

Collecting and Purifying Water

~the natural ways



Vibrational Wizard

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Vibrational Wizard 2024

These pages are intended to give you an overview of practical strategies and ways to source, collect and purify water in the wild with limited tools and in areas of no power availability.

If you have an interest in the area of water collection and purification start by beginning to experiment as there is no substitute for “hands on” in the field knowledge that is harnessed in action rather than just reading it on pages.

If you are able to ask those who already have knowledge and practical experience in water collection and purification to show you how they do it you can gain from their many years of insights.

Please note that many so-called water purification processes use dangerous chemicals that harm both humans, animals and our environment and for these reasons we will not be focusing on using any unnatural or potentially harmful chemicals.

The purpose of this training module is on remembering and discovering more natural ways that are in harmony with our environment to collect and purify water whilst co-existing with nature and walking more softly on this earth.

Whether you are living off grid, learning to thrive nomadically or in an emergency situation fresh water is of utmost priority for survival. In survival situations it is said the human body has up to around 24 days to find food but less than 3 days before becoming consumed by dehydration from a lack of fresh drinking water.

By gaining the skills to source, collect and purify water you will have more confidence when in the wild and more freedom from the reliance on paying for water.



Why collecting and purifying water the natural way is becoming so important

Whether living off grid in the wilderness, in a city, or in suburban situations how do we really know our water is safe to drink?

Over the last decade living a nomadic van-life existence along the east coast of Australia I have learned to exist without the requirement for tap delivered water. When you discover how abundant our fresh supply can be maybe you can too as the more independent we can be from control of our water the better. Also the knowledge of where to source, and how to purify water in survival situations could very well save a life.

By removing the use of all soaps and chemicals from both use own my body and clothes I have found ways able to exist almost exclusively drinking locally sourced natural spring water, and by both washing in nature, yes even in winter!

In fact these days I prefer having a cold evening winters dip in a spring fed swimming hole or waterfall now knowing the wonderful health benefits the human bodily system can receive. Many studies are now showing cold water immersions as a great way to keep the body young and healthy aiding in regulating the nervous system and even has benefits in fighting and reversing disease.

I also now wash my clothes in flowing streams but I only recommend this if you do not use any chemicals or soaps. We are conditioned by marketing from chemical companies to believe that we need soaps and chemicals to stay healthy but in my experience I have found the exact opposite to be true.

Back in early 2000's I worked as a wards-person in the royal children's hospital and one day I met a guy from the chemical company that provided the cleaning products who proceeded to tell me they had found that multi-resistant super bugs were created and were breeding in sterile environments like hospitals. So they were trialing essentially coloured water in the domestic supplies instead of soap as in his words "99% of all bad germs are killed by water".

It is a often wrongly thought that our city tap water is safer than water sourced and purified in our natural environment as our city supplies can contain many toxins and contaminants including being used for a means of dispersion of experimental drugs and toxic waste from chemical plants.

Chemical fluoride which is added to the water supplies of many towns and cities is a dangerous neurotoxin and an extremely acidic poison. Fluoride is the poisonous by-product of industrial aluminium production and should be avoided.

Fluoride in city waters negatively affects us both by drinking and by washing under water that contains this poison as our skin breathes in these toxins sometimes just as effectively as ingesting them.

Damage to the body from fluoride dispersed in our water supplies can include calcification of the pineal gland which controls our circadian sleep cycles, our melanin, melatonin and serotonin. Chemical fluoride in our water is also a major contributor to both brain and nervous system damage.

Very few people are aware that in supermarkets most all bottled water, and many other drinks are fluoridated. There are now only

3 brands of water in supermarkets left that I would personally buy and call safe to drink or use to wash my body.

Our skin can take in certain toxins more readily than by even ingesting orally, and conversely it is also possible to reverse the damage done by these toxins by using powerful healing plants externally applied to the skin.

Turmeric is one such antidote to fluoride poisoning and is effective both externally applied on the body as a paste mixed with water, and internally by consuming raw or in meals like curries or mixed into fresh juices.

Turmeric's effectiveness is dramatically increased by adding a small amount of cayenne pepper as it aids the turmeric to work more deeply into the nervous and bodily systems.

