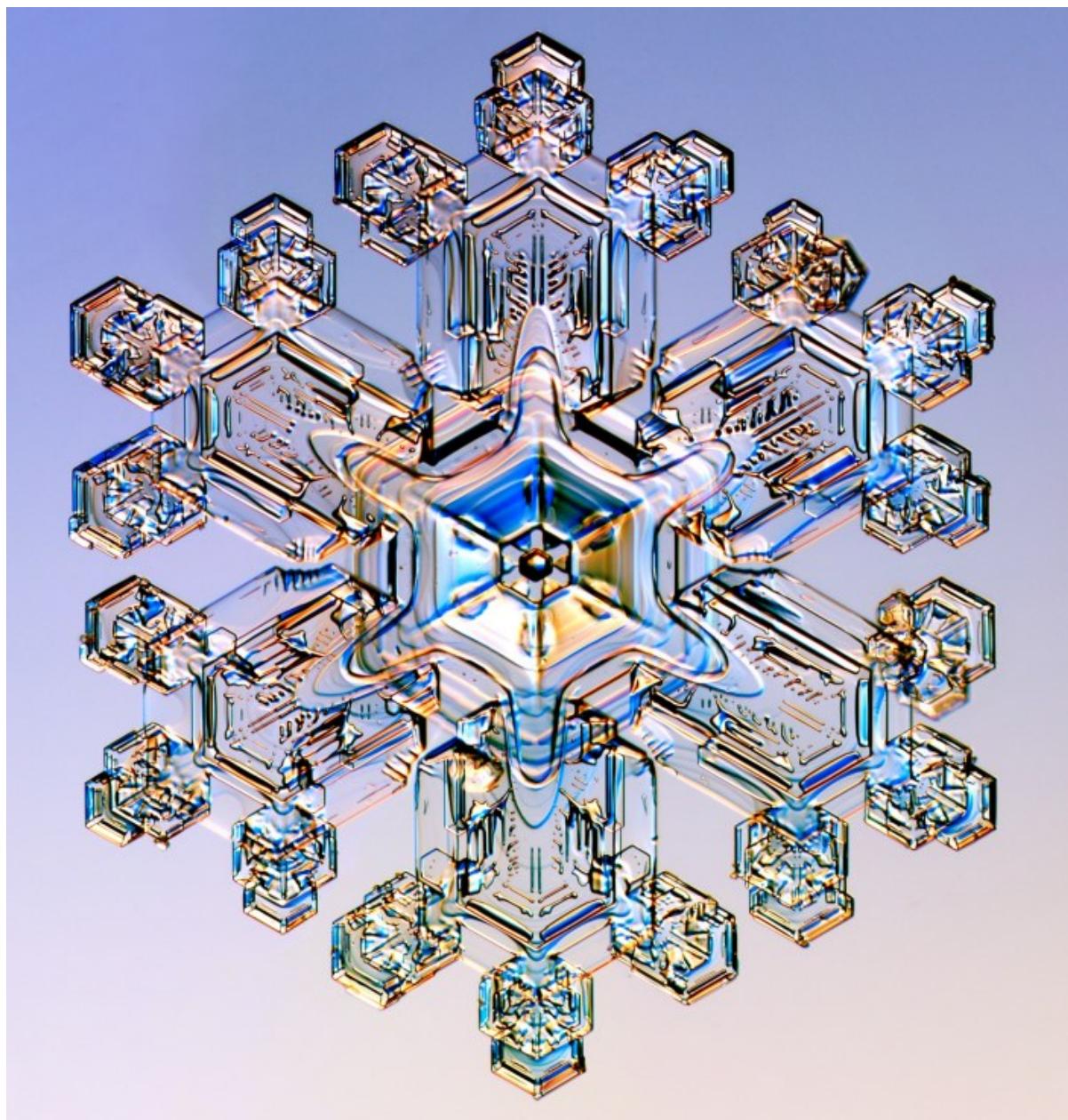


The Adventures of Snowflake  
the Beautiful Little Water Crystal  
&  
The Story of Living Water



By 'Granny' Martin



My name is Snowflake and this is the story of my life.

Let me tell you my story from the beginning.

Once upon a time, I was a perfect and pure white snowflake snuggled up in the snow, high on a mountainside.

It was cold but I was very happy.





One day the sun melted  
the snow and the snow  
became water.

I became a beautiful  
water crystal and started  
to tumble down the  
mountain.

What fun!



