LigtBody5 is the newest edition of the software, which is now more effective and powerful as it runs on the powerful Aquaware 5 engine.

Getting Started:
Welcome to the power of LightBody5. Please read these instructions completely—as you understand all the powerful features of this application.

When you start LightBody 5, you will see the image shown above. LightBody 5 is a software application that is used to program water as a means to reprogram you, a water based creature. That is why we're using water for this type of programming.

Let us begin by explaining the menu functions and then we will show you how to use the product

BUTTONS, TEXT LINKS & FUNCTIONS

Buttons
o **Minimize**—Minimizes LightBody.
o **Stop/Reset**—stops or Resets LightBody. This can be used to Reset LightBody in case you have made an incorrect selection.
o **Exit**— Exits LightBody.

Text Links
These represent a function as described below-
o **Water Prep**—prepares the water for programming, runs for 3.1 seconds on the left side then 3.1 seconds on the right side.
o **User Prep**—used to override your subconscious mind's programming to increase the effectiveness of the LightBody Programming,
o **Water Prep**—prepares the water for programming, runs for 3.1 seconds on the left side then 3.1 seconds on the right side.
o **Fat Loss**— used to begin burning the fat. This is the meat of the program, and everything else is designed to support it.
o **Inner Beauty**— it helps for you to recognize the beautiful you that is already there, despite what your opinion is regarding your outward self-image. If you SEE with new eyes the beauty that is hidden there, it WILL come to the surface.
o **Energy**—used for physical energy, because when you have more physical energy at your disposal it's far easier to be more active and to feel better about yourself.
 o **Appetite**— helps to make adjustments in your appetite, including an improvement of the quality of the food you desire, the size of the portions per meal or snack, and the frequency and intensity of your hunger.
o **Metabolism**— balances your metabolism, not necessarily decreasing it nor increasing it, but balancing as a continual process of adjustment as your body continues to change. In most cases this will result in increase of your metabolism but without an increase in your appetite, especially when used in conjunction with **appetite**.
o **Body Toning**— assists in toning the muscle and fascial tissues for increased lean muscle mass and the quality of the attachment between tissue and bone. As you probably already know increased lean muscle mass also assists in burning fat as fuel. Also, it may restructure your physique in some very pleasing ways.
o **Flush**— as you lose fat, you'll spill into your bloodstream toxins and other unnecessary stuff that requires flushing from the system through normal elimination means. This may be accompanied with a detox reaction that should NOT prove to be notably unpleasant, but if it does you can always slow down by decreasing the frequency of the use of LightBody 5 and/or using smaller doses of water.
o **Instructions**—brings up a copy of these instructions

Now let us explain the usage and some background about LightBody 5.

You're about to consciously direct and impress frequencies into and through water via the functions touched on above. The frequencies create fundamental geometric liquid crystalline forms (much like

snowflakes, or hexagonal geometry) that are able to communicate with you at the level of your own water-based blueprint, putting you in control of your own programming.

It is most efficient and effective to use as pure a water source as possible. Use spring water, artesian well water, or bottled water. Most bottled waters should be fine, however, generally your favorite is your favorite for a reason.

The purpose here is to reprogram your body to burn fat; to remain balanced while doing so; to flush the toxins; to balance your metabolism to more effortlessly conform to your body type; to restructure the muscle and fascial tissues of your body; to have more energy; to bring your appetite into more natural balance, and to feel amazing about yourself!

Your outward appearance is also programming. YOUR own programming of you; and every part of us, from our tiny cells to our brains to our organs are little "computers" that carry out instructions. It is now a scientifically acknowledged fact that the genetic code is, indeed, the most marvelous and complex computational mechanism imaginable. That's why it is called "code."

All we're proposing to do here is to reprogram you. **It's Time to love your body!**

Let's give it a little trial run. Get a glass of water, 2 or 3 ounces should do it. Return to the computer with it, take a sip of it so that you can mentally "record" the taste, and set it down somewhere nearby.
Where your attention is; is where you direct these frequencies. Whether you're a new age guru, a politician or an Anglican priest this is a most essential fact. Therefore, when you're about to select a text link (including **water prep** and **user prep**), put your attention on the water, then make the selection. Go ahead, put your attention on the water and select **water prep**.

It *is* that easy.

