

CARAF AVNAYT

# FIRST WATER

THE USE OF URINE AND SEXUAL FLUIDS  
AS MEDICINE



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FIRST WATER - THE USE OF URINE AND SEXUAL FLUIDS AS  
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Dear Ed,

I recently began to do urine therapy (again) and it made such a huge amazing difference so quickly, that I decided to write about it to you. Since information about it seems rather scarce, I decided to publish my writings to you about it for anyone out there searching for healing.

My Granddad maintained that all fluids of the body are sexual fluids and I could not tell you about urine therapy without mentioning the other fluids.

I don't intend to bore you with too many intricate details. Just whatever my spirit feels like sharing in the moment.

Cara

# For Who Is Urine Therapy Useful

Not everyone, Ed.

The human energy field flows outward and expands in the growing years. It takes in food from the environment and releases urine, potty, etc back to the environment. During this stage, a healthy person in a healthy environment does not really need their urine.

Urine is full of negatively charged ions and is basically a form of energy moving INWARDS instead of OUTWARDS as is the pattern during growth of the body. So urine therapy for babies outside the womb and children in the growing years is only useful when they have had a crisis that caused significant damage, or an illness that isn't resolving on its own, or the child is unable to process nutrition from food and some such rather extreme situation. It is also useful when the child is being energetically bombarded – as in the case of vibrational assault caused by radiation exposure, which breaks the energy field down.

Any situation where there is dehydration could be helped immediately with urine therapy; Minor burns, overheating of any sort, sun stroke and the like.

Urine therapy is most useful for those who have and are experiencing severe emotional and energetic setbacks resulting in physical conditions that are chronic, long lasting, not resolving naturally, and requiring the memory of inherited or genetic codes in order to make properly functional new cells.

I can't begin to list the various conditions that can be resolved through urine therapy. If there's a problem, your own body immediately makes medicine for it and releases it as urine. Taking your own urine until the problem is resolved is the simplest best medicine.

For those who have experienced premature aging (all aging these days is premature I'm afraid), urine therapy is one of the few treatments known, that re-trains the energy field to stop the continual loss of energy and get back to metabolic balance. The recovery of flagging tissue, new cell quality for healthy everything, is amazing. It's almost like a re-birth.

The reason I am taking the step of publishing this, though, Ed, is because of how energetically imbalanced and poisoned our environment and food and water have become. Except for those completely kept away from the poisons of our times, we all need, like never before, regular coming in touch with our own unbroken energy field to keep us remembering what our original life patterns are, so our cells keep making new cells that work, that can speak to the rest of the body, that are in tune with our original DNA, that can make new babies when its time.

People are actually DYING Ed, of conditions that can be resolved with our body's own medicine. DYING. It just shocks me. How far have we gone from our nature that we consider anything that's packed as a pill alright to take, when the medicine made by our own bodies is considered dirty and worthless?

The vast majority of anti-aging anything, Ed, and restorative or rejuvenating treatments are made of human tissue and blood and bone, taken unethically through the soulless manipulation of living DNA. You don't want the karma of that going through your body. That stuff is BAD because no matter what its physical properties, its energetic properties and DNA are NOT YOURS.

We are made as a complete being. You look at the rest of the animal kingdom, Ed. They know how to drink their own urine and sexual fluids when they're imbalanced.

We have street dogs in our apartment society that are mostly wild having grown up in the forests around. I noticed one of them going to a particular rock and peeing on it every day. Then she got pregnant and I saw her come back to that rock, scratch at it with her claws and then lick the bits of sediment on the rock she'd just scraped off. She was taking her aged urine as a medicine. That must've been her first pregnancy. She gave birth to the



cutest little brat you ever saw. He wasn't a day out of her before he was the alpha of the pack.

I have seen it over and over, Ed. We're so deprived of our own medicine, made of our own DNA. We don't need to preserve babies' cord cells in banks where we don't know who gets whose stem cells later on. We have our own stem cells in our urine all our lives. If for some reason we ourselves cannot produce urine, our mothers, fathers, mates or children can give us back our genetic code in urine.

When we age urine, the stem cells in it multiply and get concentrated.

