

Powerful Words Create Health Happiness And Abundance.

Documented Words - Activated Verbally - Confirmed With Intention.

Water and Words.

I am sure many have heard or read articles about experiments made by the late Dr. Masaru Emoto. His work clearly showed how written and spoken words applied to glass jars of rice in water altered the molecular structure of the water?

Samples of the water before and after the test were flash frozen with dramatic results.

HI I'M DR. EMOTO

Sinfonia de Mozart Imagine John Lenon

Paz Gracias

IG: BLACKSUNORGONITE

Estorbas, das asco Heavy Metal

I conducted studies with water droplets where I would write and say "Love" and "Hate" on various containers of water, and then freeze it and examine them with a microscope. I discovered that water which was sent love and positive emotions, would freeze in perfect sacred geometric symmetrical shapes, whereas water that was sent negative emotions, would be blurry and unsymmetrical. I proved our thoughts can change the molecular structure of water. Our bodies are over 70% water!

One jar with written words attached like peace and love were compared to a jar with words like violence and hate. The peace and love jar of rice in water would remain clear and pure for a long time, whilst the jar with violence and hate would rapidly darken and decay



A similar test you can try yourself is by cutting a freshly picked apple in half and placing the two pieces in separate glass jars, again using the written words followed by a daily verbal citation of the words. You will discover one half of the apple stays fresh whilst the other half decomposes quickly.



There were sceptics who carried out similar tests to debunk Dr Emoto's research. Some proved him right and some proved him wrong. Why the discrepancy? The ones who failed to see positive results said the words half-heartedly with doubt, hesitation or joking with disbelief. Positive visualization or to use a better phrase, the power of intention, is a very important factor that must be included to obtain the best results. This process is relevant to all areas of our lives.

The Secret of Water 3.30 mins.

<https://www.youtube.com/watch?v=t9MLjYsuYiE&list=WL&index=78>

Masaru Emoto Water Experiment – Water Consciousness 6 mins.

<https://www.youtube.com/watch?v=eOp-bxNug5A&list=WL&index=81>

Health – Healing and Words.

I am fortunate in this life to have had three incredible spiritual mentors, all at Oracle Level. Twenty five years ago, I was drawn in the direction of intuitive healing. By combining several existing healing techniques taught to me by my mentors and adding a few tweaks, I developed a healing process that works like a charm. This is a three step healing program that you can use on yourself, another person, animals or a location. You can use it to clear simple emotional problems restricting your progress to life threatening ailments. My mentors and I have saved people from surgery and saved people after unsuccessful surgery using this program.

What reinforces my healing program is documenting the process on cards and placing them on yourself or the patient during the healing session. The body absorbs the information. As you read the words it activates the process and when you visualize the damaged cells repairing, the healing begins. For optimum results, the patient should confirm the process by visualizing their mind body and soul healing and manifesting into one of pureness, health and happiness. The power of intention successfully concludes the procedure. You can read more about this three step healing program or watch a TV interview on the healing page of my website:

www.namesdoctor.com/healing.html

Happiness – Jewellery and Words

There has been much discussion about pendants or bracelets people wear. Charm bracelets were fashionable during the late half of the last century and more recently, friendship bracelets became vogue. Making your own words with alphabetic beads or engraved jewellery with messages and words like, dream, love, believe and achieve has reportedly brought great results to those who have faith in the power of words.

More recent and very popular was a pendant embossed with the letter Q?



Celebrities like Oprah, Tony Robbins and Madonna have proclaimed its magical powers!

You may like to know that the symbol Q when used in physics represents electric charge. It can also be used to represent dynamic pressure, fusion energy gain factor, heat, momentum transfer and volumetric flow rate. Using Western Numerology, the letter Q is represented by the number 8. In China, the number 8 is worshipped as the most powerful number.

Using Name Reality, the letter Q is positive and life-giving as it suppresses negative. It influences career, health and travel. In times of illness, the letter Q will aid recovery. In business or career, it will produce a gain.

Abundance – The Laws of Attraction.

One reason why so many people fail to reach their goals practicing The Laws of Attraction is very clear. If you have a vision board, or stick pictures on your refrigerator perhaps showing a tropical island you want to visit for your next vacation, to attain optimum results you must use the Three Steps Process.