You'll see a watery effect move across the two images resulting from making a selection. This is for aesthetic purposes and gives LightBody 5 a sense of being alive. Clicking within the two circles during the cycles, enhances the effects of the selected programming as well as attunes you to the ''consciousness" of LightBody5.
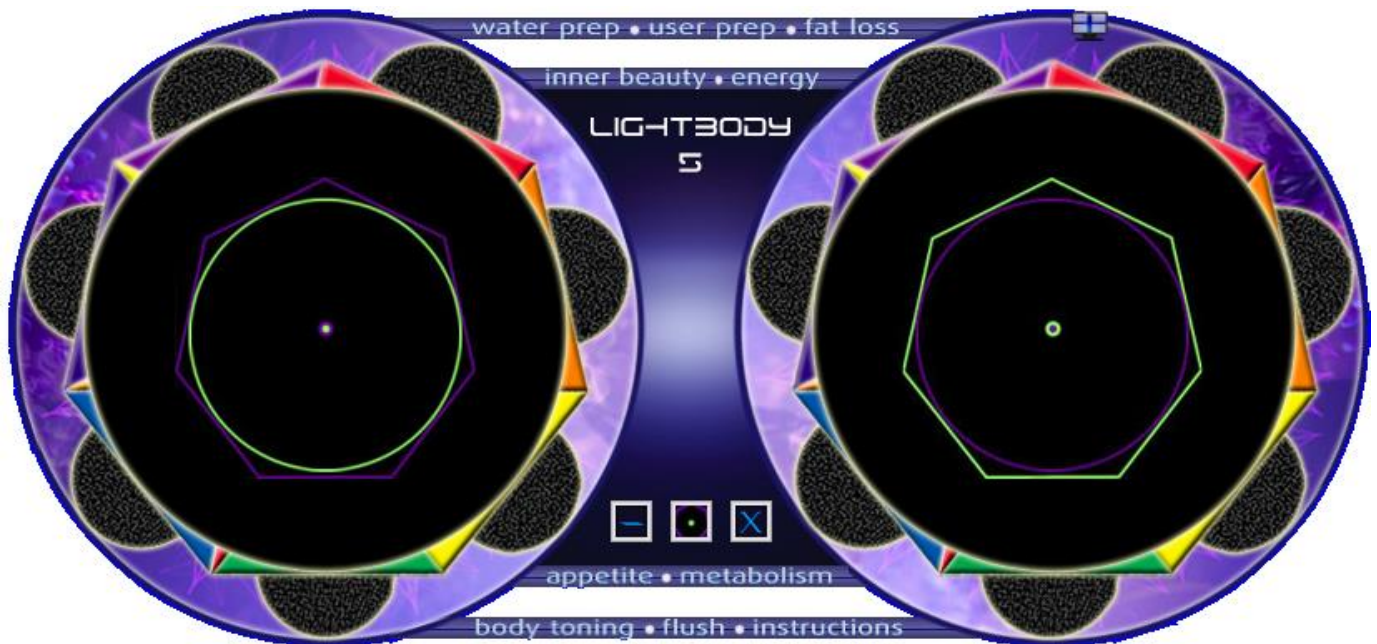
All programming cycles are 13.1 seconds. When the water treatment cycles is complete, you'll see the program how it's shown above.

Now taste the prepped water, and you'll detect a difference. If you don't, it doesn't matter. Some people detect it subtly, and others more pronounced. Some differences that you may perceive are that the water will be smoother, somehow "wetter," and lighter, crisper, fresher, and don't be surprised if you detect other properties as well.

Now, if you have finished the dry-run water then refill your glass or if you have about an ounce or two of water left then go ahead and use the same water for **user prep**. Put your attention on the water and select **'User Prep'**. Taste the water after the cycle is complete, and again you'll detect subtle differences between the **water prepped** and the **water prepped** *and* **user prepped** water.

Now, refill your glass as necessary and put your attention on the water and Select **"Body Toning"**. Taste the water and you may or may not detect a subtle difference between the **water prepped** and the **water prepped** *and* **user prepped** water, and the **water prepped** *and* **user prepped** and **'body toning'** charged water.

Again, it is that easy to use. Give yourself a few minutes to let all this sink in.

In our testing and with actual users of the beta test versions, there were some who lost significant weight the first night, such as the developers of LightBody, who both lost 5 pounds on the first night. Others began losing the fat within a day or two and steadily lost it until they reached their target. Others found that they didn't necessarily lose weight but their clothes began to fit more loosely. Others found that their body restructured itself to one extent or another so that they *looked* as though they'd lost weight but actually hadn't, all of whom are satisfied with the results.
And they'd all done so with a vastly inferior version of this program.

