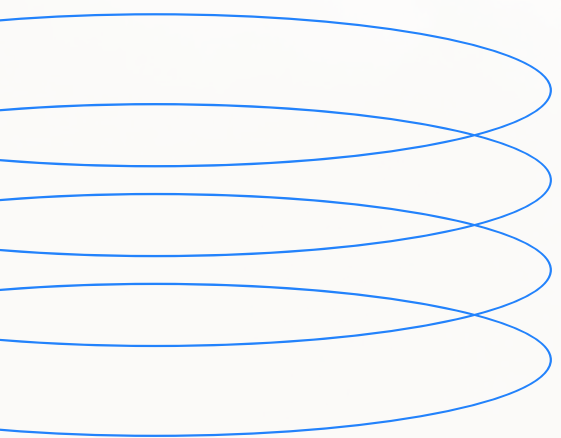
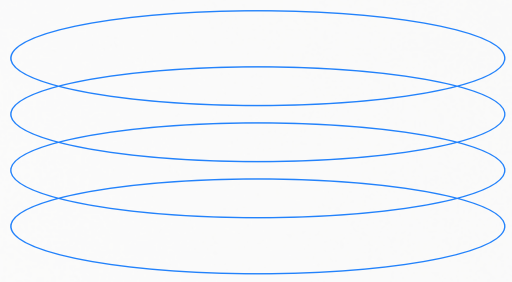


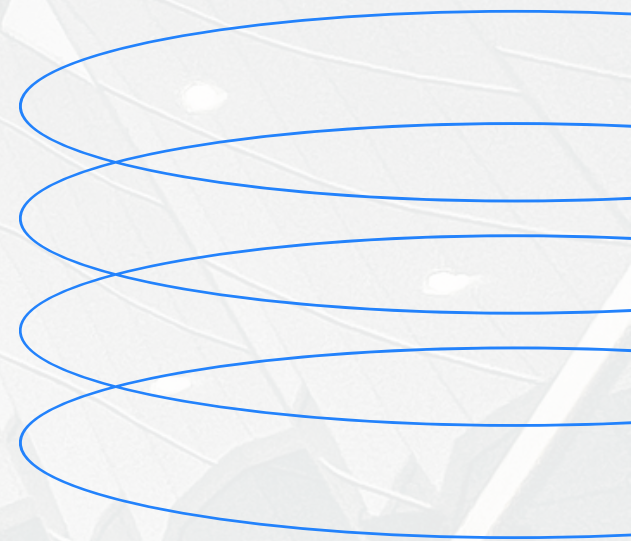
HYDRATION BOOSTS YOUR VIBE *into Achievable Wins*

