



Welcome to Quantum Co-Creators!

Attached, you will find your  
Phi Spiral Water Ring Coasters.

Print it out - cut them up with no border. Put inside a laminating sheet and laminate with a space between each one. Trim, leaving a clear border of the laminating sheet around it. This allows a seal and prevents water from seeping in.

### Instructions for Use

We encourage you to use some sort of water filter process first.

Place your glass of water on the Phi Spiral and say  
"Greed - False False False" and  
"Spirit of Water - True - Source True"

Leave the water for a minimum of 3 minutes before drinking. It is a great habit to place a glass of water on your Phi Spiral by your bed at night and drink first thing in the morning.

Wishing you the best of health and vitality  
Sue and Simon

