

# How To Compare Mandala Water To Commercial Enhanced Water Products

- 1) identify expected health benefits
- 2) develop a schedule for drinking the water
- 3) partner prepares blinded water samples
- 4) drink water samples on schedule
- 5) record perceived health effects
- 6) repeat steps 3-5 for several weeks
- 7) summarize the results
- 8) unblind the samples & analyze the results

Before you begin the test you will need to find someone who will prepare the water samples of the commercial enhanced water and the Mandala Water you will drink during the test period. This person will need to be available at the times you plan to drink the water samples, or the water samples must be prepared for later use every day as described in step three.

**Step One:** Figure out and write down specific health, mental, and emotional benefits you either feel you are experiencing if you are currently using an enhanced water product, or that you would hope to see if you are planning to try enhanced water for the first time.

**Step Two:** Set up a daily schedule that outlines when you plan to drink the water samples. An easy schedule would be to drink 16oz. of water when you wake up, another 16oz. before lunch, and a final 16oz. before dinner. Obviously the volumes can be different depending on the amount of water you normally drink during a day. Your specific schedule will depend, in part, on the what you are trying to measure as defined in step 1 and can vary somewhat from day to day, although the analysis will be easier with a fairly consistent routine.

**Step Three:** This is the key to the entire test. You are NOT TO KNOW whether you are drinking the commercial enhanced water or Mandala Water at any time during the test. (An explanation is at the bottom of page 3)

## I) Initial Preparations:

- a. You will need to find a supply of enhanced water to test - if the enhanced water is sold in bottles, purchase enough to complete the test. If you are testing water from a commercial water enhancement device, you can use water from your own water device (if you have one), find someone with an enhancement device you can borrow (perhaps the person trying to talk you into buying a system), or purchase one that has a GOOD money-back guarantee.
- b. You must then ensure that the enhanced water tastes and smells nearly the same as the water that will be exposed to the Mandala. Using highly chlorinated tap water with the Water Mandala would probably enable you to tell the difference between it and a bottle of purified enhanced water by smell alone - and ruin the test. If you can easily identify unfiltered tap water, you can use filtered or distilled tap water or bottled water to expose the Water Mandala to for the test.
- c. Your partner will set up a treatment schedule based on your drinking schedule from step 1 that determines which water (commercial enhanced or Mandala Water) you will drink on which days. Since it can be argued that it takes several days for enhanced water to have an effect, it would probably be a good idea to use one kind of water for 4-6 days and then switch to the other kind of water. You will not know which kind of water you drink first or on which day you will switch to the other water. It is critical to the validity of the test that you do not know which type of water you are drinking on any given day.
- d. Prepare as many sealable reusable water containers as you plan to use during a day. If you are testing enhanced bottled water, drink a half dozen or so and save the bottles and lids in as near-new condition as possible.

## II) During The Test:

- a. Every day during the test before you drink any water your partner will prepare the water samples you will drink throughout the day according to the treatment schedule that was developed in step 3c. **You can not be present when the samples are prepared**, and your partner should put them on a counter or in the refrigerator and leave the room before you pick up the samples - sounds paranoid, granted, but body language has been known to unblind samples.
  - i. If you are **testing a water enhancement device**, your partner will simply fill and sealable seal the water containers for the day with either the commercial enhanced water (prepared according to the manufacturer's instructions) or the Mandala Water (using the instructions on the Water Mandala website). Depending on how long the effects of the commercial enhanced water are supposed to last,

you may need to prepare samples throughout the day to avoid the manufacturer saying something like - "of course you did not find any differences, you must drink our water within 5 minutes of preparing it." The effects of Mandala Water will easily last through the day. If the test is on a vortex oxygenator or device that adds a gas to the water you partner will need to vigorously shake the Mandala Water to add some bubbles before sealing.

- ii. If you are **testing enhanced bottled water** there are some technical problems. Your partner must prepare the water in the bottles in such a manner that you can not tell which type of water you are drinking by looking at the bottle. It would be best to use unmarked water containers the same way you would if you were testing a water enhancement device. However, if no difference was discovered between the Mandala Water and the enhanced bottled water, the argument could be made that pouring the enhanced water into another bottle messed up the structure or energy patterns. One way to counter that argument is when preparing the enhanced bottle water samples, unscrew the cap of the new bottles just enough to crack the plastic seal then screw it back down. When preparing the Mandala Water simply pour it into one of the used bottles you saved and screw the lid on. Try to either keep the used bottles looking new or make the new bottles look used so it is not possible to distinguish between them by looking.
- iii. If you are testing **a homeopathic solution** your partner will need prepare a treatment dose according to the product instructions or prepare the same amount of water as would be used in the homeopathic treatment and place it on the Mandala. Homeopathic remedies can be purchased in different dilutions. Placing the water on the Mandala for about 30 seconds will produce the effects of a 5X dilution. Effects of the strongest homeopathic dilution will be duplicated by longer exposure to the Water Mandala up to about 2 minutes. Some homeopathic products are diluted with an alcohol solution. If that is the case, and if the prepared homeopathic solution tastes of alcohol, your partner will need to add a few drops of vodka, bourbon, or other liquor that has the same taste.

**Steps Four – Six:** Drink the water according to your schedule, and keep a journal to document the results of drinking each water sample. Write down the date and time of every drink and then "check in with yourself" according to the schedule you established in step 2 and record the date/time and whatever measurement(s) you determined to track and document in step 1. In addition to notes on the measurements you are scheduled to record, also record any "out of the ordinary" events you think might be related to drinking a specific water sample. As you drink the water during the test, focus on the benefits you expect from drinking the enhanced water and do not worry about or try to guess which type of water you are drinking - Mandala Water or Commercial enhanced water.

