

### **Water Bowl for Self-Balancing**

Use the water bowl to diagnose your internal state. Record your condition before the water bowl, the specifics of your water bowl (i.e., whether you stood or sat, the size of the bowl and whether it was a high or low water bowl), the condition of your water bowl (steamy, still, wavy, etc.) and your condition after you flowed water for a while. Record also any self-balancing you may have done after your water bowl.

#### Water Bowl – Form 8H.WB

Your Condition Before Water Bowl: (How were you feeling before you did the water bowl?)	
Specifics of Your Water Bowl: (Did you stand or sit? Do a high or low water bowl? Small or large?)	
Condition of Water Bowl: (Steamy, wavy, still, etc.)	
Your Condition After Water Bowl: (Note changes in emotions, energy level, thoughts, physical sensations)	
Any Self-Balancing? Results of Self-Balancing?	