More than anything else, Ed, no one can give us our own energy field, the basis on which our body first developed and the only pattern our cells can follow to make healthy new cells.

No matter what assault we go through, no matter how damaged we are, we can recover by reminding our bodies of our own energy field, our own life purpose, and focus our energy on what our body instinctively feels we need to focus on – not what someone else thinks we should treat based on x-ray images and tests.

All the treatments in the world from outside us are trial and error no matter how well intentioned they are. Only our body knows what our exact problem is and how to fix it.

Of course we need help from outside at times. I'm a herbalist and I've been rescued by herbs many times and I make a living treating people and pets with herbs. To live in our environment we need to connect with it and herbs and foods are all part of our connection to the environment, and as such our healing too.

But all of them can only point us to ourselves at best.

They can take the horse to the water. But it is the horse that must bend down and drink.

# First Water

Drinking your own urine is a deeply personal experience because in a way it's like going back into your Mama's womb and being formed all over again.

When we were in our mother's womb, we constantly drank and peed and drank and peed, what was a liquid of her body containing the energy and vibrational pattern of her and our father together, her filtered plasma or urine, with their ejaculate or sexual fluids combined. That was our first water.

As it cushioned us on every side, we drank it in, receiving from it a constant energy pattern affected by our mother's body, that set our biorhythms, our own nervous frequency and so many other vital aspects of us, our unique being.

We then added our soul's response to it through our peeing and that went back into our mother's body, and then brought back her response.

Her heartbeat, her body's entire chemistry it all came to us in that first water. As we swam in it, like a pool, it recorded the vibrations of the sound of her voice, our father's voice, the sounds and vibrations of nature, our mother's emotions, her dreams and those of our father's whose energy field we connected permanently to our mother's by being from both of them.

All of that was recorded in our first water and it became the basis of all water in our body. Blood, lymph, the fluid lubricating our joints, the fluid lubricating our organs so they don't hurt each other when they rub together, the little bits of fluid in our lungs, in our digestive tract; the lymph in our inner ears that's indispensable in filtering sound vibration, as well as giving us a sense of balance so we can stand and walk and run and dance and generally stay upright; our sweat and our sexual fluids.

The first water lubricates our brain, became our first saliva, our first phlegm, and every fluid from the tips of our hair to the soles of our feet.

It also became the first water to make up our energy field – the invisible cloud of magnetism we are enveloped in.

For the entire life of this body, the first water is the carrier of our energy and genetic patterns for the creation of every cell. Whatever else happens to our body, our first water will respond to it with the required energy pattern to heal and balance it. This immediately is expressed in all the various fluids of the body from saliva to sweat, urine and orgasm fluids.

That is why our first physiological response to any change of state, is the water of our body reacting, whether by perspiring, salivating, crying, blood pressure changing, in cases of extreme fear, urinating; in the case of bliss, orgasm.

The taking back of our body fluid and specifically urine because it is the most abundantly available to take back, is just simple natural medicine to reinforce our own nature.

When we do so, we experience a connection back to our parents and ancestors, especially our mother as once more we experience that thing we used to do when we were in her womb. All our lives, she is still there in our first water. Our father is still there in our first water. Just like the first moment we were conceived.

# **My First Experiences with First Water**

My matrilineal family line, Ed, is an ancient one with a long history that got nearly wiped out with the passing of my mother at my birth; if not for my Great Great Granddad John Waltham who lived long enough to pass much of it on to me.

He wasn't the kind of person who would use a lot of pomp and seriousness to talk about things. He used to just casually tell me stuff that came up and I ended up remembering those things years and years later when I needed to.

From my youngest years, urine therapy was always there, not just mentioned by him but in the culture of others around as well.

Growing up in a foster family in India, a family that was quite traditional themselves, I used to hear urine therapy mentioned every now and then. In the eighties when I was growing up older traditions of healing lingered a lot more in public consciousness than now.

A boy who didn't study very well and was frequently truant from class was told, "We need to give you your elder cousin's urine."

The elder cousin was a model student and all that.

Cow urine was and is an official medicine in India.

That urine itself is a medicine was never in question.

There's various ancient literature such as the Shivambhu Tantra discussing auto-urine therapy or drinking one's own urine. I must say though that a lot has been lost in translation and modification over the years.

