

Sun-Charged Water Instructions

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The information provided here is directly from **Hira Ratan Manek** (HRM). At the time of writing this document, there are no formal instructions for Sun-Charged Water on HRM's website at: <http://www.SolarHealing.Com>. This is just summary to print and follow until you have it down! HRM says that water charged by the sun has amazing effects on the body. So, to get the benefits from this water, follow these simple instructions.

Process

1. Fill a half or full gallon clear glass jar with drinkable water; preferably filtered, distilled, or tap water.
2. Place it outside on the ground in your yard (on bare earth, if possible) with a glass cover on it sometime in the morning.
3. Leave it outside for 5 to 8 hours. More time is not necessary, and less time has less effect.
4. Drink this water through the next 24 hours. Do not store in plastic, and there is no need to refrigerate.

Tips

- Have two sets of container and cover, so that while you are drinking from one, you can use the second to suncharge the next days water.
- After 24 hours, you can water houseplants with the day's water, as well as give it to your pets!
- Using a flatter and shorter dish to hold the water is better; maybe a large casserole dish with a sheet of glass to protect the water from insect and other flying contaminants.
- Do not worry too much about using different colored glass, etc. There is much confusion in this area; just use clear glass.
- Energy in solarized water can be stored for 24 hours only by earthen pots, such as mud or clay and not copper. Of course, no harm in using copper jug. You could even go to a wine making supply house and buy larger glass carboys - up to 5 gallon containers, I think, only glass water helps in solarizing water. Copper jar never. Through glass, sun's energy enters on entire water. In winter, keep it inside the house by a window.
- Amount of sun-charged water for the day is a minimum of: $\frac{1}{2}$ oz/lb (~1 oz/Kg). E.g., if you weigh 100 lbs, then you must drink a minimum of 50 oz. As such, there is no maximum, but be realistic!

Note: *Do not leave the water outside overnight under the light of the moon; the energy in this water may have detrimental effects on you!*