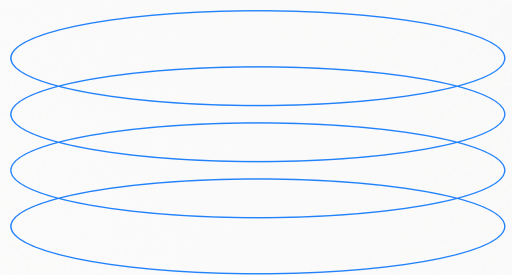




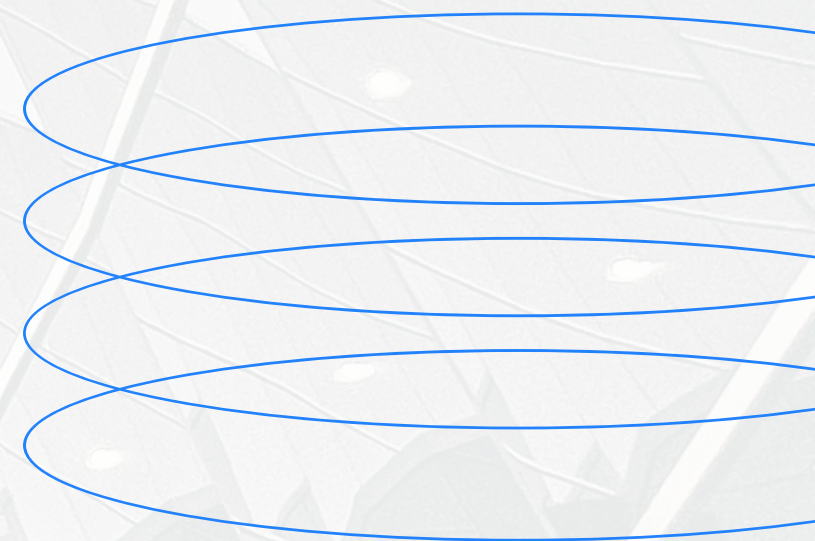
WELCOME TO LIFE HACK NO. 9

Hydration Boosts Your Vibe

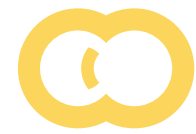




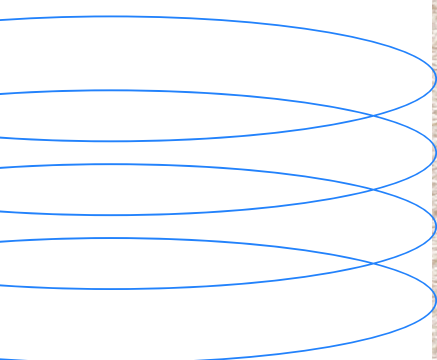
*“Water isn’t just fuel – it’s
frequency.”*

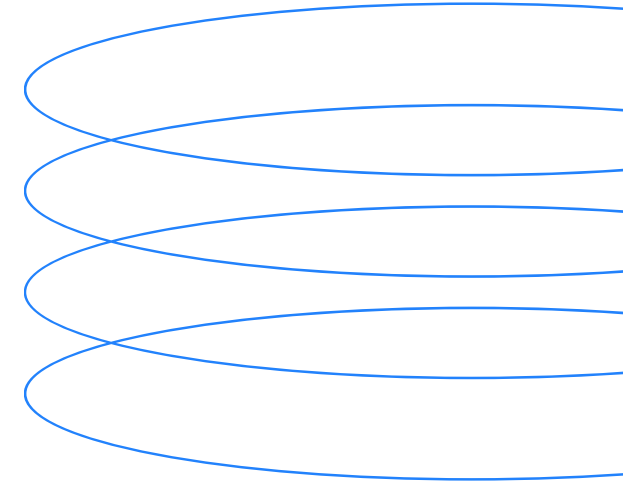


WHY HYDRATION MATTERS



- Our bodies are 70% water.
- Every cell, tissue, and organ needs water to function.
- Water influences our energy, focus, and emotional state.





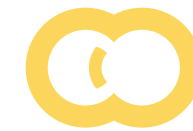
**Even mild dehydration can
reduce mood and
concentration.**

**Bless your water with positive
words or intentions.**



HYDRATION AND VIBRATIONAL ENERGY

- Water holds memory and energy.
- High-vibe water (blessed, spoken to, charged) can elevate your frequency.
- Ancient cultures and modern science both acknowledge this connection.

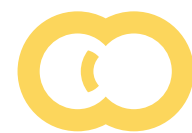


**“With every sip, I raise my
vibration.”**





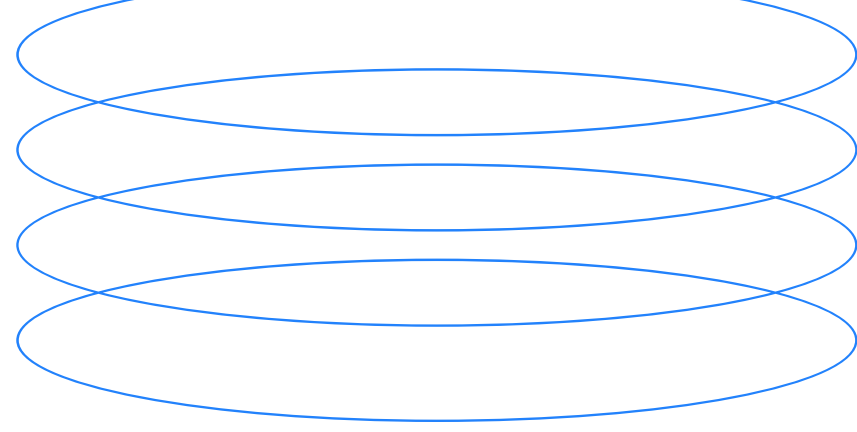
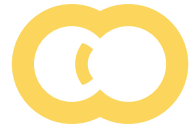
Practice patience and make it a ritual.