Often there was gossip about a certain long lived Prime Minister of India, Morarji Desai who'd practiced urine therapy, become the oldest person to



become Prime Minister (at the age of 81) and proven its efficacy by living to ninety nine years without any major problems.

Unfortunately Ed, I confess, I hated that name “Morarji” and I decided I never would do urine therapy because I hated that name. It’s weird the sort of things that fuel prejudice.

When I was eight, an incident changed my life. I had a massive tragedy that affected me on every level leaving me in a coma for many days. (It’s in my autobiography “Spirit” and mentioned in several other books of mine.)

I was expected to die. But I was brought back to consciousness by my Granddad John Waltham and was back at school in a few days. One of the medicines he gave me to bring me back to consciousness and then for three days after, was what was called “Birdsong” in our family tradition.

In the old days, morning’s first urine was called Birdsong because they would go out into the grove behind the house early in the morning when the birds were beginning to sing, about 3.30 – 4am to do their morning ablutions.

In the days just after a baby’s birth the mother would collect that urine in a cup and it would be kept in the sun with a muslin cloth over it. The liquid bit of the urine would dry up leaving crystals behind. These would be scraped out of the cup, put into a little vial and kept for the baby’s whole life – in case they ever had a terrible tragedy and needed a copy of their parents’ genetic code and stem cells again. It was meant to be used in situations where their own urine could not be collected.

Even in the time of my Great Great Granddad the tradition was becoming obscure. But his wife, Vina Waltham had collected her Birdsong after the birth of their first child Armone (my Great Grand mother). It wasn’t protection for just the child but also for the mother and father as all of their genetic codes were in that water.

So every time John Waltham went on his travels, it would be on a string hanging right over his heart. It was always with him right to the end.

But that time when I had to be brought back to consciousness, he opened in and put a tiny bit of the white crystallized Birdsong into my mouth.

He told me about it years and years later.

He told me that we carry in our body's water all of our ancestral genetic codes and that nothing but complete death could ever break those held in our first water. That complete repair of a body is possible by reminding the body of its own original genetic patterns by taking back our own urine, and in the case of women, menstrual blood – which is also medicine for their husband and children.

When I was 29, this was after Granddad had passed on, I fell ill with a fever that wouldn't stop. It was diagnosed as Mononucleosis or Epstein Barre Syndrome – I'm not sure if it was or not. The fact was, it went on weeks and weeks. I was living alone then, up in the mountains of North India.

I couldn't work, I could barely cook. I spent all day and all night shivering in bed with the fever, near delirious. If I weren't so out of my head with the fever, I'd have tried to commit suicide. I was in such despair. During those weeks I bled so heavily during my period I couldn't walk. I lived by ordering pizza on my credit card and taking half an hour to reach the front door from my bed to be there in time to receive the pizza delivery.

There was a time of three days during which I didn't know what time of day or night it was. I didn't do anything but eat bits of pizza straight from the fridge now and then and crawl back to bed, to the bathroom, crawl back to bed. I turned off the phones because I couldn't even answer them.

I had my independent practice in those days making energy medicine from herbs for those who ordered off my website. But I was too ill to make myself any medicine. I think I didn't want to anyway. I had given up on myself.

I had stopped responding to enquiries and orders from my website.

One night for just a few minutes, I turned my phone on and it rang. I answered it and it was a woman calling from Switzerland saying she wasn't

able to get through on my website to order and she wanted to. Somehow or the other I ended up giving her information to make a payment to my bank account.

I now had the responsibility of fulfilling this order and here I was so unwell myself. I had to do something to become well enough to make that medicine and post it.

My period was going to begin and I was terrified, just terrified, because I was already in such bad shape and now I was going to bleed on top of that. I felt so abandoned by God, my family (who were all dead, every last one), everyone.

Just like that, my Granddad's words came back to me. And I decided I would collect and drink back my blood.

I'd asked Granddad, "Isn't it against God to drink blood? Doesn't the Bible have God prohibiting the drinking of any blood saying "The Life is in the blood? Isn't that why slaughtered animals' blood is drained and returned to the earth before they are eaten?"