Are you ready to start yourself towards that awesome new you? OK. We recommend you take it slow initially by using the same intent three times a day for the first week. Then as LightBody5 attunes to you and you are get more comfortable using it, you may use two or more intents three times a day. Please remember that only one intent/function can be charged into one glass/source of water.

IMPORTANT CONSIDERATIONS

- Prepare all your water with **water prep** before programming with the other functions. And because prepped water is just plain much better water for drinking, go ahead and prep all your water whether or not you're planning to use it for LightBody5.

- Other than **user prep** used with **water prep**, use only one function at a time.

- You can "bulk zap" your water with **water prep** and **user prep**, and then divide that water into separate containers and then hit each container with a given function, and then label those containers. You'll soon find your favorite ways of using the different functions.

- Take your time when you first start using LightBody5. The reason we say this is that too much too soon might result in dull headaches and/or some fatigue and/or a detox reaction, or all three of these or even other manifestations.

- If you do get "spaced out" or have headaches or other discomforts as just mentioned above, back off from LightBody5 use by either reducing the amount of the water or the frequency of its use.

- If you initially gain a little weight, don't give it another thought. Your body is about to undergo some (often big) changes and, again, knows what it needs to do to adjust to them.

- It's always best to trust your body when a process starts. Your body and the water are partners, and they know better than your conscious mind what to do, and although there may be some discomfort or other manifestations (stool, urine, perspiration, etc.), any detoxing process will be as gentle as it can be. Also, don't be surprised if you undergo a detoxing process that you barely notice or don't notice at all.

- There may be a period of attunement to the more natural states of being that is an across-the-board result of these functions. Remember that it took a lot of time and, believe it or not, *effort* to get you to the way you are now and what you want to change, so be patient. Very frequently, however, instantaneous and almost instantaneous results have been reported.

- It's often reported with the use of Aquaware software line of products is a very clear, profound and deeper connection with your body, a palpable sense of presence within your body and a growing comfort in "your own skin." The result is a burgeoning and pristine self-image, which is so important. If you'd like to look into the flagship Aquaware (Aquaware V5) product for other things you'd like to change about yourself, please visit www.moderndaymystic.com.

- If something doesn't work for you, make sure to use **user prep** *before* a given function— we recommend **user prep** every single time after **water prep** on just 1 or 2 ounces of water. If that doesn't seem to do the trick, it may require more time, or "hit" the water with the same function twice or three times, or use larger doses, such as 3 or 4 ounces of water. If something's not working after giving it a fair go of it, get in touch with us and we'll give some personal assistance.

- The virtual machine inside of LightBody5 is actually doing the work, and the geometric forms that you're seeing have rough correlation with what is being produced within the program. Click inside the two circles to deepen your connection with the program.

- The water source, could be a glass of water close to your computer or jug of water in your refrigerator or a glass of water in your friend's home. Your friend could be residing in a different country and, all that is necessary is to put your attention on the water source and make the selection, and let LightBody5 do its thing.

MORE WATER PREP INFORMATION

Water is one of the most programmable source on earth. It also contains memories of all the places that it has been. The Water Preparation feature blank slates all these memories and prepares it for the programming of the functions in LightBody5.

MORE USER PREP INFORMATION

This was originally designed to augment the effectiveness of the functions in instances where a function doesn't seem to be doing anything. However, we're convinced that overriding the subconscious mind, and therefore the blockages from typical modern societal, educational, religious, etc., programming, is a good idea every time.

A WORD ABOUT BELIEF

It isn't necessary for you to believe that something this effortless, intangible and powerful could work, but if you disbelieve it, it might not. At the same time, don't be surprised if the power of these waters overrides your disbelief (for several so-called debunkers, it has), especially with our design and deployment of **user prep**. it's difficult to believe in something that you haven't tried, which is why you're reading this at this moment! The most prevalent frame of mind with our testers thus far has been "I'm open to it," which is all that is necessary.

A LAST NOTE

This isn't drudgery. Let this be fun, exploratory, revealing, even outrageous, and turn it into an experience that you'd tell your grandkids about. Approach LightBody5 with a childlike mind and no expectations and you may be amazed by the results
Now, again, it's time for you to TAKE CONTROL OF YOUR OWN PROGRAMMING!