Step

HOW TO STAY HYDRATED THE HIGH-VIBE WAY

- **Start your day with a glass of warm water.**
- **Use copper or glass bottles avoid plastic.**
- **Speak affirmations to your water (e.g., “This water heals and energizes me.”)**
- **Add lemon, mint, or Himalayan salt for extra benefits.**
- **Drink regularly don’t wait to feel thirsty.**



Step

BENEFITS OF PROPER HYDRATION

***“You’ll feel lighter and
more radiant.”***

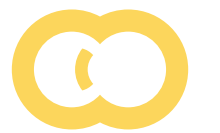


- ***Better skin and digestion***
- ***Improved mood and focus***
- ***Enhanced manifestation and
energy alignment***
- ***Detoxification and cellular
repair***



Step

MAKE IT A RITUAL

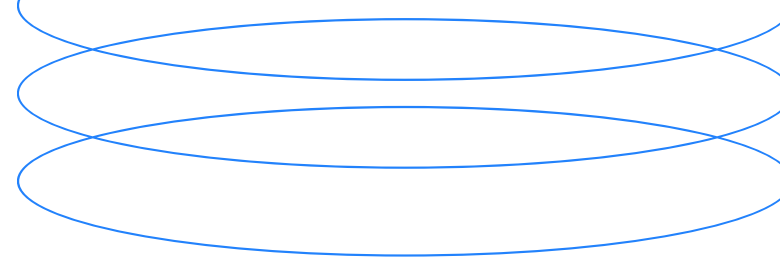
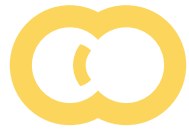


Sip mindfully with gratitude.

Visualize light entering your body with each sip.

Create a water-drinking affirmation practice.


SWASTHYA
— BY KINJAL —



Step

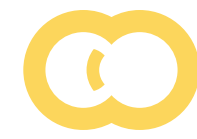
COMMON MISTAKES TO AVOID



***Set hydration reminders and
carry energized water daily.***



- ***Drinking only when
thirsty***
- ***Using plastic bottles***
- ***Forgetting to bless or
energize water***



CONCLUSION

Flow with Frequency

- Water isn't just physical it's spiritual.
- The more consciously you hydrate, the more aligned you become.
- Sip with intention. Heal from within.



**“Your body’s ability to
heal is greater than
anyone has permitted
you to believe.”**



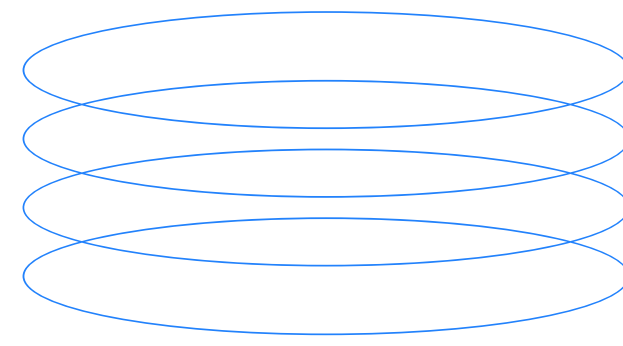
YOUR TURN!



- ***DRINK A GLASS OF WATER NOW.***
- ***BLESS IT WITH YOUR FAVORITE
AFFIRMATION.***
- ***FEEL THE SHIFT IN YOUR ENERGY.***



THANK YOU & STAY CONNECTED!



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Hydration Boosts Your Vibe

