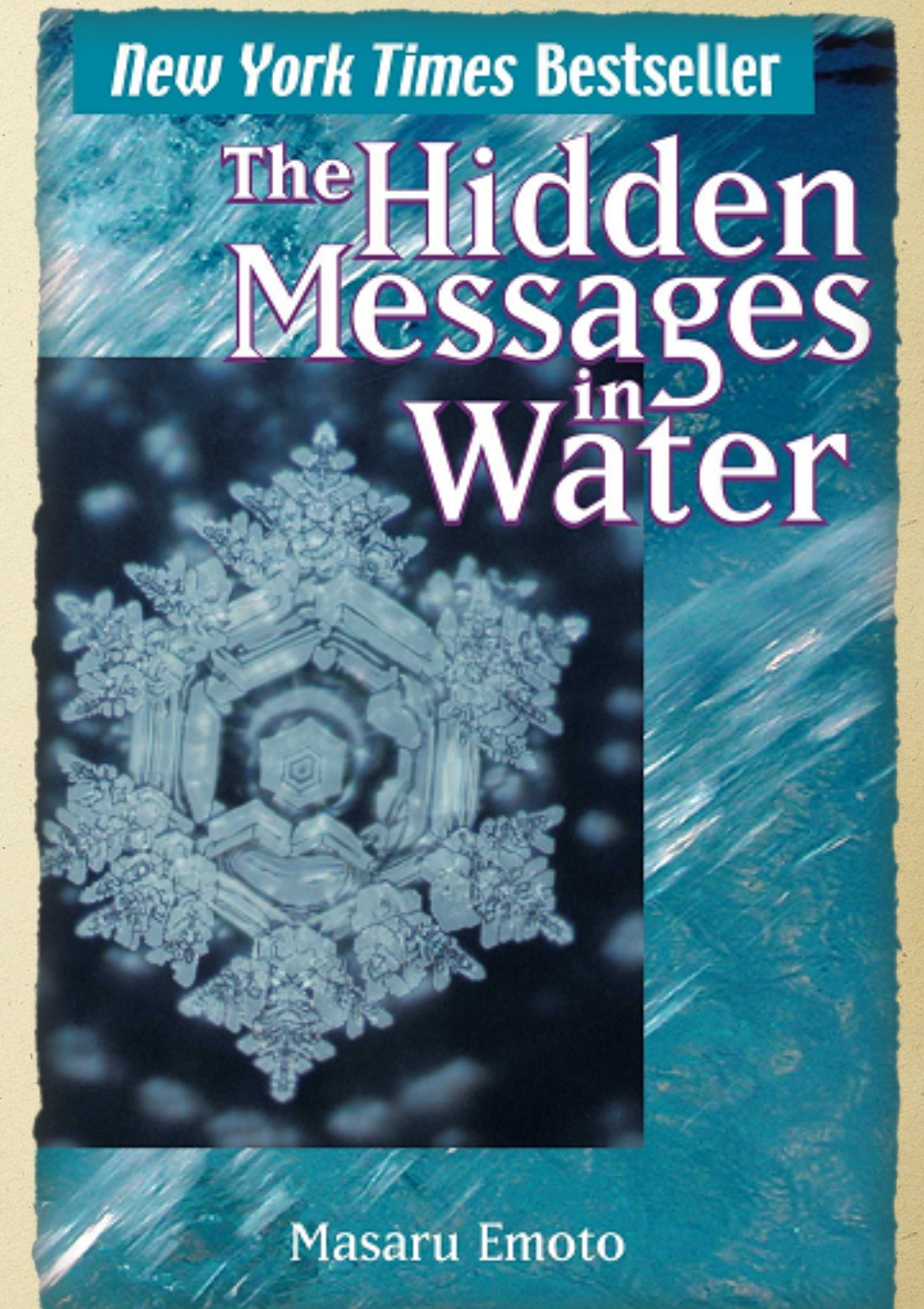
Water

- Earth is 70% water
- You are 70% water
- All life depends on water
- Water is amazing



Water is programmable

- Masaru Emoto - The Hidden Messages in Water
- Homeopathy
- Water can be retain memory like crystals