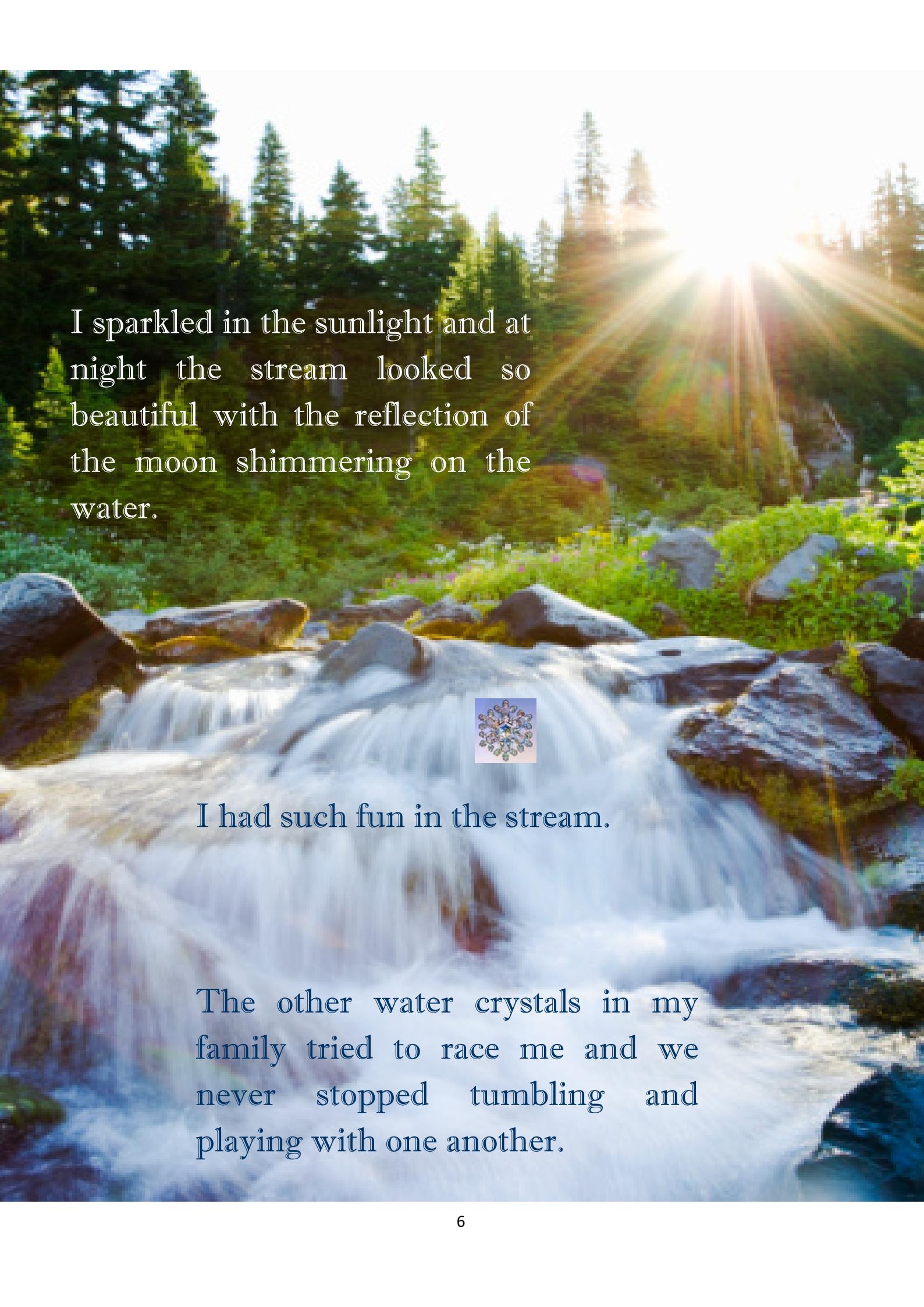


Soon I was flowing  
and tumbling over  
lots of coloured stones  
of all sizes and shapes.  
Some stones were  
very very old.



Down, down, down the mountainside I  
went in a stream of water through many  
stones and some fine yellow sand.

The sand and stones helped to keep me  
clean and healthy by filtering me as I  
flowed and played in the mountain stream.



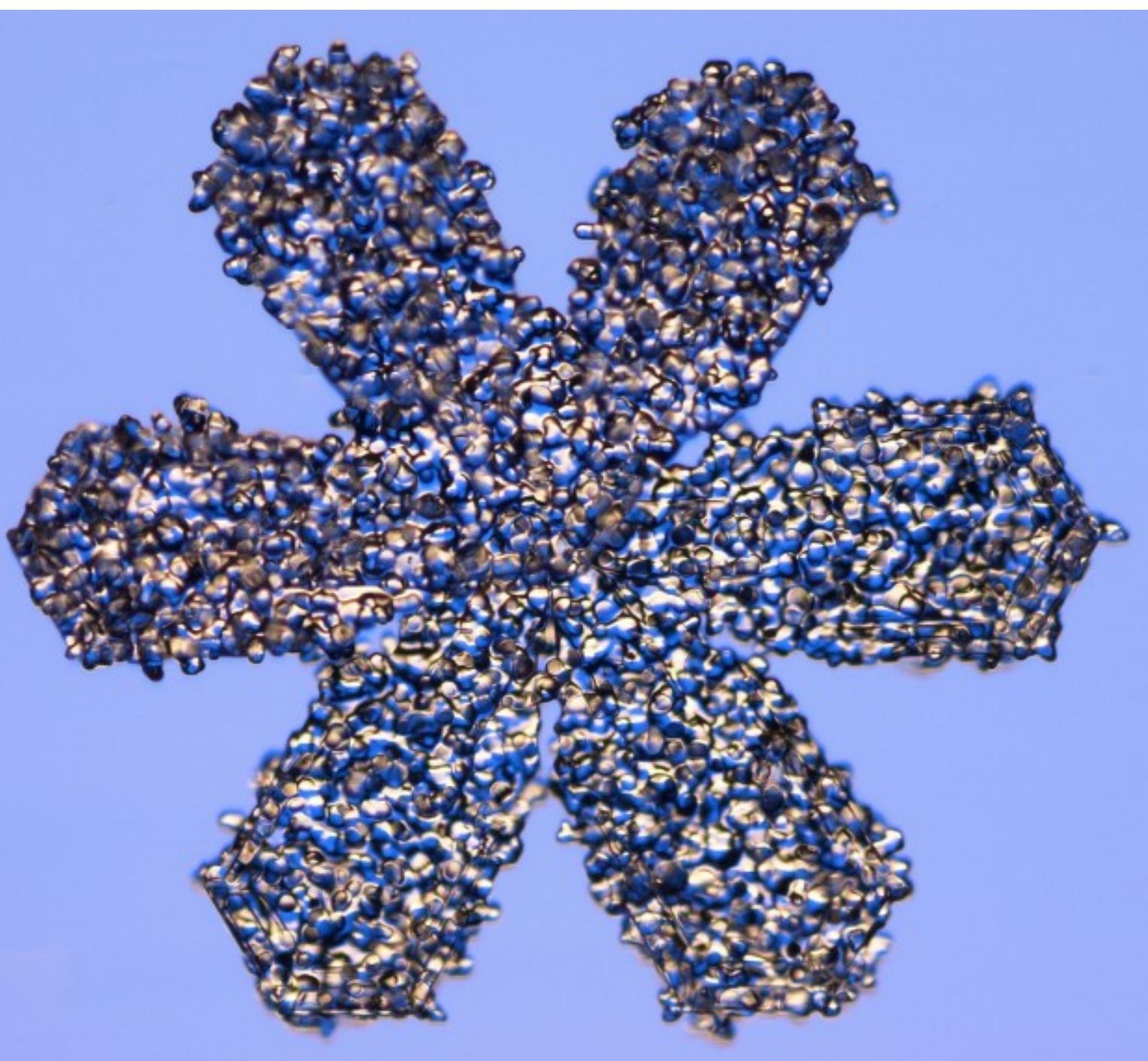
I sparkled in the sunlight and at night the stream looked so beautiful with the reflection of the moon shimmering on the water.

