Practical Training In

WATER FREQUENCY IMPRINTING

hz Harmony

Water connects us all



Discovering the Potential of Water

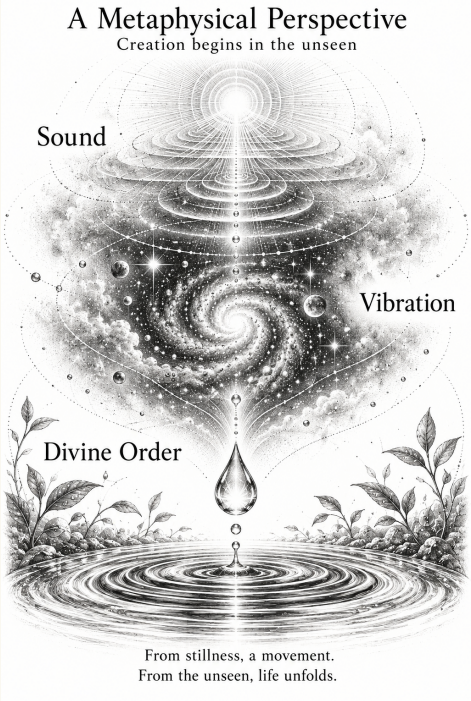
An introduction to water, frequency, resonance and the ideas explored through water imprinting.

Water is essential to every living organism. Beyond its familiar physical properties, it has inspired ongoing discussion and research around molecular behaviour, energy transfer, information and its role in biological processes.

Water Frequency Imprinting is presented in this training as an exploratory practice. It brings together frequency-generating equipment, biofeedback technology and practical methods for preparing frequency-imprinted water.

During the course, participants are introduced to concepts such as frequency, resonance, structured water and the ways these ideas are explored within this field. The training combines theoretical discussion with guided, hands-on learning.

THE COURSE APPROACH
Build foundational understanding, learn the equipment and protocols, practise the techniques, and develop confidence in exploring the methods independently.



From Experience to Understanding

The aim is to develop practical confidence—not simply familiarity with the equipment.



One of the most rewarding aspects of this training has been seeing students become more confident using the equipment independently. Previous students have developed personal routines that include running scans, preparing frequency-imprinted water, keeping records and reflecting on their experiences over time.

This ongoing practice can encourage curiosity, careful observation and a deeper understanding of the methods introduced during training.

The intention is to provide participants with the knowledge, confidence and practical experience to continue exploring this field for themselves.

LEARN	PRACTISE	REFLECT
Understand the concepts and equipment introduced during the course.	Work through guided, step-by-step practical protocols.	Keep records and observe your own practice over time.

A note on the training

This is an educational and exploratory programme. Concepts and practices discussed in the course should not be presented as established medical diagnosis or treatment, and participation does not replace appropriate medical care.

Foundations of Water and Frequency Imprinting

Understanding water is the starting point for exploring frequency, resonance and information.



Water is a simple molecule with remarkable physical and chemical properties. It expands when it freezes, forms dynamic hydrogen-bond networks, interacts with light and participates in biological processes essential to life.

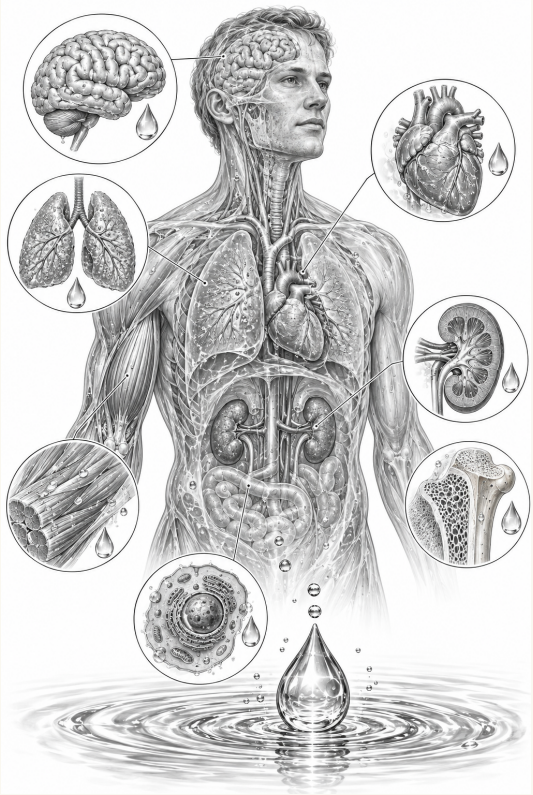
Water Imprinting—sometimes discussed under the broader idea of “water memory”—is a concept suggesting that water may retain information associated with substances, signals or intentions. These claims remain exploratory and are not established scientific consensus.