Once inside turmeric can seek-out and target poisons, heavy metals, and impurities that are built up in the body from the water we drink and wash in, and from foods, medications and chemicals sprayed.

When using turmeric mixed with water externally applied it is the rubbing in that allows it to also penetrate deeply so take some time to massage it into the skin.

Many other dangerous chemicals are commonly found in water sources tested and also drinks sold in shops. One such chemical called glyphosate is a toxin that is known to cause cancer and autism and liver and kidney failure.

Glyphosate is banned now in many countries but is still used in Australia along with many other dangerous chemical concoctions and released into our environment and on our children and

pregnant mothers by government, local councils, commercial enterprises, agriculture and home gardeners.

This is complete insanity and needs to change as these toxic chemicals build up and destroy soil ecology and poisons waterways, water tables, plants and wild life.

Consuming half a teaspoon of haritaki powder shortly before meals is also extremely effective as it can also draw impurities from our body and increases oxygen delivery to the blood and brain. Activated charcoal and bentonite clay are also very effective in cases of chemical poisoning and to draw out impurities.

Be aware when using detoxification herbs and undertaking detoxification practices that impurities and metals will need an exit point when leaving the body. Metals and other foreign objects in the bodily system are often pushed through the skin and during a detoxification cleanse you may feel quite sick and lethargic as the bodily system works to clean itself.

We are now hearing of reports that our rainwater is now becoming more unsafe to drink or bathe in because of geo-engineering and chemical pollution.

I choose to both wash in, and drink from natural flowing sources of water as a first choice when available over a town water shower or bath. My preferred sources to wash and drink from in east coast Australia are spring fed creeks and waterfalls.

When washing clothes and the body in natural sources of water please refrain from the use any soaps, scents, chemicals or fabric softeners. The cleaning of the clothes is achieved by the combination of water, agitation and friction of the fabrics you are washing.

Perfumes, fragrances, soaps, colognes, anti-perspirants, softeners, conditioners and other personal products can be very harmful to ecosystems in waterways. It is also much healthier on your own body and thrifty to do without these expensive poisons on our body which cover up our pheromones and natural scent.



Locating water



Spring-fed creeks

Along the east coast of Australia an enormous natural spring water ocean runs just below us called the Great Artisan Basin, which is said to be one of the worlds most vast underground crystal clear pure water seas.

Spring water tastes so pure and is refreshing, energising and activating to wash in. Spring water can often be collected and bottled at the source with minimal or even no filtering or disinfecting processes required.

Indicators



When there are no visible signs of water there are still many opportunities and markers to look out for to signify the best places to look and dig.

By getting to know, and learning to identify trees and plants that desire lots of fresh water to grow well is a good tool to use as an indicator for places to dig for ground water tables.

On your travels take time to get to know some of the trees and plants in areas that you visit that not only produce foraged foods but also are known to grow near water tables.

Gullies and lower lying areas are also generally the best places to dig for ground water tables, and to locate hidden dams, wells, and sources of running water.

Birdlife and patches of flourishing green areas can also be a good indicator of an abundance of fresh water.

Coastal areas

Just behind coastal sand dunes is a good place to dig for fresh water that has collected from rainfall and filters through the sand and then sits on top of the heavier salty ocean water below.

When digging down for water behind sand dunes keep in mind not to dig too deep as usually only the first few centimetres of water are fresh then you will hit salty sea water.

In the desert

It is still possible to locate water in the most seemingly dry and arid locations of Australia as there are trees that thrive in these locations by having the ability to store water in their roots and trunks.

Kurrajong and bottle tree roots are a good source of water in desert emergency situations. Locating a crack in the ground near the base of a tree can be an indication of a swollen root full of water.



Water Collection methods

Water collection from spring fed creeks

When you have identified a spring fed creek try and get as close to the source as possible. Run off of poisons can enter waterways from properties and farms.

Find a fast running section that is filtered before it reaches you by many rocks and stones as this is always the best place to collect the most clear and pure water. Using a bottle collect some water checking to see it is pure enough.