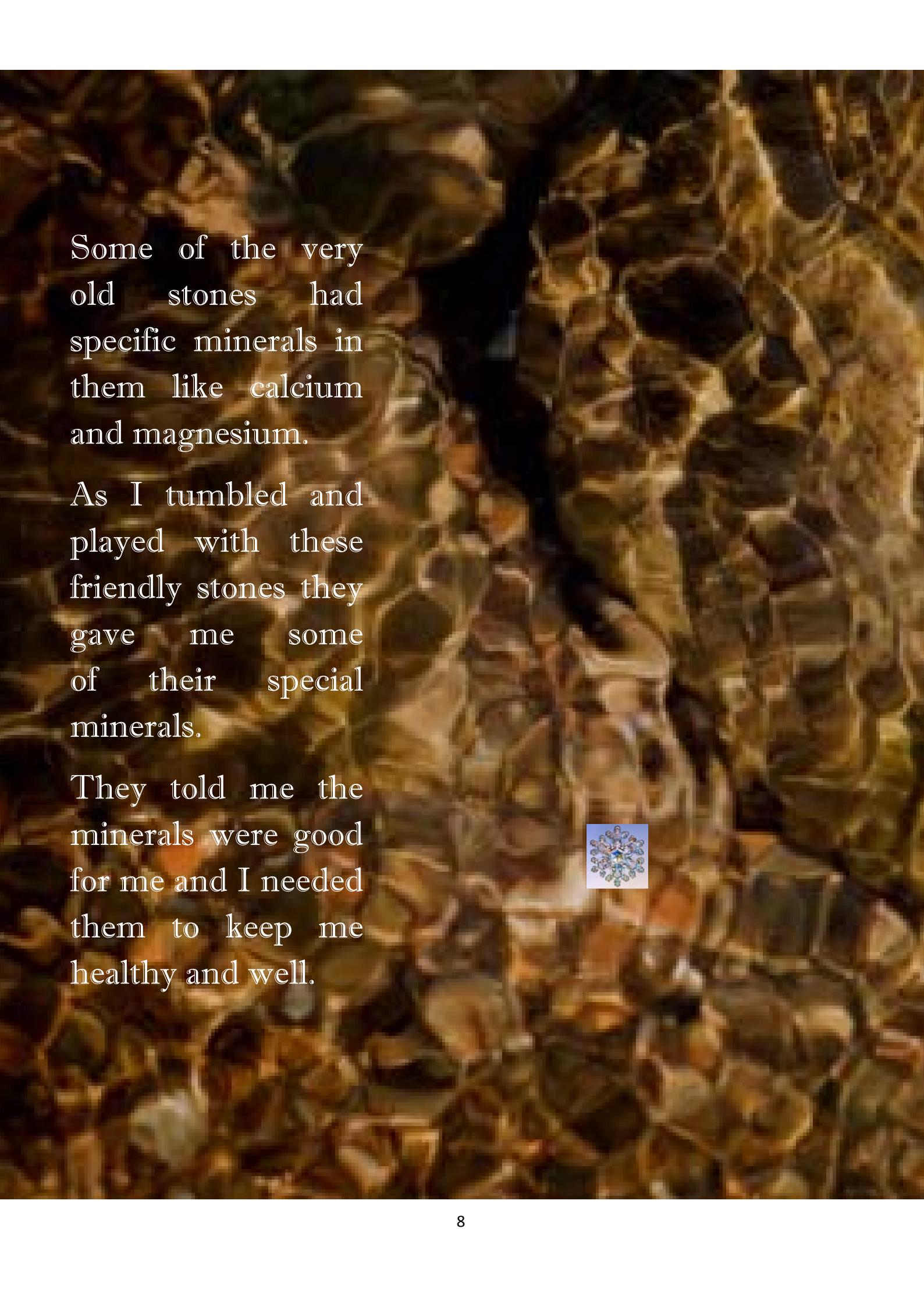


I had such fun in the stream.

The other water crystals in my family tried to race me and we never stopped tumbling and playing with one another.

I felt so special because I  
knew I was so beautiful!





Some of the very old stones had specific minerals in them like calcium and magnesium.

As I tumbled and played with these friendly stones they gave me some of their special minerals.

They told me the minerals were good for me and I needed them to keep me healthy and well.



I was so grateful because minerals are important for the health of all living things such as trees, grass and animals, as well as girls and boys!

Minerals help everything to grow big and strong! Everywhere the stream flowed in the valley the grass grew much greener than on the hills.

The minerals made me glow even brighter. I was more beautiful and had more energy than ever before!