**Step Seven:** The test is over. You can now summarize the results of the test. One way to do this is to make a grid with the days and water samples across the top and health benefit(s) you tested down the left side. For each day use your notes to rate how each water sample performed according to the effects you were measuring - for example testing energy levels before and after drinking the XYZ vibrationally charged water or Mandala Water three times a day for 6 days might look something like:

Day	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6
Sample	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Energy Level																		
before drinking	7	7	5	6	6	8	5	6	6	6	7	6	7	8	8	7	8	8
30 minutes	7	8	5	7	8	7	7	6	7	8	9	7	8	9	9	7	9	9
1 hour	6	4	5	8	7	6	7	5	6	8	7	7	8	8	8	8	9	9
2 hours	5	4	6	7	7	6	6	6	7	6	7	7	8	7	8	7	8	8
Average	6.3	5.8	5.3	7.0	7.0	6.8	6.3	5.8	6.5	7.0	7.5	6.8	7.8	8.0	8.3	7.3	8.5	8.5

**Step Eight:** The moment everyone has been waiting for has arrived - the test results can be unblinded. Once the blinding schedule is matched to the results you prepared you will be able to get an idea of whether there was any difference between the commercial enhanced water and the Mandala Water. In this example test it was revealed that the water samples for days 1-3 were XYZ Vibrationally Charged Water and on days 4-6 the samples were Mandala Water.

After identifying the days that you drank the different types of water you can do some basic analyses. In the table below the average energy level of each type of water has been calculated. If the values are similar in the two groups and there is no evident trend you can conclude that there are probably no differences in the way the two types of water effect your body. This specific example table shows the type of pattern you might expect if one type of water perform better than the other - in this example the Mandala Water seemed to produce a higher energy level than the XYZ Vibrationally Charged Water. The actual expectation is that there will be no noticeable difference between

Mandala Water and the enhanced water product you test.

Day	1	1	1	2	2	2	3	3	3	average	4	4	4	5	5	5	6	6	6	average	
Sample	1	2	3	1	2	3	1	2	3		1	2	3	1	2	3	1	2	3		
Energy Level																					
before drinking	7	7	5	6	6	8	5	6	6	6.2	6	7	6	7	8	8	7	8	8	7.2	
30 minutes	7	8	5	7	8	7	7	6	7	6.9	8	9	7	8	9	9	7	9	9	8.3	
1 hour	6	4	5	8	7	6	7	5	6	6.0	8	7	7	8	8	8	8	9	9	8.0	
2 hours	5	4	6	7	7	6	6	6	7	6.0	6	7	7	8	7	8	7	8	8	7.3	
Average	6.3	5.8	5.3	7.0	7.0	6.8	6.3	5.8	6.5	6.3	7.0	7.5	6.8	7.8	8.0	8.3	7.3	8.5	8.5	7.7	
	XYZ Vibrationally Charged Water																				
	Mandala Water																				

This is a fairly basic example of the type of tests that are routinely conducted to determine whether a new drug is effective or not. In these tests (or clinical trials) the object is to determine either how the new drug compares with an older drug that is already proven effective or whether it is more effective than an inactive substance (the "sugar pill" or placebo). In a well designed clinical trial many people are enrolled in the study, because individual responses to a given treatment can vary greatly. Also some people may experience harmful side effects while others experience only benefits. The more people that participate the better the effects (beneficial and harmful) can be understood.

It is important to realize that results from a single test with a single individual can not be considered conclusive, regardless of the outcome. If you were to drink blinded water samples, record results for 10 days, and discovered a pattern like the one shown above, for example, there is a possibility that the results could be from chance alone - just as there is a small chance of flipping 10 heads or 10 tails in a or pulling all 4 kings out of a shuffled deck of cards in 4 tries. Controlling for chance outcomes is another reason that clinical trials on medical products include many people - some participants will get better by chance, some will get worse by chance. If enough people participate all of the individual chance results tend to average out and any true benefits or harmful effects can be determined.

## Why does a simple test have so many steps?

The bottom line is that **Expectation Influences Perception and Creates Reality:**

The mind is a powerful entity, and a person's expectations can influence how they experience a situation.

A chemistry professor told a story to his class to illustrate this concept and show why it is so important to carefully blind all participants in a test or trial between two products. During graduate school, he and his roommate planned a big party and wanted to provide a "special" beverage. As graduate chemistry students they had access to a modest supply of pure Ethyl Alcohol from the lab. It was not much stronger than Everclear (available in liquor stores), but to students there was considerable mystique surrounding the smuggling of reagent grade alcohol out of the lab. They planned to spike the punch with the 200 proof alcohol. During the party they made a point of bragging to the guests about how they were able to acquire the alcohol and create a potent brew. The party was a rousing success, everyone had a great time, several people became seriously drunk and obnoxious, and one guest got sick. After everyone had left, the hosts discovered that they forgot to add the alcohol to the punch. Everyone at the party had happily acted out their expectations of how the punch, as described to them, should make them feel and act - even to the point of getting sick.

The rather involved steps outlined above are designed to prevent bias in the test. If the subjects involved in testing products (in this case you) have any knowledge of which test substance they are using, the way they report how they feel can easily be biased by their expectation of what they think should (or hope will) happen. If you regularly paid \$1.75 for 16 oz. of water that claimed to energize you (or purchased a \$4,000 machine that produced water that claimed to hydrate you better), you would probably have fairly strong expectations about how that product should make you feel. Those expectations might even influence your thoughts about how the expensive product would compare against one that that you could download for free. If you were to test the unblinded products, your subconscious expectations would influence your perception of how the products performed regardless of how unbiased you tried to be.