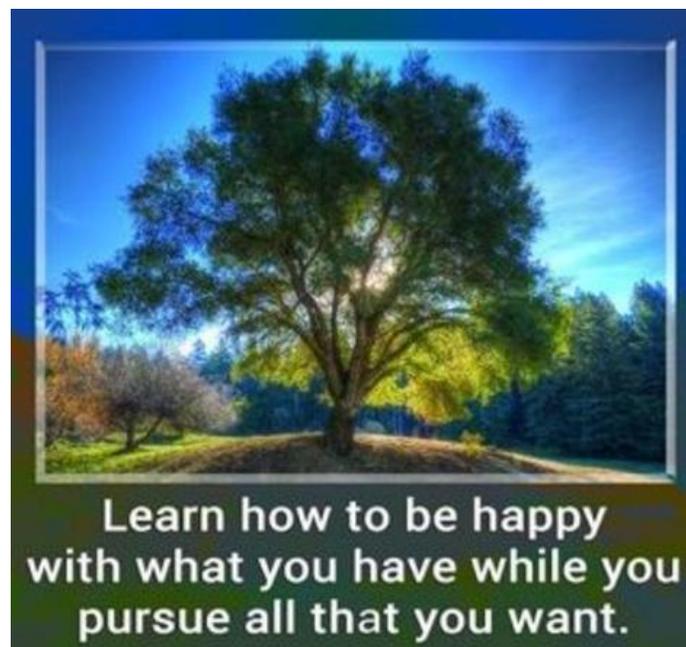


Write words (**Documentation**) on a piece of paper saying: “**This is the tropical island I will visit for my next vacation**” and attach it to the photo. Remember to read the words perhaps once or twice a day at first (**Activation**) but more important is to look at the words as the weeks pass by and say them in your mind. Visualize yourself there. (**Confirmation**)

It would also make logical sense to go above and beyond a vision board by documenting a few powerful words on a piece of paper and carry it on your person 24/7.

Just follow the same three steps and remember, set realistic goals. Start with simple projects and challenges. Expand your horizon as your confidence builds. Do not think you are going to win the Lottery and do not think for one minute that money is abundance, it is not. Do not think that possessions and stuff you consider valuable are abundance, they're not. You come here with nothing and you leave here with nothing except the memories. Abundance is putting yourself in a comfortable environment and a happy mind-set where you wake up with a smile, knowing you are creating great memories you will remember for the rest of this life, one step, and one day at a time.

Within reasonable boundaries, we can all achieve health happiness and abundance for the mind, body and soul. Always be respectful. Arrogance will ultimately bring you down. There are many fundamental principles of the Universe working for and against you. Some you will discover in this life, some you will not. Find your sweet spot, make it happen and be thankful.



Use Words with Water to Create Health, Happiness and Abundance.

Considering the human body is more than 65% water, my tip of the day is for you to honor and bless your drinking water. (In fact, bless everything) The following is a process I use and recommend to my clients which you are most welcome to copy and modify to produce your own documented instructions, especially if you have specific health issues.

I purchase my drinking water in reasonable quality 5-gallon containers and I have a water distil to boil and filter my rain water. Some of you may have expensive filtration machines. My personal choice is to add 10 to 20 drops hydrogen peroxide, 35% organic food grade, into the 5-gallon container. I buy my hydrogen peroxide here;

<http://purehealthdiscounts.com>

If 35% is not available, make sure it is 35% organic food grade diluted with distilled water to maybe 12% or similar. Some countries like the UK have restrictions on shipping high concentrations.

If you are going to use more than 5 drops of 35% hydrogen peroxide per gallon, it is recommended you use distilled water for its purity and no reaction to any minerals in the water when adding the hydrogen peroxide.

Oxygen is life-giving and often depleted in water. The energy from a few drops will run although I suggest you research and satisfy yourself before using hydrogen peroxide.

Suggested links:

Food-Grade Hydrogen Peroxide Health Benefits. 4 minute video.

<https://www.youtube.com/watch?v=vXWXhp6aFuw&t=80s>

What you need to know about hydrogen peroxide and ozone therapy. 11 mins.

<https://www.youtube.com/watch?v=NjxtT4FBp-o&t=318s>

I then place a binchotan charcoal stick in the water with these words attached to the container. Water has memory, so make sure you erase past negative memory and upload new vibrant memory, just like cleaning a computer.

It is commanded, erase negative memory in this water. It is commanded, as I add hydrogen peroxide drops I infuse this water with love, health, happiness, joy and life giving oxygen. Any contamination in this water detrimental to the health of my physical body will be absorbed into the binchotan charcoal stick for future safe recycling back to the Universe.

The energy in this water is now pure, healthy and beautiful as originally intended by our Creator. This is my desire, my wish and my command. It is done, it is done, it is done.

I thank you with love and gratitude. Lyon G. Payley Zonamyari.

Later, I bottle water in handy size containers with this label attached.