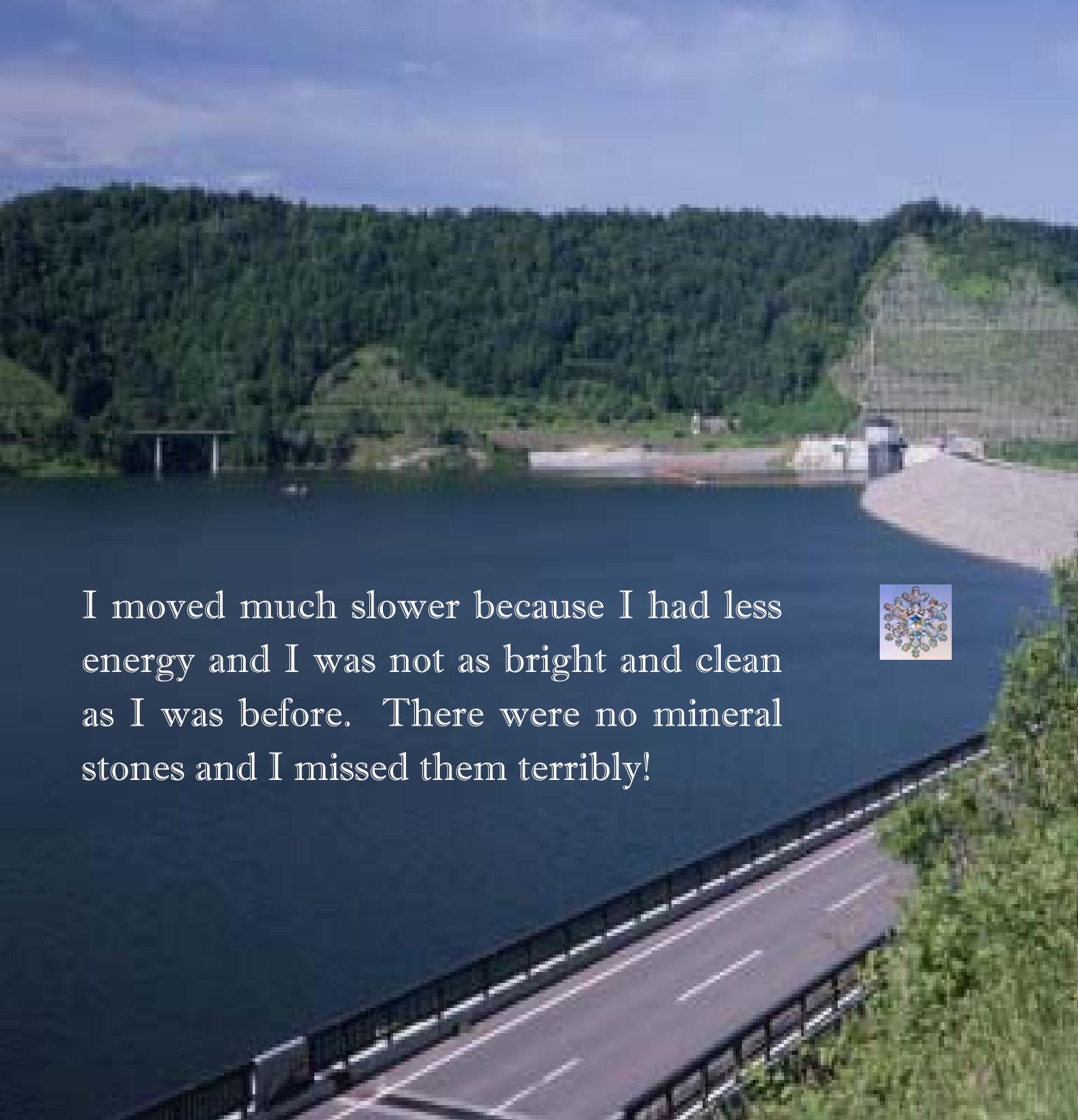




As we raced, tumbling over the big stones in the stream, the water crystals made bubbles which were full of oxygen.

The oxygen bubbles became my friends and gave me even more energy and made me sparkle and look radiant! I was oxygenated!

Soon the rushing of water stopped and I found myself in the city water reservoir. It was much different here than in the mountain stream.

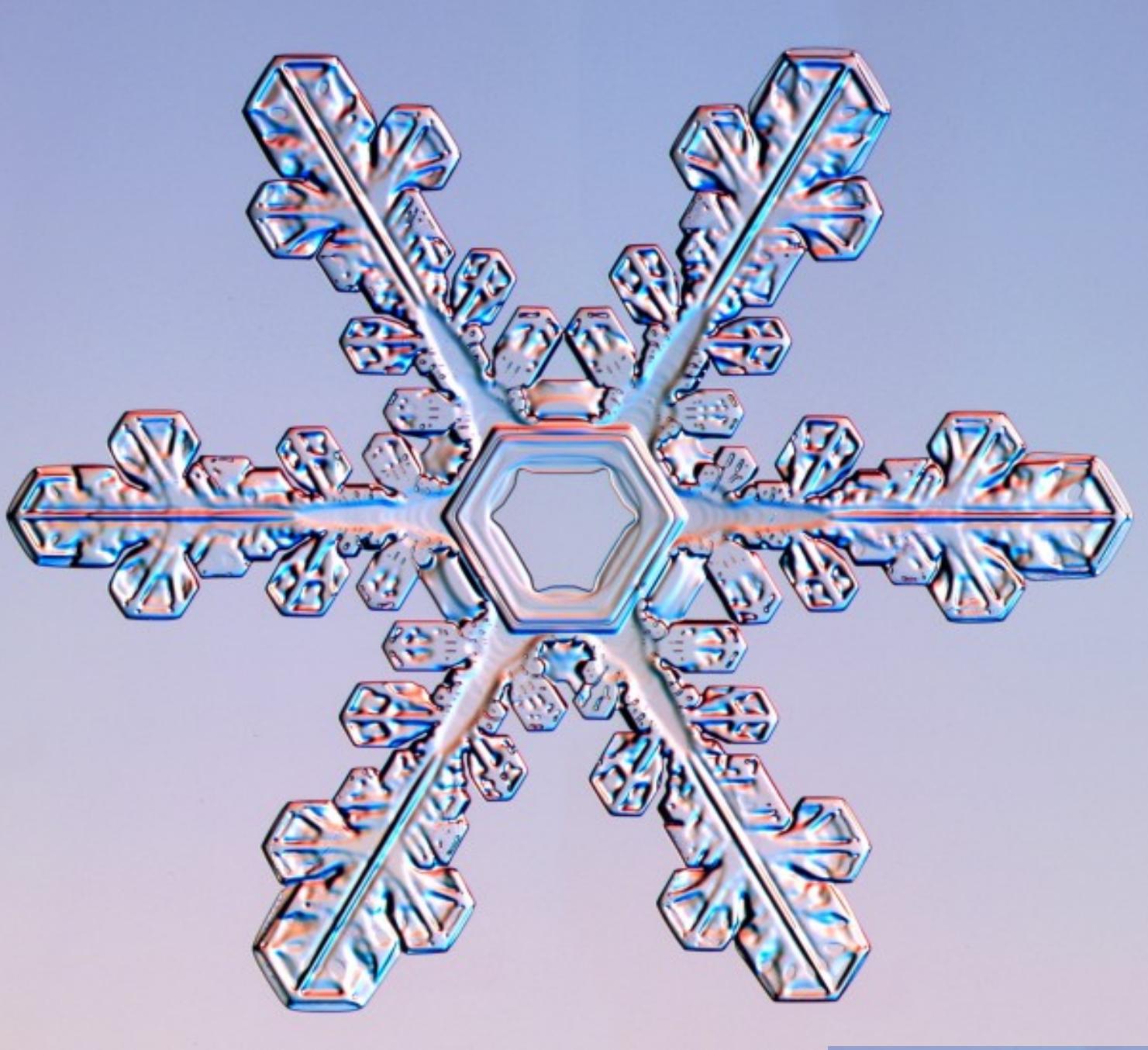


I moved much slower because I had less energy and I was not as bright and clean as I was before. There were no mineral stones and I missed them terribly!