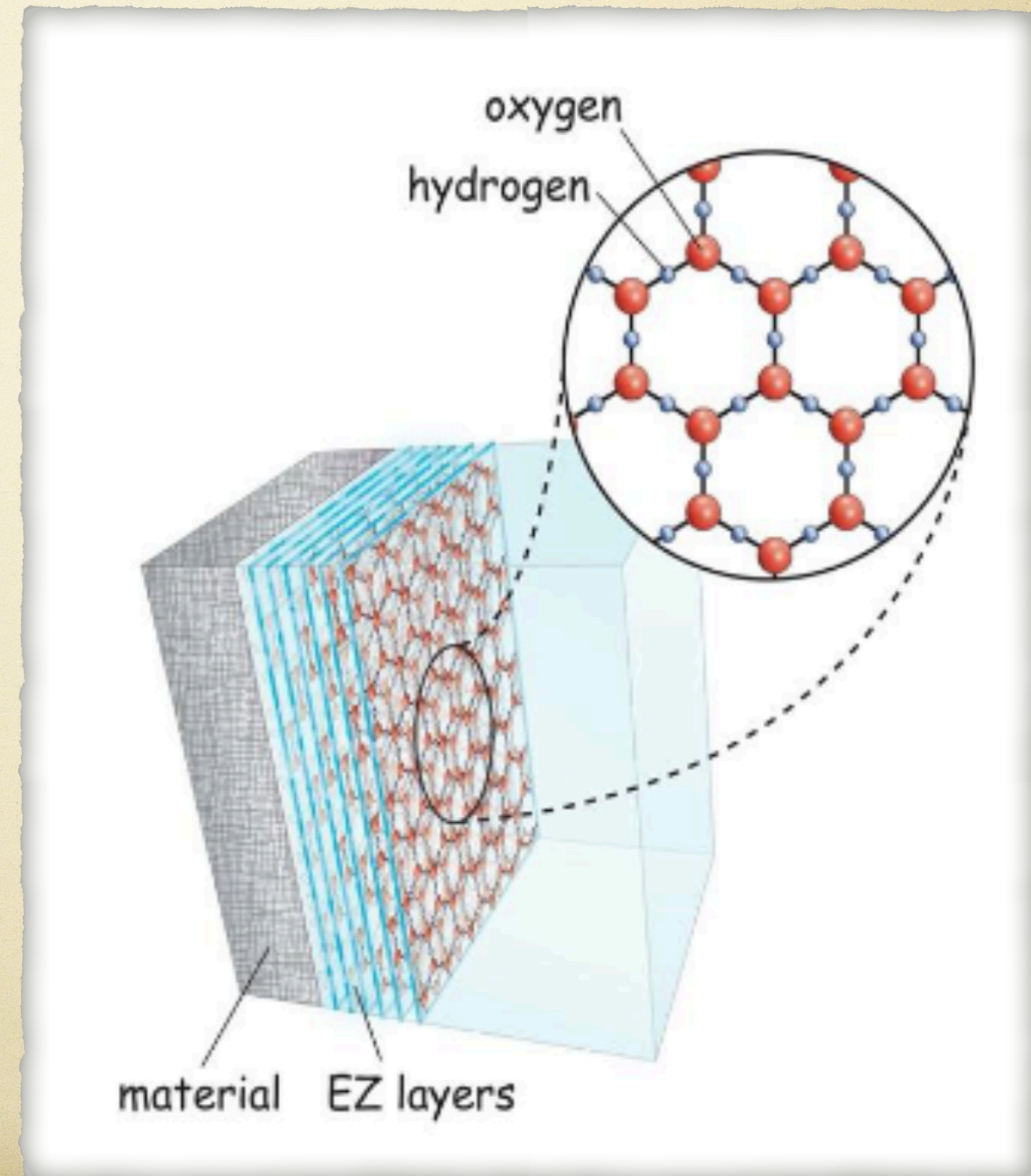
Water is “unusual”

- Std physics - 3 states
 - Solid - Ice
 - Liquid - Water
 - Gas - Steam
- 4th state (Living water)
-



EZ Water

- EZ Water and the Origin of Life (paper published in 2022)
- “EZ water, on the other hand, seems practically “designed” to carry information”



Health Benefits

- Alkaline (pH8+)
- Filtered water
- Structured water
- Sacred Healing Water
- Blessed water
- Keep Hydrated



Sacred Healing Water

- Era of Peace (Patricia Cota Robles)
- Collected from lots of different sacred wells.
- Added to structured, filtered alkaline yorkshire water