Every time I drink this water I recharge myself with beautiful vibrant energy. My restructured water is abundant with love, health, prosperity and will absorb into the interior cells of my body flushing toxins and reflecting anything negative to my well-being. It is commanded, any toxins in my body will be attracted to this water and will flush out with my urine. This includes toxins from pesticides, processed foods, chemical additives, preservatives, genetically modified organisms (GMO) and toxins from the air I breathe, especially geoengineering chemtrail substances like aluminium, thorium, barium, polymer fibers and manufactured nano particles. Any damaged cells from radiation including HAARP, Wi-Fi, Smart Meters and 5G will flush out with my urine. It is commanded, my structured water will in future reflect and block all of these negatives from my body and auric field.

Thank you. With Love and Gratitude. Lyon G. Payley Zonamyari.

On the reverse side of the above information I copy this beautiful hexagonal image of a structured water molecule.



I do not have any health issues so my documented words are for general maintenance. If you have specific ailments, modify the words to focus on and aid your recovery using the water's power to revitalize. I also print cards with this or similar information and laminate to use as a coaster for my coffee cup! If you feel a bout of Flu or illness coming, modify the words accordingly to boost immune and aid recovery. If you have personal issues draining

the life out of you, activate your water to recharge both your mind body and soul. Seeking abundance, create it with water using the three steps!

Documentation – Activation – Confirmation.

The written words are asking for health and happiness from you, for you. Therefore, I put with love and gratitude including my full names on every command. If the water container is to be shared by the family or other people, it is not necessary to write your name on the container, but I recommend writing it on your personal cup or bottle. Needless to say, activate and confirm. When I drink from my cup or bottle a few positive words reflecting health happiness and abundance automatically run through my mind (confirmation).

Reprogram Your Mind– Reprogram Your Life!

Did you know that drinking water in the morning immediately upon waking up can have amazing therapeutic effects for a multitude of health conditions?

Right after waking up in the morning, drink a glass (8oz) of your purified and charged water. You must do this upon waking and on an empty stomach.

Do not eat or drink for 45 minutes after drinking the water. After 45 minutes has gone by, you're free to eat and drink as you please.

Drink a glass of water half 1/2 hour before meals. Drink again 2 hours after each meal and a glass before you go to sleep at night. Water can naturally heal us from diseases like high blood pressure, arthritis, asthma, autoimmune disorders, diabetes and migraines. More on this amazing ancient therapeutic practice can be found in my Healing Program. Also in the program are simple instructions now to check your saliva Ph. levels with litmus paper when you wake up to make sure you are not acidic.

Food – Great News for Vegans and Weight Watchers.

This technique will show you how to activate your plant based foods to a higher vibration. This will result in you obtaining more nutrition per serving and thus feel less need to consume quantity. Craving food is your body's natural signal you need more minerals and nutrition, not necessarily more volume. My Healthy Options web page provides vital information you should read on plant based minerals and nutrition.

<http://www.namesdoctor.com/healthy-options.html>

Most religions suggest you say prayers or bless your food and water in one way or another. This practice, if done correctly, has more meaning and benefit than you might ever have imagined. I am not a religious person but I know that all religions somewhere in-between the lines have something good to offer. *Shame we can't collectively as a race, combine the best of all religions and put together one religion as a guide for all of us to live by?*

It is not my place or purpose to tell you to go vegan. However, there is overwhelming evidence that eating dead animal flesh and animal products like dairy is quite simply not good for you. Most animals no longer come from a happy farm. They come from factories where they are kept in horrendous conditions, fed with pesticide laden processed food and chemical additives like steroids and anti-biotics to make them grow fast and fat to produce profit. You are what you eat. We are no longer hunter gatherers and we do have choice, so try and make an effort, not just for humane reasons but for your physical and mental health.

Obviously, try to buy the best quality natural or organic fruits and vegetables you can find. You might think you are paying more but in the long run, you are not. Quality vs Quantity Wins. I wash my fruit and veg with a spray bottle containing white vinegar to remove surface toxins. Leave it to soak for 15 minutes and rinse with water you previously charged. I then put the fruit or vegetables in my refrigerator that has a nice label attached on the door commanding "*all contents resting in this refrigerator are blessed with love and happiness*". I read the words as I close the door and sometimes I visualize the words in my mind when I pass the refrigerator. With practice, it becomes a habit and takes no time out of your day.

Plants of all kinds are alive, even vegetables that have been dug out of the ground or fruit cut from a tree have a shelf life. An experiment in the 1960's by **Grover "Cleve" Backster** will show you where we are going with this and how just like the studies of **Dr Masaru Emoto**, you and your loved ones can benefit by blessing your food and water with the Three Steps Process.