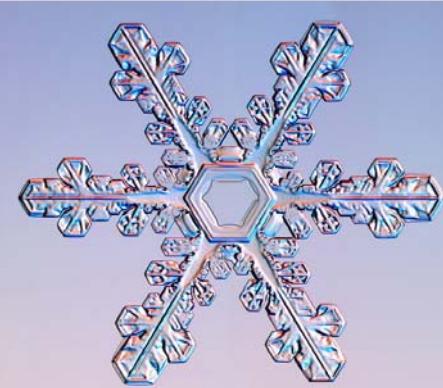
A wise water crystal  
said to me:

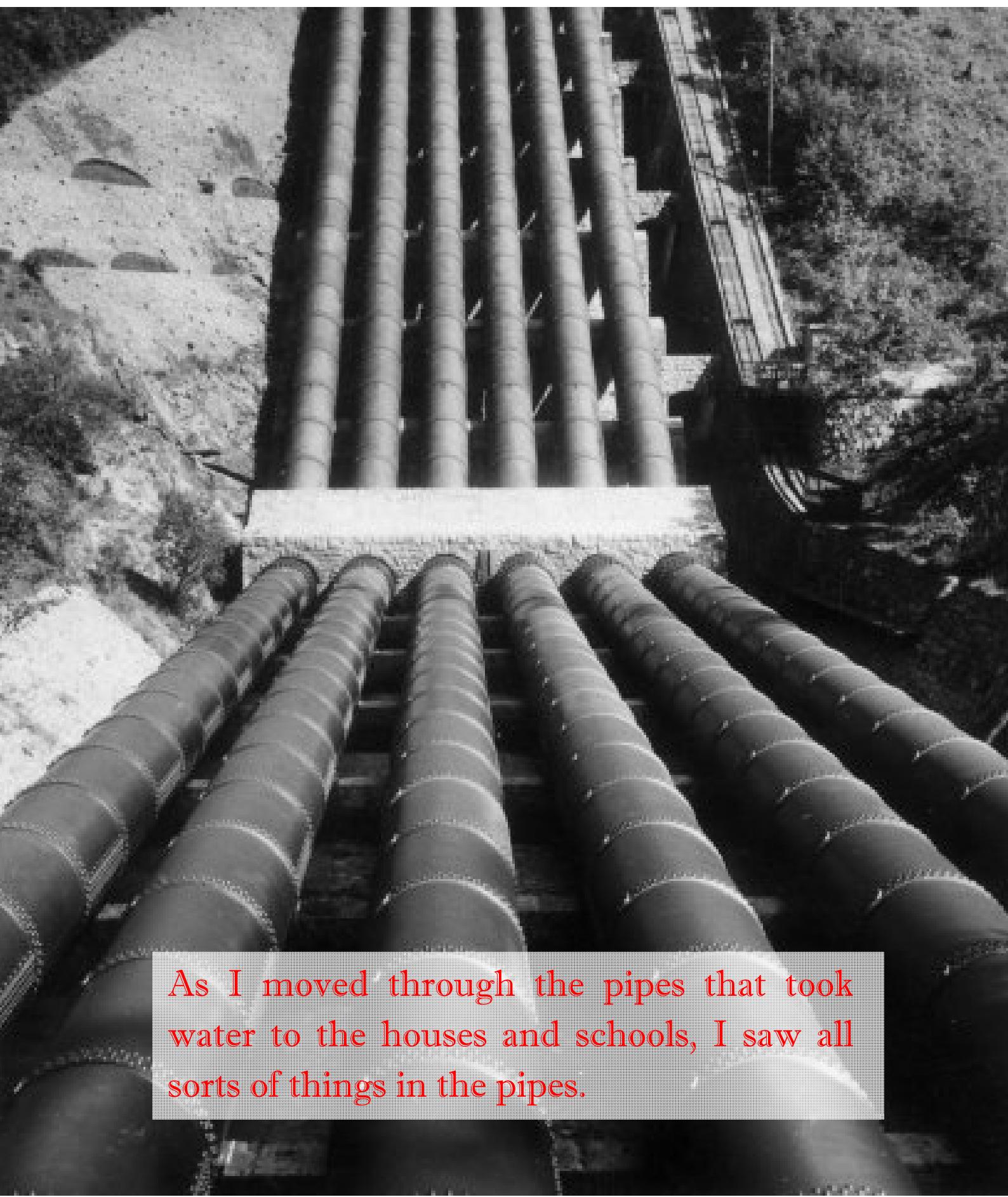
“They put chemicals in the water to kill bacteria and  
stop bugs growing that might be harmful to humans.”



The wise water crystal told me not to worry, it would be OK because I had a very special job to do.

I wondered what would it be?





As I moved through the pipes that took water to the houses and schools, I saw all sorts of things in the pipes.

Then, suddenly I gushed out of a tap with other water crystals. It was a special day because I went straight into a **zazen living water system** sitting in a classroom.



The wise water crystal who was right beside me said:  
“The **zazen living water system** helps create beautiful  
water crystals just like in the mountain stream.”