If I get any floating bits in my water I usually pour the bottle out and then try again aiming to get a clear refreshing bottle of spring water that could also then be purified and filtered further if desired before use.



Water pumps

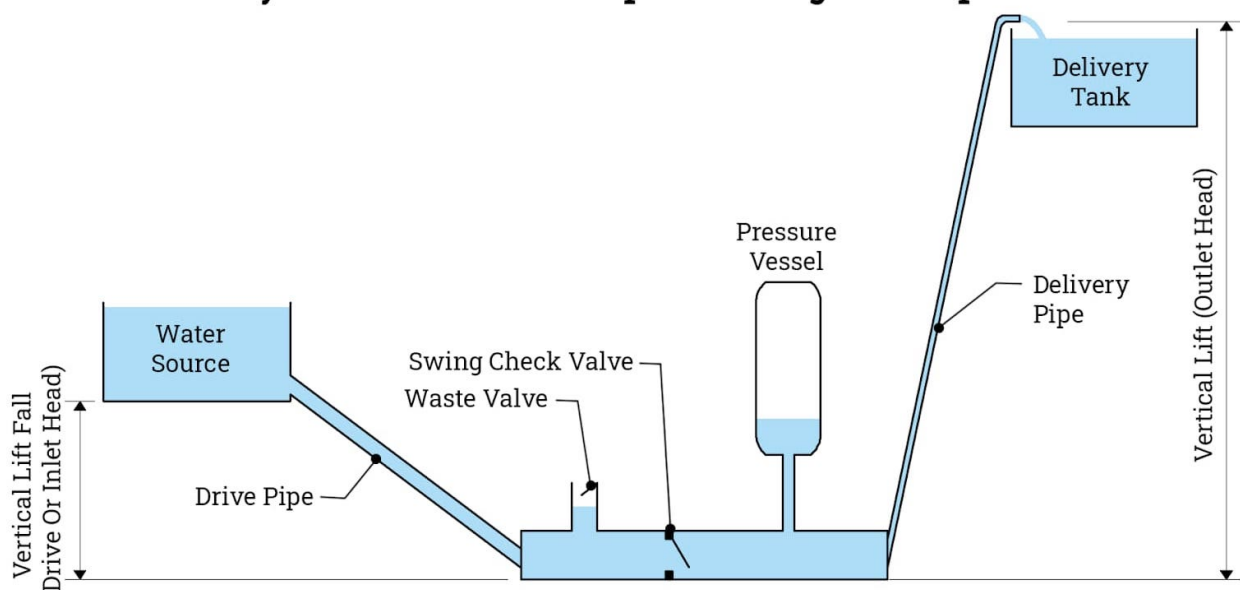
If you have a more abundant source of water available to tap into from say a creek or a well then a pump can make collection and distribution of the water to higher ground much easier.

3 main types of water pumps commonly used are positive displacement pumps, rotary displacement pumps, and centrifugal pumps depending on the mechanisms incorporated.

For off grid and no power situations a hydraulic ram pump which utilises connections with one way water valves is a good choice. Ram pumps have been utilised to move water up heights of over 100 meters!

By building up pressure a water ram can bring water from a low source up hill without the use of external power as the only input power required is the water flowing into it. Water is drawn by one stroke of the piston then expelled by the next creating an almost perpetual motion loop with the only input source being the motion of water descending into the inlet.

Hydraulic Ram Pump Working Principle



Collecting water from plants

If you are in a survival situation or a place where there is no visible flowing source of water there are a number of ways to collect water from plants.

Get to know the plants in your environment, which ones are safe and which ones are poisonous? If unsure avoid collecting water from plants that produce a milky white sap when broken.

Fabric collection method

Long grass and grassy trees can have lots of available water to collect and when in an area with no visible supplies of water you could use this method. The fabric method of collection is usually most effectively done in the early morning before sunrise when there is lots of dew.

Be mindful of avoiding any plants identified as poisonous.

This is the fabric method in just 3 simple steps:

1. Tie absorbent fabric like shirts or towels around your legs.
2. Walk through the long morning dew grass
3. Wring the water out of the fabrics into a collection dish.

Transpiration method

Trees and native grasses that have deep root systems can draw lots of water deep from underground water tables.