Granddad had said to me, "Eating OTHERS' blood is wrong because you do not take in their life energy. That's vampirism. That's taking on life energy not yours. You will truncate your own DNA, muck up your own energy field and destroy yourself because you will be taking on a genetic code not yours. But your own blood is your own life. You and your soulmate who are One life, your blood is also one energy. Your own blood carries your own energy field and that of your soulmate – wherever they are – and that of your ancestors through time.

When you take back your blood, you put your ear to the ground of eternity."

I decided I needed that. I needed to feel my soulmate, whose life and mine are the same wherever he was. If he wanted me to live in this world, our blood would heal me. If not I would die happily. If my blood, carrying the energy of my ancestors, carried my destiny and I was supposed to live, it would heal me, if not I would die happily.

I had ordered – more for novelty than anything else – a “moon cup” online some months ago. It was a small silicon cup that could be inserted like a tampon somewhat, that would collect blood. You could then remove it and drink the blood. I’d considered it because it did away with sanitary pads and tampons that weren’t good for the environment.

But there it was and I was in such bad shape that I actually did what would’ve been unthinkable for me a few weeks before. I collected and drank my blood.

I still remember distinctly that moment I first drank my own blood. I’d prayed and in my spirit holding the hand of God, tightly for strength just to keep standing in the bathroom, I put the cup to my mouth and in one gulp swallowed the two or three tablespoons of blood.

It felt like someone had turned on the sound; Like I’d been deaf before that. In that state of fever you can get very sensitive to vibration and I am already very sensitive.

But now I could hear this buzzing all around me and I realized it was the buzzing of my own energy field, and that I could hear it because towards the center of my own field, my own body’s vibrations had become weak; but towards the periphery of my field say about five feet around me in all directions, my ancestors’ sections of my field were buzzing loud as ever.

I felt so physically not lonely, in that moment. I could feel my ancestors’ life energy still going strong. And I could feel my soulmate’s energy – just like his breathing – near silent in its steadiness, but all encompassing like the horizon. That is my idea, my experience of God.

I went back to bed and collapsed for a few hours.

After a few hours I did it again. One more time it was like God holding me physically, my soul-mate holding me physically; My mother holding me physically. I felt the love with my body. I felt like me.

In a few hours my heavy bleeding had fallen to about 5% of what it was usually. It was all done in three days. The fever had fallen from very high to



just a higher than usual temperature.

I spent the second two days of my period, not in bed, but on the sofa in the living room, watching TV.

When it was clear I'd stopped bleeding, I had a crazy pang of anxiety. What was I going to do now for medicine? I still wasn't well enough to even think of which herbs I should take, let alone prepare myself a treatment.

And I wanted that emotional support I'd gotten from my blood.

That's when it hit me. That Granddad hadn't mentioned just blood, he'd mentioned urine too. To be fair he'd mentioned semen and orgasm fluid too – but those were not available “naturally” then. You have to orgasm naturally with holistic emotion and pleasure for those to work.

So urine, it was.

I thought I'd be queasy about it. That it would be torturous; That I'd hate myself for doing such a thing. I thought of how urine is supposed to be a waste product. Like industrial waste.

Yet, the more my mind was against it, the more I knew in my heart that I had to do it.

So, once again, tightly holding the hand of God, I collected my morning urine and drank it.

It was like peace to my soul immediately. I'm a beautiful person and I could feel my own inner being and warmth in the urine as I drank it. I felt so reassured and warm. I could feel the presence of God in a whole new way.

From then on I returned to health and vigor in a matter of days. I don't even remember when the fever left. I was back at work, looking after my plants, cleaning the house, walking the mountain roads to the bazaar and back for my shopping and to post things.

I'd started by having about a cup of my urine in the morning and in the evening each, but I gave up the evening one because I found it energized

me so much I didn't feel sleepy as usual in the night.

I remember one of those days I posted on my Facebook page, "I'm sitting watching the sun set over the mountains, sipping a cup of golden sparkles." It got about sixty likes in a few minutes. Someone asked, "What's the golden liquid?" I replied, "My urine."

Lol. It created a real furious discussion. But I was too blissful to even read past a certain point. I don't care what anyone thinks. I have my own personal experience, my path. None of those people with the loud opinions out there came to look after me or heal me when I was dying. My own family were all moved on from this world.