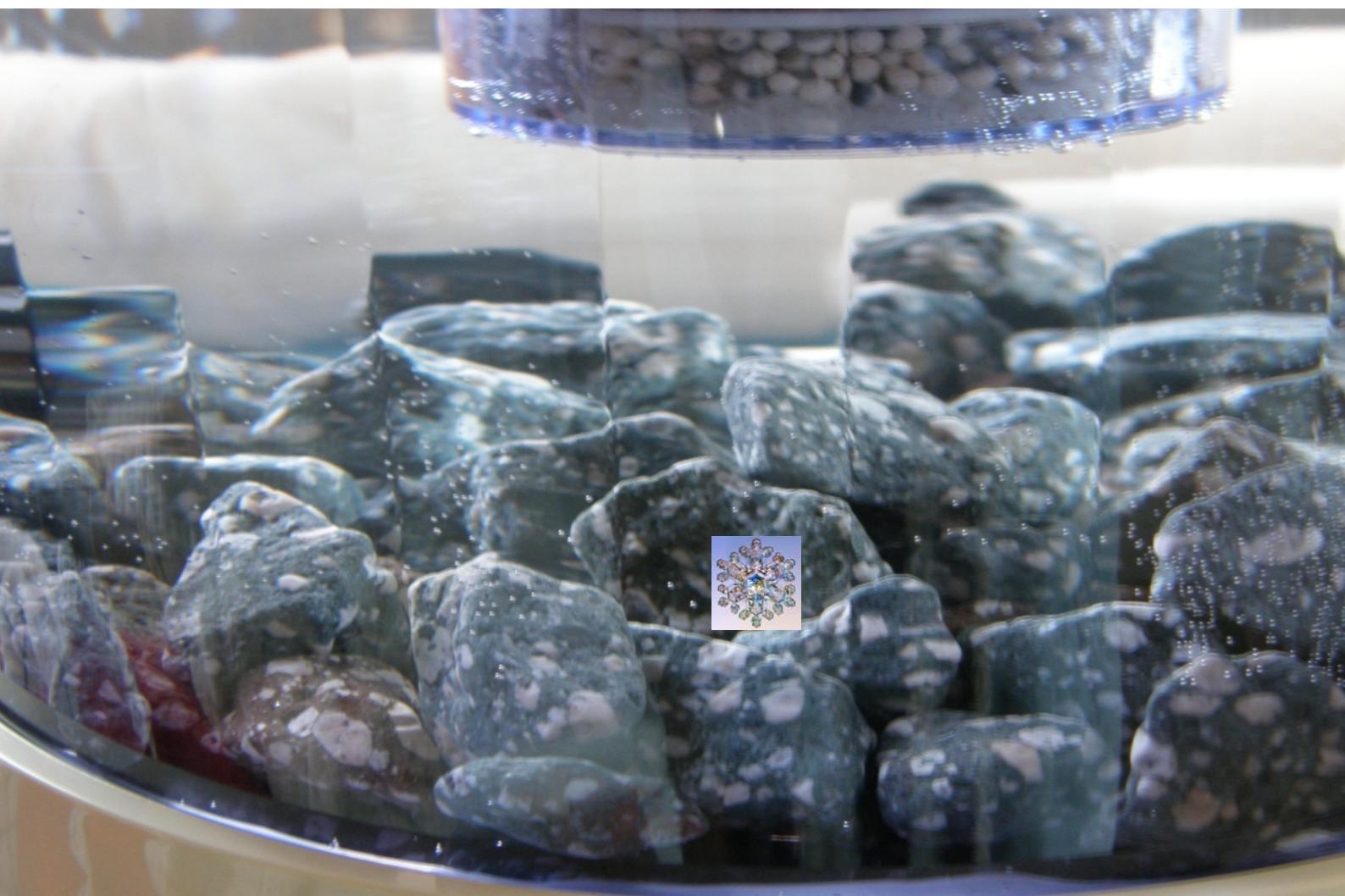
Hearing that message made me so happy!



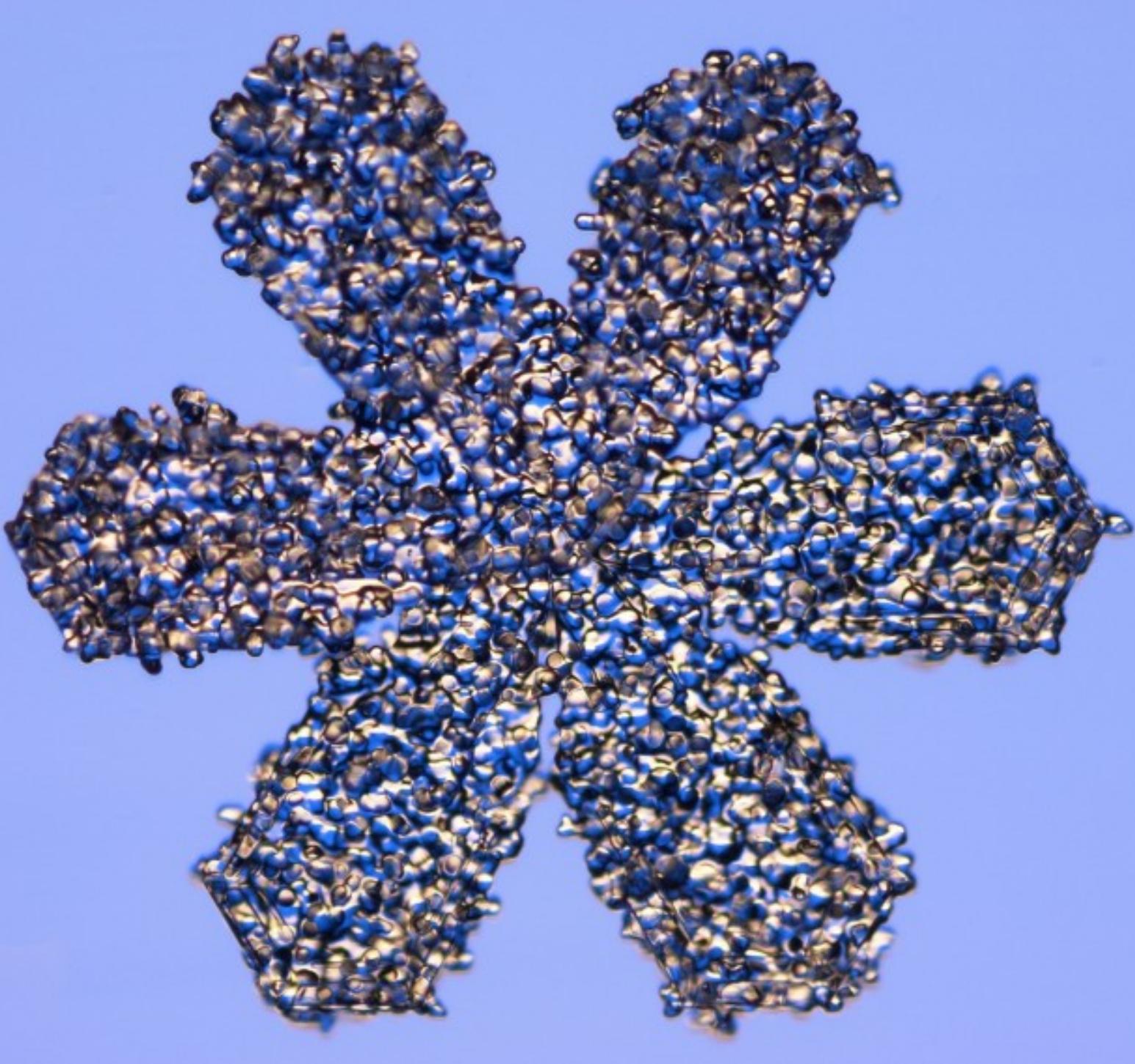
I travelled through special zazen filters which were full of special sands and minerals just like in the mountain stream.

