

THE 12 HEART WATER ESSENCES FORMULAS

True Love

Helps to bring truth and love into the cells of the body and release false belief patterns.

Fun & Laughter

Helps to reconnect with the inner child and opens you up for more joy, fun, and laughter.

Hope

Helps to clear away despair and grief, lightens the load, and fills the cells with a feeling of hope.

Trust

Helps to clear away fear and doubt and fills the cells with a feeling of security and trust.

Peace & Safety

Helps to clear away fear, panic, and dread and brings a feeling of peace, safety, and security.

Grateful Heart

Helps release negativity and opens up the heart and mind for blessings and positivity all around.

Strength

Helps to clear away patterns of weakness and fills the cells with a feeling of confidence and strength.

Be Whole

Helps to heal the belief of being broken, fragmented, and shattered and brings you to a sense of wholeness.

Be You

Helps to clear away embarrassment, shame, and awkwardness, and helps you embrace your true self.

Find Your Passion

Helps bring you out of the monotony and mundane into a life of excitement, passion, and purpose.

Live

Helps fill the cells with energy, vitality, and health.

Abundant Life

Helps to release belief patterns of scarcity and leaves a feeling of abundance and prosperity.



Forget Me Not

ALTERNATIVE HEALING

907.226.2979

Info@ForgetMeNotHealing.com

ForgetMeNotHealing.com



HEART WATER ESSENCES combine the power of intelligence, light, and truth from affirmations, natural gemstones, and love.

Words contain enormous power to heal. Words are the way we put our truth into action. **HEART WATER ESSENCES** hold the truth and intelligence of specific words to correct the false belief patterns that have settled into the cellular memory in our **DNA**. Gemstones hold powerful vibrations that can raise the frequencies in our cells to help heal and balance our physical, emotional, mental, and spiritual bodies.

The **HEART WATER ESSENCES** are infused with the greatest healing power of all...**LOVE**. Done via affirmations, intent, and meditation, love (straight from the heart) is the foundation and unifying piece that takes the individual parts and transforms them into 12 specific, powerful, and deep healing **HEART WATER ESSENCES**.

Discover the **FMN HEART WATER ESSENCES** collection and find one that is perfect for your specific needs.

CHOOSE FROM TWO TYPES OF APPLICATIONS



PURPOSE FOR DROPS:

The Heart Water drops are the most efficient way to start correcting negative patterns at a cellular level. The Heart Water drops help raise the vibration and frequency of the energy in the cell memory and releases old belief patterns from the body.



The Heart Water sprays help to raise the vibration and frequency in the body while influencing the mental body through peaceful and calm aromatherapy. It raises your mood, awareness and shifts your perspective.

“Water is the mirror that has the ability to show us what we cannot see. It is the blueprint for our reality, which can change with a single positive thought. All it takes is faith, if you’re open to it.”

~ **Masaru Emoto**

“Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate, and to humble.”

~ **Yehuda Berg**

“No matter what anybody tells you, words...can change the world.”

~ **John Keating**

“The vibration of good words has a positive effect on our world whereas the vibration from negative words has the power to destroy.”

~ **Masaru Emoto**