Cleve Backster proved with the aid of a polygraph machine that plants have extrasensory perception (ESP). Plants respond to words with a positive or negative vibration. Please watch this short 12 minute video.

<https://www.youtube.com/watch?v=59NsuVsOoZE&list=WL&index=4>



Amazing Huh? Why don't they teach us stuff like this in school?

So, to conclude, very simply, just before you cut, peel, cook or eat raw food, use the Three Steps Process. You already wrote a few kind words on a card to attach to your refrigerator. Now make a card with words telling the food ***"this preparation process is with utmost love and gratitude to produce a happy vibration thus charging my body with positive energy as part of the ongoing life process"***. Place this beside your cutting board and say the words as you prepare and visualize before you cook. With raw food, place a similar card under your plate or beside an apple or banana you are about to eat. ***"I ask this food accept that its role in life is to nourish my body with love and gratitude"***. The vibration of the food you are about to eat will change from negative to positive and thus provide you with better nutrition! I cannot guarantee you will see a big change if you continue to eat dead or processed foods, but if there is water content you have an opportunity to make change.

As you eat or drink, take a few seconds to visualize love thanks and gratitude, knowing you are receiving the purest vibrations of health happiness and abundance. Let eating and drinking become a special part of your day. All it takes is an extra minute of time!

If the human body is more than 65% water then surely documented names influence our life?

Yes, very much so! Half the people reading this will likely have names that create disruption in their life some of the time or, in worst cases, all of the time!

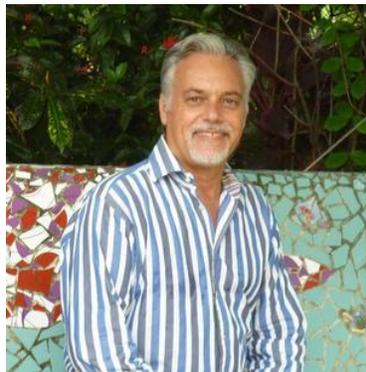
But don't worry; I have got you covered on that one! I have spent the last eight years researching this extensively and wrote a two hundred page instructional book on the subject titled Name Reality. Visit <http://www.namesdoctor.com/>

I post lots of health and wellness articles on Face Book. You do not have to be a Face Book user or subscriber to view my page. Visit <https://www.facebook.com/lyon.zonamyari>

About the Author - Lyon G Payley Zonamyari

A 21st Century Philosopher
Helping People Change the Way They Live Their Lives
Professional Name Analyst and Intuitive Naturopathic Holistic Healer
Co-developer of Three Steps to Healing Happiness and Abundance

The term "philosopher" comes from the Ancient Greek φιλόσοφος (philosophos) meaning "lover of wisdom". A person who offers views or theories on profound questions in ethics, metaphysics, logic, and other related fields in the study of general and fundamental problems concerning matters such as existence, knowledge, values, reason, mind, and language.



At an early age Lyon quickly discovered that conforming with conventional was not his path and questioned our very existence when just eight years old. Age ten he was experiencing premonitions. With no help, guidance or information readily available at this time, long before the internet, Lyon became a rebel, lost without a cause. Past lives and reincarnation fascinated Lyon for many years. The more books he read on the subject, the more he became convinced it was a reality. A sequence of events prompted Lyon to discover his past which led him to his first spiritual mentor Paulette, who took him way beyond past lives. Lyon has been blessed with no less than three incredible mentors over a twenty five year period. When Paulette cleared his third eye and activated dormant DNA strands, Lyon discovered he could remove somebody's headache by touch in a matter of seconds. Soon after, his second mentor Dianne, also at Oracle level, advanced his learning of energy and vibration linked to healing. Lyon's third mentor Dr Tito Palacio, a homeopathic intuitive doctor, completed the circle of knowledge.

This powerful three step healing process, the accumulation of knowledge gleaned from his three mentors has saved many people from surgery and saved others when surgery failed. Best of all, it opens doorways to health happiness and abundance for everybody who uses it.

In 2010 Lyon diverged down a more scientific path linking energy and vibration to one's names. Lyon is an accomplished author, public speaker and professional name analyst with clients from all around the world.

Prompted by the recent passing of his second mentor, Dianne Bright from Bournemouth (UK), Lyon has returned to his original background to document and share this incredible healing process.

This article is just a small part of the Three Steps Program.

With Love and Gratitude - Lyon G Payley Zonamyari.

***You create your own world as you go along by thoughts, decisions and actions.
Every choice and every moment today reflects upon tomorrow.***

Copyright © 2019 Lyon Zonamyari.

All rights reserved. Contact for permission to reprint in part or full.