But God made in my own body, an eternal connection to last my whole lifetime. From the first breath of life from God into man, first water has come down from mother and father to child, over and over without break. It's the breath of God in me, holding me close as ever when I had no one else. It repaired what was broken, got me up from near dead back to living my life with independence and dignity.

I reached a point where I was able to get back to making and taking my herbal medicines and life went on from there.

I gave birth to my beautiful son Gabriel, at home without assistance at all. The whole pregnancy and after, to this day, all our needs have been taken care of with herbs, natural food, and in my case my blood and urine.

## **Urine Therapy Methods – Fresh Morning, Fresh Looping and Aged Urine**

# **Fresh Urine Once a Day**

It's really simple. You collect and drink your urine. You follow your instinct.

They say the best urine is morning urine. I find it's whenever I've rested and slept.

The most powerful urine medicinally is when you've had an injury or been disturbed and upset. The body releases hormones to address all of that. It can be bitter because of all the medicinal properties.

The most basic and well known form of urine therapy is drinking about a cup once a day. It is a constant reminder of our own genetic code, energy field and life purpose.

Then there's urine looping and aged urine drinking.

# Urine Looping

Urine looping is a powerful life altering form of holistic healing and rejuvenation.

You drink back as much as you can of your urine, every time you pass it out.

Every time you drink your urine, your awareness comes back to your life and your reality from wherever your awareness was roaming. It's like a reality check.

When you keep drinking back your urine it begins to constantly soothe and nourish the insides of your digestive tract. The stem cells in your urine begin to repair the cells of your inner digestive linings damaged over years of inflammation causing food and drink.

You become sensitive to what you eat as the nerve endings in your digestive tract from mouth to the other end begin to work again.

There are few things that will make you NOT WANT to eat things bad for you, like having to drink your urine after you eat something.

When I began urine looping, I was suffering the worst bout of addiction to chips (crisps) and all things crunchy and savory. Now and then I'd get sugar cravings as well.

The sugar cravings stopped in the first two weeks because of how bitter my urine was after eating it. That must've been insulin released by my body to balance out the sugar. I just don't want that crap sugar in my body again. I had honey and it was nice but I haven't actually CRAVED sweet since then. I who needed something sweet through the day at one time, really don't crave sweet very much anymore.

The thing that really shocked me though was how bad my urine tasted any time I had anything that had table salt in it. Not just the factory chips and savory snacks, but ANYTHING with table salt in it. My urine tastes lovely with the salt I use to cook at home (sometimes sea salt, sometimes Himalayan salt, rock salt). But table salt makes my urine just gross. Like brackish water.

I couldn't believe it initially. That table salt could create such havoc in the body. I kept having things from out that had table salt in it.

I just had to stop because if I didn't stop eating those things, I'd have to stop urine therapy and I simply can't do that.

A lot of people wonder about pharmaceutical medicines. Can you drink your own urine when you're on pharma meds? The answer is, "Generally, yes."

If your urine tastes so horrible you can't swallow it, you shouldn't. Just take a few drops. That will give you all you need in the moment.

If you know you're going to be on a pharmaceutical medicine, collect your urine up in advance before you start on the medication and have a little of it through the day till you've finished the course of the drug.

Note Ed – I'm against all pharmaceutical medicines in principle.

Urine looping has been such a learning experience for me. It's made me aware like never before of how the emotions we experience change the biochemistry of the body. The role our soul plays in our bodies is so powerful minute by minute.

When I have had an emotionally disturbed time, my body reacts to it by releasing certain hormones that change the color and composition and taste and smell of my urine. I didn't really know the extent to which I was releasing stress hormones till I started drinking my urine through the day.

I'd be standing in the bathroom with my glass of urine and wondering, "Was that incident really worth THIS MUCH stress?"

My attitude towards many things in my life changed as I began to be aware of how those were affecting me. I began to see clearly how things affected me – what were the really troubling ones, and what didn't really affect me at all.

It's a deep learning experience so very powerful and so personal.

These are the natural ways God made for us to experience our own nature and tap into our own primal wisdom to deal with our life's challenges.