In Australia there are many underground pockets of available water that trees feed on and by simply tying a plastic bag over a branch and its leaves of a non-poisonous plant can collect quite large amounts of fresh water very quickly.



Make sure the branch is weighted downwards to collect the water more effectively.

Digging for water

Bubbling water from the ground can be sign of an underground spring and by digging away the surrounding area you can create a spring dam that could supply you with pure water all year round.

When digging for deposits of rainwater behind coastal dunes, the fresh rainwater will sit above salty water because of its difference in solidity. Be mindful to only collect water from the top as if you go more than a few centimetres down you will scoop up salty sea water.

Swollen roots of desert trees do involve some manual labour to dig up but can produce life saving water in times of drought or emergency.

Draining roots

Many types of trees can be used for extracting water however some particularly good trees for collecting water include the bottle tree, kurrajong, the mallee and the goldfields water tree.

In dry and arid areas the roots found in gullies and lower lying areas will often contain more water than roots found on hilltops and mountains unless they are sitting on a high water table.

Some places throughout the world have reported trees flowing with water like fire hydrants from openings high in their trunks where the branches form. This is a result from high water tables building up pressure and water being fed up through the tree's root system creating a cascade of water out from cracks high in the trees trunk.

Tree roots can be cut into lengths to release water if left to drain into a collection cup. The best time to drain tree roots is also in the early morning.

The process of collection involves digging up the roots, cutting them into lengths of about a metre with a knife at a 45° angle, and then pointing these lengths of roots downwards into a collection container.

Breaking or tearing the roots prevents the water draining from them so use a sharp knife.

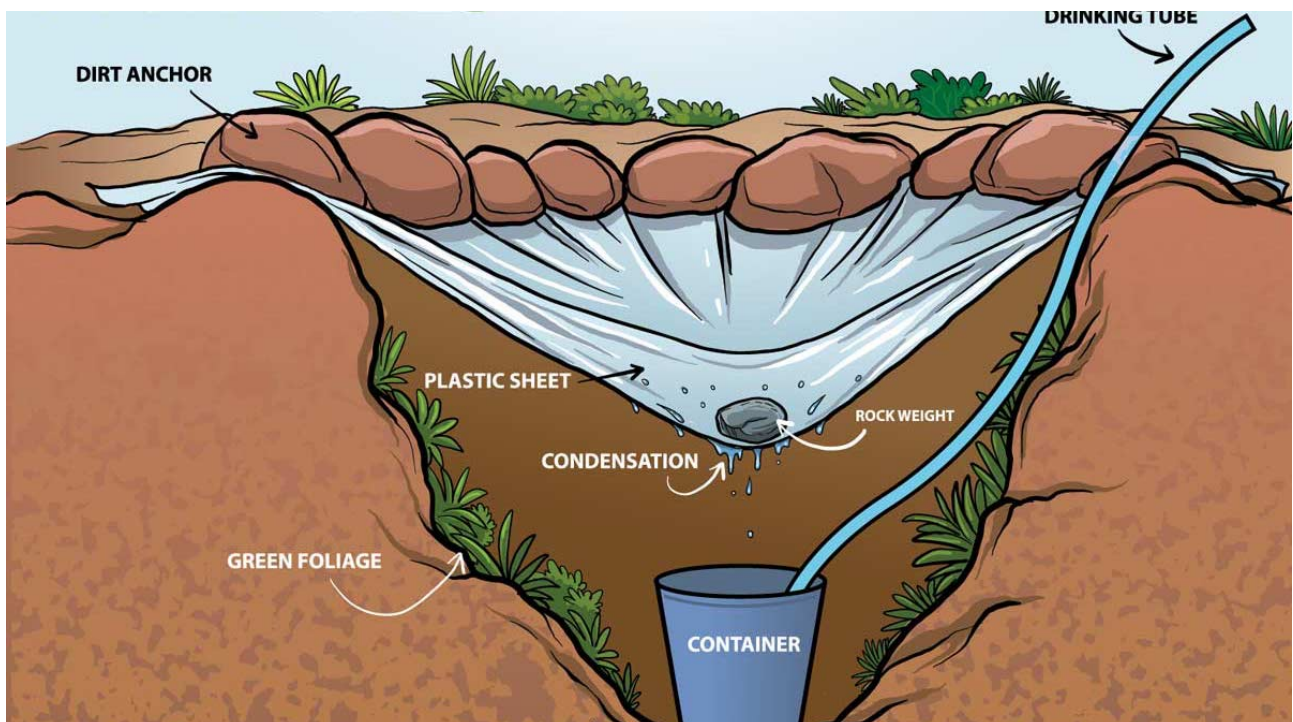
The liquid collected is a water plus sap mixture and because it contains a number of natural sugars it will ferment once the sun gains strength.

