



Evidence Journal

What you focus on... grows!

We want you to get the most from your Free Trial

You now have at your fingertips, access to over 1000 Intentions to program your water.

You will find all of the video tutorials under the Resource Tab in your software. There are quite a few, but you do not have to go through all of those to get started, and the important thing is to start right away!

Once you start using Aquaware, it will be helpful to keep track of the intents you use, the power level you use and of course, the evidence of your intention showing up.... in this journal.

Many have found that in the excitement of playing with all of the options, they sometimes forgot what was used, how often, and one can easily get lost in this virtual candy store of choices.

In the beginning:

1. Start at a power level of no more than 25% for the first few days.
2. Use no more than 3 different intentions a day i.e. morning, afternoon and evening.
3. You can program as large a container of water as you like, but the minimum is usually about 4 ounces.
4. Document the intentions and power levels used in this journal and then watch for the evidence and write that down in this journal as well. It's helpful to mark down the time the evidence showed up.

Here is an example of how to use your Journal:

Day 1

INTENTION/POWER LEVEL	EVIDENCE
8 AM Neck Pain / 25%	Much Improved by 8:30 AM
Noon Anxiety Overwhelm/ 25%	Calm, able to keep working by 12:20pm
5 PM Appetite (curb or balance) / 25%	Able to choose better food and eat less at supper

Use the Notes section for things such as reminders of what intentions you would like to use, additional evidence, or perhaps when working remotely for someone.

This Evidence Journal will help you to get results by reminding you to look for them. Things don't always show up the way we think they should, and sometimes we don't choose the right intent the first time, i.e. using acne intent when what you needed to use was infection.

It's easy to get wrapped up in the excitement of all the intentions available, but unless you keep track, you can easily forget what you used.

The more you track your intentions and the evidence that shows up, the better everything will work for you. Remember the saying that "what you focus on grows", well this tool will help you in growing a mountain of evidence on how powerful Aquaware 5.0 is.