They helped to make me beautiful and clean and I was happy again.

Next I found myself swimming around and meeting many mineral stones sitting on the bottom of the zazen tank, just like in my mountain stream. These stones were SO friendly too, they were giving away their minerals to all the water crystals.

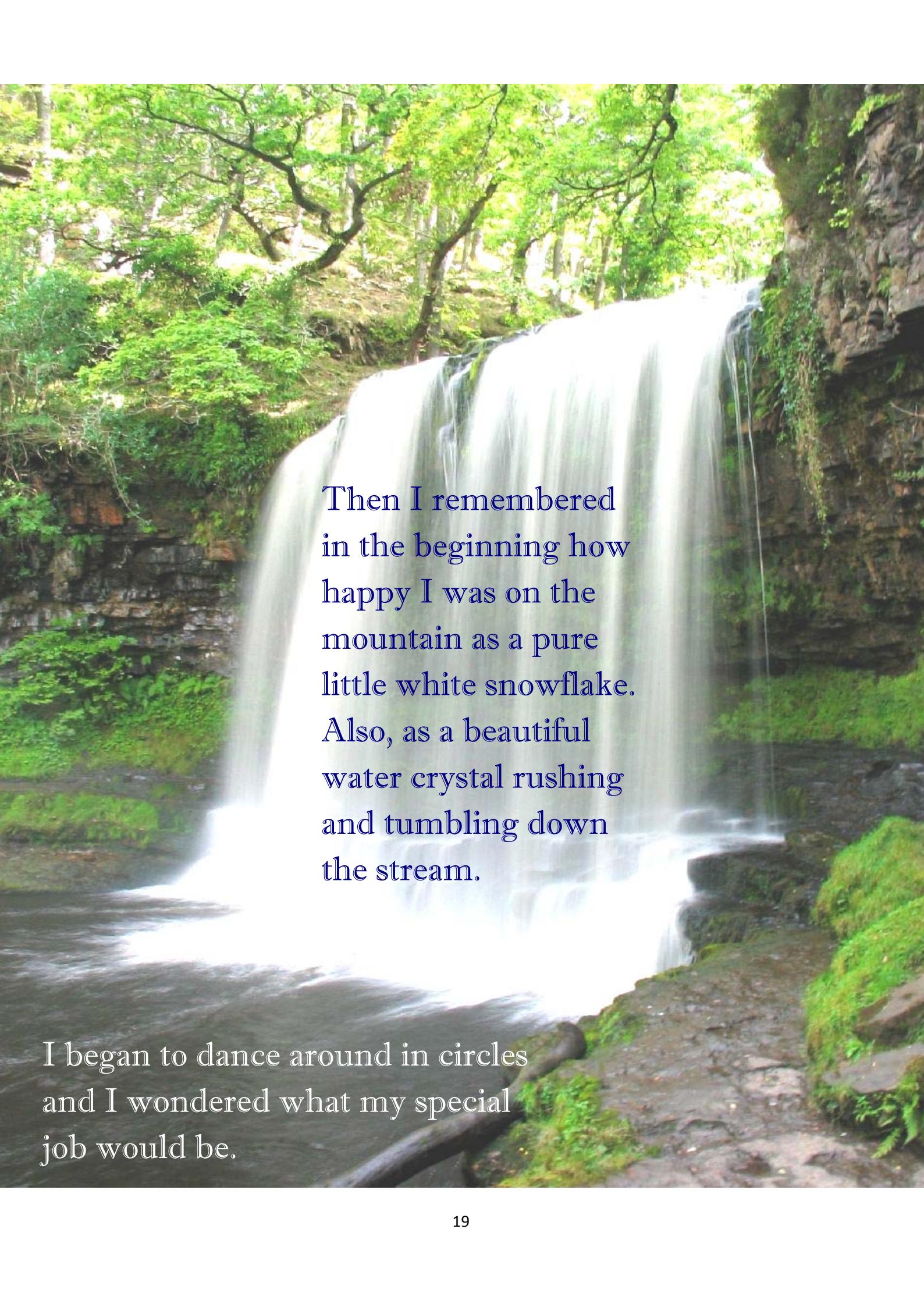


There were also red coloured stones in the zazen system too. They were called silver stones. The silver stones helped to keep us zazen water crystals fresh and clean as we sat in the bottom of the tank.



All the water crystals were so happy and they looked radiant and beautiful. We were so grateful that we shared our space with the mineral and silver stones.

All the other water crystals glowed and when I looked at myself, I was glowing too!

A waterfall cascades down a rocky cliff into a pool, with lush green trees in the background.

Then I remembered  
in the beginning how  
happy I was on the  
mountain as a pure  
little white snowflake.  
Also, as a beautiful  
water crystal rushing  
and tumbling down  
the stream.

I began to dance around in circles  
and I wondered what my special  
job would be.

The next day a child turned on the tap of the zazen water system and **whoosh** I was carried with many other water crystals through a tunnel of energy.

As we poured into a glass of water, my oxygen friends joined me too. Oh what fun!

I was the healthiest and happiest I had ever been!

We were full of energy, mineralised and oxygenated – we were LIVING WATER!



The child lifted the glass and looked at all the water crystals and said:

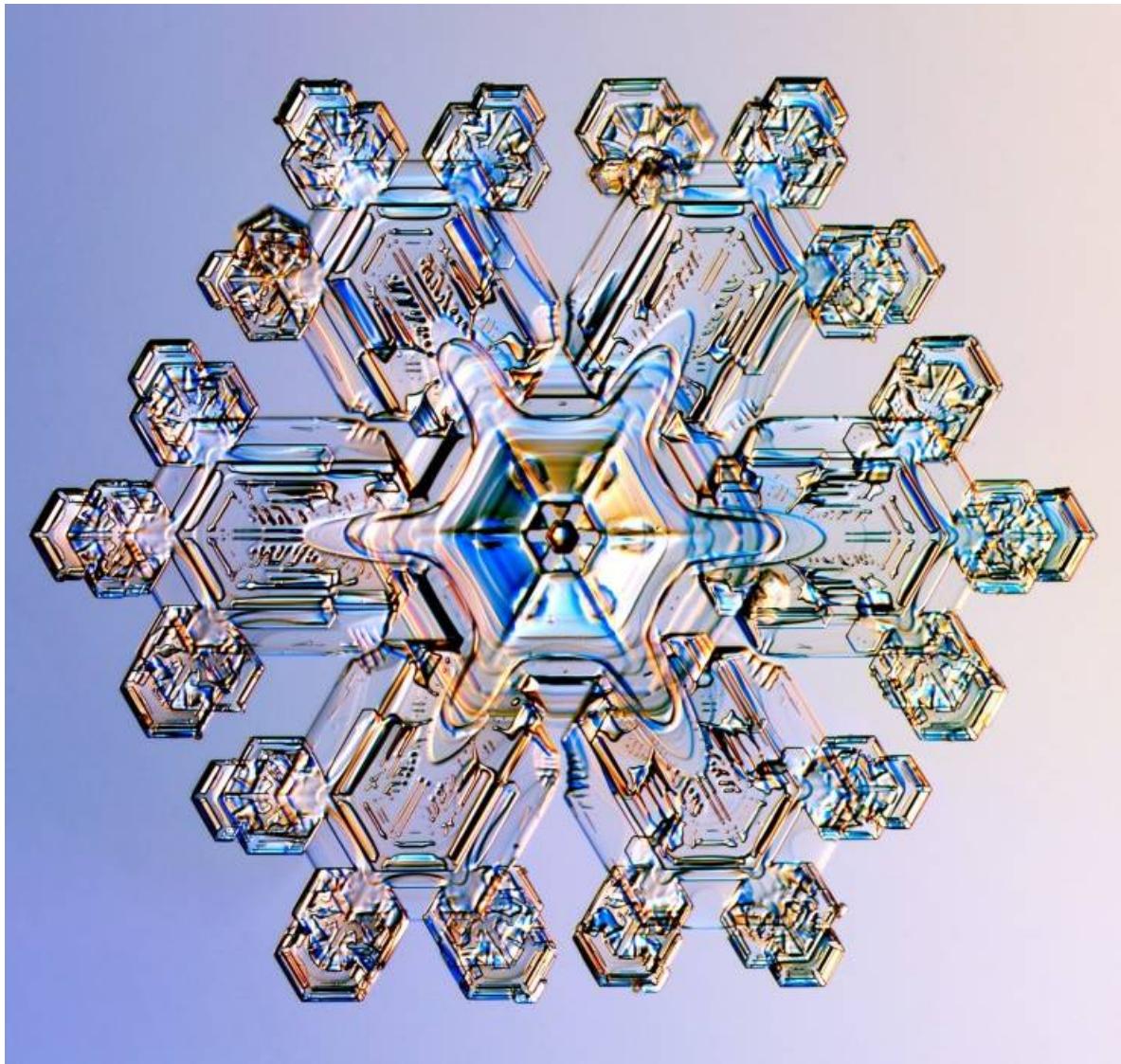
*“You are beautiful, I love you”*

All of the water crystals heard the child and we began to look our very best.



We glowed so much and danced so much that we vibrated and changed our shapes and colours.

We were so happy we just wanted to look our very best when the child drank the water.



We thought we could make the child happy too.

We wanted to help make that child so healthy and full of energy!

And guess what – we did! The child laughed and said:

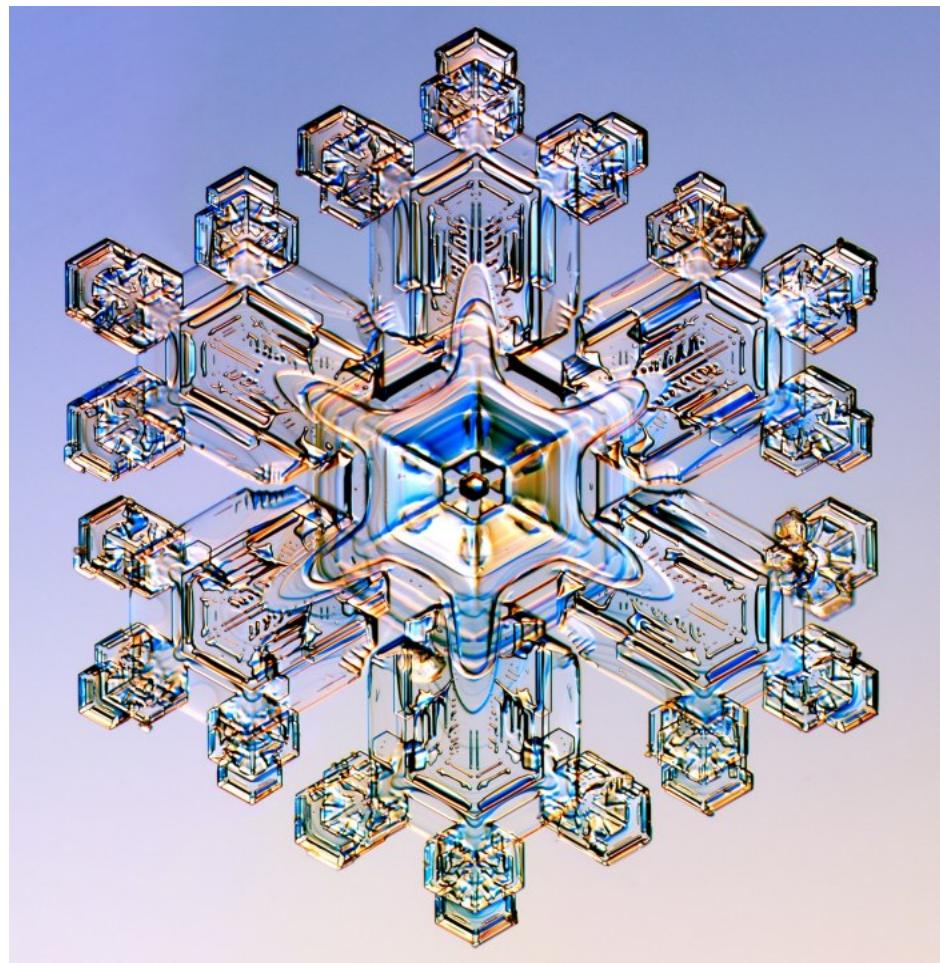
*“I really love drinking healthy living water, it makes me feel happy and I love the taste.*

*I will always drink living water because I know this is the very best water to drink!”*



At last, I realised that *this* was my **special job** – to give healthy living water to a special child.

Just like you!



THE END