# Aged Urine

My family's method of storing aged urine was drying it and saving the crystals deposited on the bottom of the container. This had to be pure urine, ie. urine that didn't have debris settling at the bottom of the container in a few days, and usually was taking after making love so it included sexual fluids as well.

They would carry this with them in vials and locket around their neck and waist while traveling abroad and it would be the only medicine they'd ever need when they were poisoned or similarly in a very bad condition.

Back in the day when travel on ships, for weeks at a time was the norm, the travelers would be exposed to several conditions from sea sickness, something they called "salt water dehydration" – a condition where one could feel dehydrated while being surrounded by water, depression of a sort because of being away from family, and disruption in the body's biorhythms because of leaving the land energy field.

All of this was alleviated with the aged urine crystals.

My Granddad used to age his urine normally in a glass beaker and just before traveling, he would reduce any liquid by slow heating the beaker on a flame. Other times he had to leave suddenly on a trip, and didn't have the time or wherewithal to do that, he would pack aged urine into magnesium sulphate or Epsom salt crystals.

This is the method of preservation and carrying around herbal medicine my family practiced in recent centuries and which I still practice today. (My website <https://Holistic-Treatment.com> has information on this.)

Magnesium sulphate crystals have a composition where they soak up water with whatever it is carrying, right into their molecular structure. When you



submerge those in water again, those release the water molecules they are carrying back into the water.

You can transport herbal medicine, aged urine safely without the energy field breaking across distances, through airport radiation assault, and keep them almost indefinitely by packing them in magnesium sulphate salts.

To do this you fill a water tight container to about 80% with dehydrated magnesium sulphate salts. Then drop the aged urine in till the salt is saturated. That's it.

Because you ought not to take more than a pinch or two of magnesium sulphate salts at a time (it doesn't harm to take more, but can have a laxative effect) it's good if you concentrate the aged urine down before packing it in. You can do this by very slow heating to when its reduced by half or more.

I personally wouldn't bother about the heating and concentrating unless I was going to use the urine for its physical properties, such as a topical treatment for wounds and burns and such. I find that in such emergencies fresh urine works better.

The magic of aged urine is more its energy field, so I would prefer to maintain that as much as possible. When you heat a substance you cause the energy field to expand and release some of its energies so I prefer keeping things at room temperature or lower to maintain as much of the energy field as possible.

When you reduce a substance by placing it in direct sunlight however, the energy field is not that affected, so should you want to reduce aged urine, with a minimal loss of energy, I recommend you place a small container of it in direct warm sunlight for as many days or weeks it takes to reduce it.

Aging urine is simple. You collect urine in a container and cover the top with a filter cloth or paper or anything to keep dust and things from falling in. If you have to shut the lid, well so be it. The advantage of letting it breathe is that a lot of the slightly noxious ammonia smell that's part of the bacteria killing process in urine is released, making the urine not so fizzy. It's easier to drink therefore.