Another effective way of collecting water is the roots flesh can be scraped into a container with a knife and then water can be squeezed out of the shredded root flesh by hand.

Please be aware if the tree root water is very murky, smelly or contains a white sap it should not be consumed and treated as potentially poisonous.

Solar still

A solar still involves digging a hole in the ground, placing a collection container in the bottom, and placing leaves around the hole to build up condensation when plastic is covering the hole with a rock in the centre to direct the condensed water to drip into the collection container.



Purifying water

Clay pot filter

A simple ceramic filter can be made quite easily by blocking the hole in the bottom of an unglazed clay plant pot and sitting it above a collection bucket to slowly feed water through.

To block the drainage hole in the centre of the terracotta pot use some hoop pine tree resin which is a natural water proofing glue and sealant and has antibacterial and microbial properties.

Remove any existing metals and particles from the clay pot by allowing a vinegar and water mixture to slowly filter through the clay pot a few times first before beginning to filter water.

Rock, sand and charcoal filters

This filtration process involves the water running vertically down through a container or a series of containers with separate layers of rock, sand and charcoal to filter discolouration, bacteria, and contaminants and chemicals like chlorine.

It is best to wash thoroughly and boil the sand and rocks to remove any harmful bacteria before use.



Boiling water to disinfect

To render water more safe to drink boiling water is one of the fastest and most natural ways to ensure you kill nasty bacteria and parasites that could potentially make you sick.

It is recommended to maintain water at a boil for a period of at least a minute to effectively disinfect it, and for a period of 3 minutes for water collected at high altitudes.

To bring back taste to boiled water you could add a pinch of salt to each litre.

Solar disinfecting water

If you do not have the means to boil water in an emergency situation the sun's rays can also help to disinfect it.

More murky collected water can block the sun's rays from reaching bacteria so this is more effective the clearer the water is.

A simple way to solar disinfect water is to use a clear bottle laying on the side in the sun so the maximum amount of sun rays penetrate the water for at least 6 hours.

Structuring water

Water can take on many forms and it holds memory. Structuring or structured water refers to bringing water to its state of being that most closely resembles living spring or pure glacier water.



Structured water is also referred to as hexagonal water as it is the art of bringing the water molecules back to their optimum life giving state of a hexagon shape.

Unstructured water like tap water has a chemical name of H_2O referring to the two hydrogen atoms and one oxygen atom that creates each water molecule.

Structured water however is H_3O_2 , consisting of three hydrogen atoms combining with 2 oxygen atoms. This makes structured water a completely different compound to water offering much more energy and virility.

The heightened electrical charges and correct shaped molecules of structured water are a perfect fit for our bodies.

Sound frequencies and water

The solfeggio frequency 528 Hz is known to restructure water. Hz or Hertz refers to vibrations or oscillations per second; for example the if the C5 note on a guitar when tuned to 528 hz is struck the string will vibrate at exactly 528 times every second.



The timing of these oscillations determines the pitch, so the faster the vibrations, the higher the pitch of the note produced, and the slower it oscillates equates to the lower the pitch of the note produced.

The C = 528 Hz note has been shown to structure water via cymatics which is sound made visible. C = 528 Hz is also known as the frequency of love, and the frequency that resonates from the centre point of a rainbow and activates our DNA and cell virility.

To effectively structure water with sound frequencies play the C = 528 Hz frequency to water or rest the handle of a vibrating 528 Hz tuning fork on any water bottle or container of water.