The workshop begins with established knowledge about water and then introduces areas of discussion and research relating to structured water, coherence, electromagnetic interactions and biological communication.

Participants are encouraged to approach these topics with curiosity, critical thinking and an understanding of the distinction between established findings, hypotheses and the interpretations used within this field.

Explore the Relationship Between Water and Living Systems

A guided introduction to water's role in the body—and the wider ideas explored in this training.



Water is a major component of the human body and is involved in many essential biological functions. It provides the environment in which countless biochemical processes take place.

In this section, the course explores topics including:

- Water in the body and its role in biological processes.
- The relationship between water, cellular environments and communication.
- The concept of EZ water and how it is discussed in this field.
- The influence of thoughts and consciousness on water, as an exploratory topic.
- How these ideas are connected to organs, glands and tissues within the course framework.

The training invites participants to become curious, ask questions and examine the ideas presented rather than treating all proposed mechanisms as proven fact.

What You Will Learn

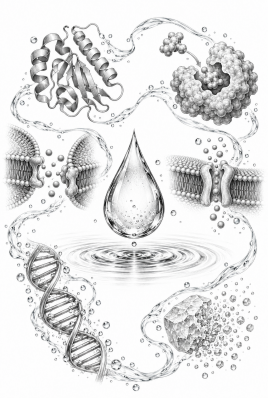
A comprehensive, hands-on programme combining foundational concepts, equipment demonstrations and practical application.

01	The principles of water and frequency An introduction to the key concepts and terminology used throughout the training.
02	Step-by-step water imprinting protocols Guided instruction in the practical methods covered in the course.
03	Using the XM Generator Learn how the XM Generator is used for biofeedback and scanning within the training.
04	Frequency selection Explore frequency selection in relation to specific health and wellness goals.
05	Remote frequency broadcasting An introduction to remote frequency broadcasting and distance-support methods.
06	Copying, storing and reproducing frequencies Learn the processes taught for copying, storing and reproducing imprinted frequencies.
07	Practical applications Explore applications for home and clinical settings, within the scope of the training.
08	Hands-on practice and ongoing support Build practical familiarity through guided exercises and continued learning support.

Training Equipment Provided

The following equipment is included as part of the training:

• Magnetic Stirrer	• Boost Connector
• Stirrer Bars	• Remote for DNA Healing
• Radionic Plate	• TENS Pads and Cables
• XM Generator	• Blue Bottles
• Finger Pulse	• Glass Beakers



WHAT YOU NEED TO BRING

Your computer

Your computer must be Windows-based to download and run the Spooky2 software.

Please ensure your computer is compatible and ready for use during the practical sessions.

All listed equipment is provided for use as part of the training programme. Please contact the academy if you have questions about what is included or what to prepare before arrival.

YOUR NEXT STEP

You Are Welcome

Join a comprehensive, hands-on training in Water Frequency Imprinting—a practical programme exploring frequency, water and consciousness, while introducing you to the equipment and methods used within this field.

TRAINING DATES	7–11 December 2026 18–22 January 2027
DURATION	5 days of practical training
TRAINING INVESTMENT	R34,500.00
GROUP SIZE	Limited student places per training
LOCATION	Elandskraal, Sedgefield, Western Cape

HOW TO BOOK

Email us to enquire and reserve your place. Student forms will be sent to you after you make contact.

metaphysics@natural-solutions.co.za

Dr Lynn Pretorius

METAPHYSICAL PSYCHOLOGY | METAPHYSICAL PRACTITIONER
TRAINED IN FREQUENCY HEALING
RESEARCHER | EDUCATOR | LIFE SCIENCE STUDENT

HZ HARMONY ACADEMY

Elandskraal, Sedgefield, Western Cape

IMPRINT • EMPOWER • TRANSFORM