VIAL OF SACRED HEALING WATER

\$0.00

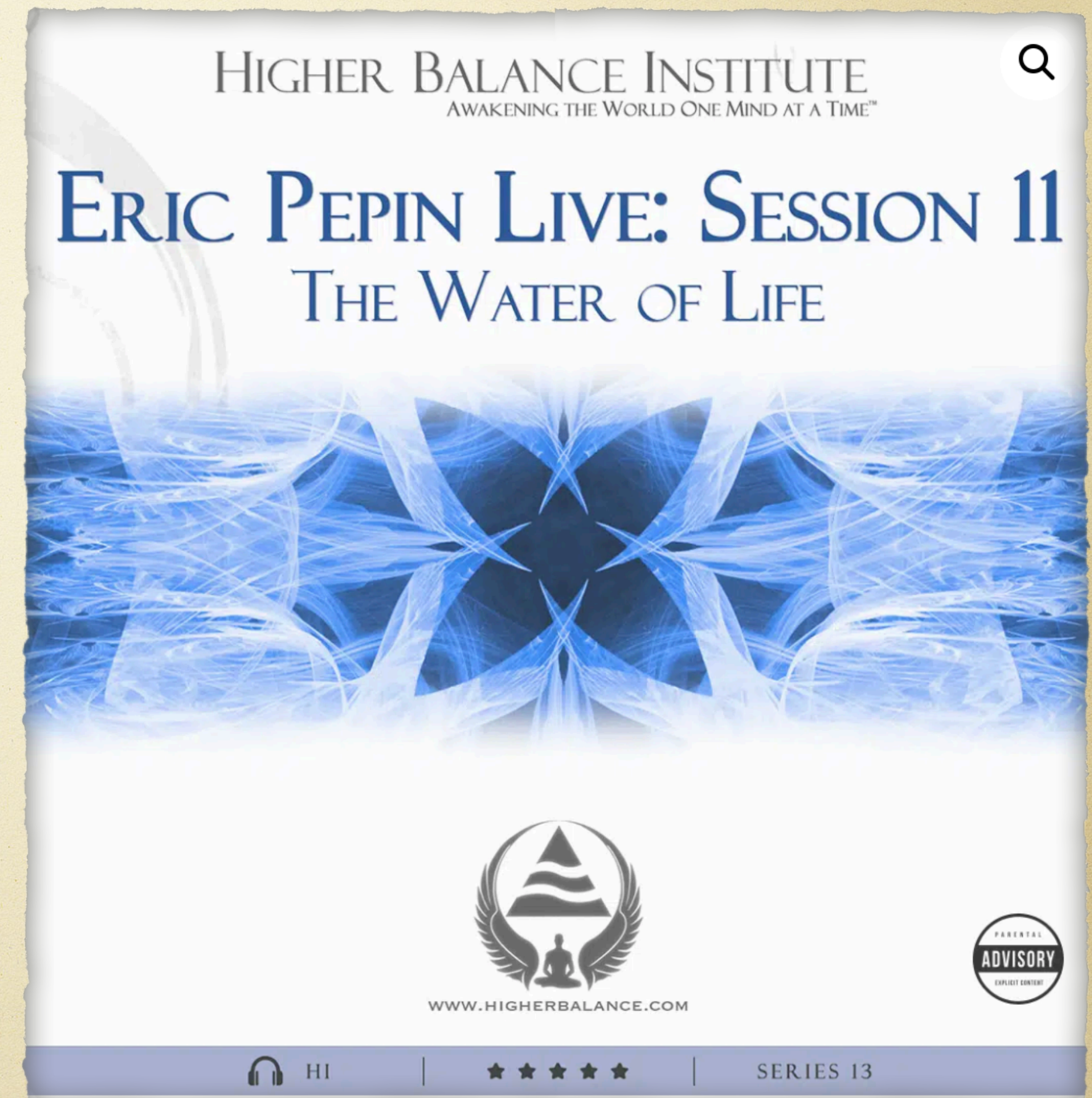
Add to Cart

The Holy Water was collected from Healing Springs all over the world. Thousands of Lightworkers have been using this Healing Water, and the effect has been exponential. The Sacred Healing Water is now coursing through oceans, lakes, rivers, waterways, drinking water, bathing water and the physical bodies of Humanity. The Sacred Healing Water is being distributed FREE for the asking as a Gift of Love. You may freely give the Healing Water away, but it is not to be bought or sold. We will include instructions that specifically tell you how to activate additional water, so that your supply of Healing Water will be endless.

ONE PER CUSTOMER PLEASE

Water Meditation

- Prana increase
- Golden light beamed into water
- Drink and savour
- Increases “Tonal”
- Longer version online



www.higherbalance.com/product/ejp-live-11-water-of-life/

Break

- Tea break
- Form chairs into a circle
- Meditations
 - Water meditation
 - 3 2 1 meditation



Conclusion

- Sharing
- Skygazing idea
- Any questions?