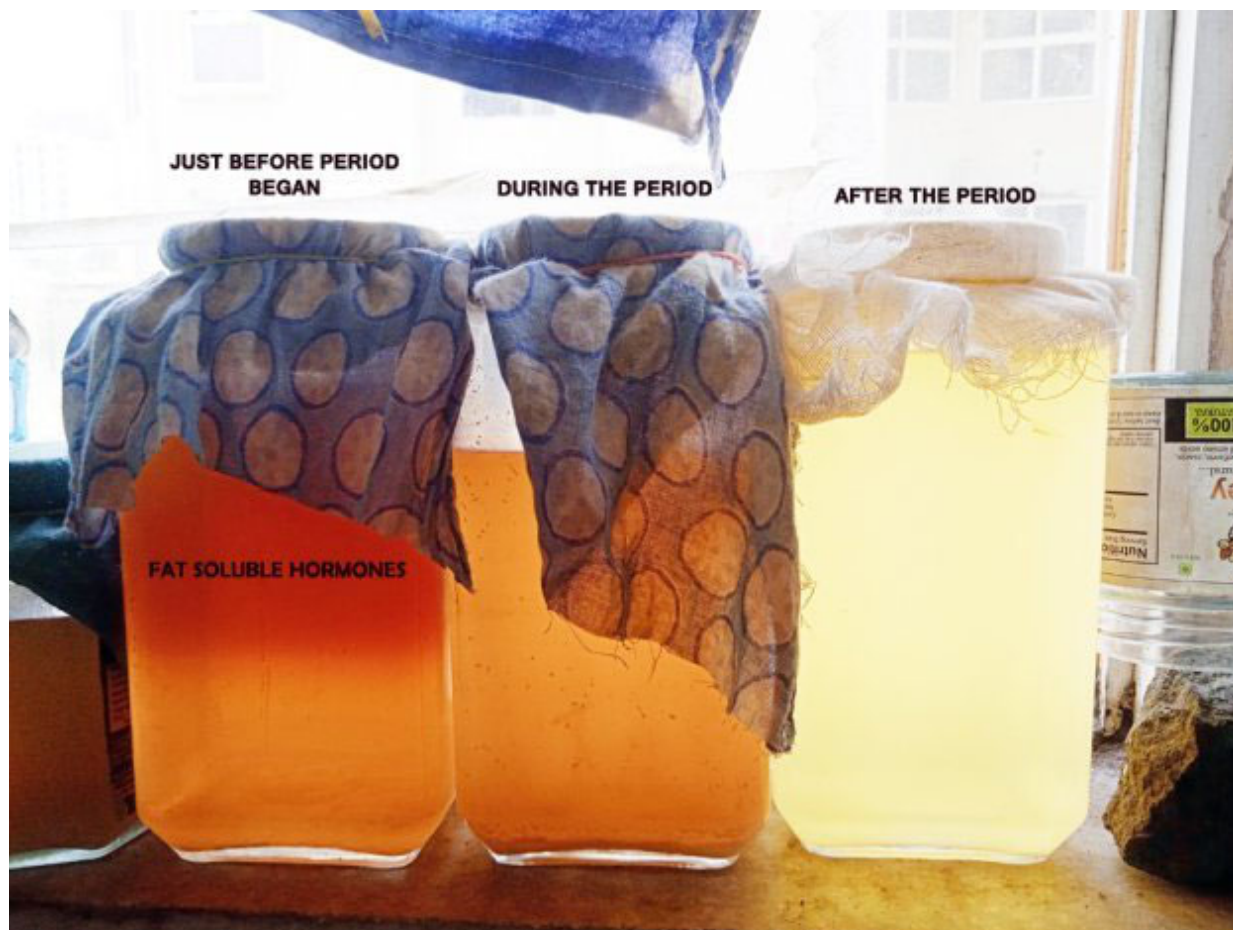
For both men and women, urine taken after an orgasm is supposed to be the best. However it has to be an orgasm that was arrived through pleasure hormone release with the full holistic pleasure, rather than a mindless physical forcing that involves stress and tension, performance anxiety and so on. All of those hormones go into the urine too.

A lot of people who've been through sexual energy abuse, cannot arrive at an orgasm until they have gone through stress, tension, even trauma and released those hormones first. In such cases, urine taken just after is a powerful medicine to help sexual energy flow right again.

As your sexual energy starts flowing in response to pleasure rather than pain, collect the pleasure hormones' urine and start using it instead of the pain one. Pour the remaining pain one into the earth and let go of it.

**For women, urine taken at different times of the month has different properties and hormonal concentrations. All are great but you might find one sort that suits you better. Because there's such a difference, it's worth taking the trouble to collect urine at different times of the month and see which you vibe to and take that one.**

It's like having a mini pharmacy.



Just before a period begins, the urine has a lot of fat and fat carried hormones (many female hormones are only released in oil. This is why many problems with menstruation and fertility are solved simply by adding good fat to the diet). This urine is wonderful for all kinds of skin problems and fat/oil related imbalance in the body.

During a period there's lesser oil but the urine is especially vitally charged. It is powerful in treating trauma and PTSD, anxiety, panic, all kinds of psychosis, instability. Its charge is especially grounding and given in very diluted doses – 1 drop to 100ml of water shaken up – revives dying plants. It can greatly soothe babies going through distress, especially the sort that manifests in rashes and baby acne.

Urine taken the non-period half of the month is usually clearer and less aggressive in hormonal make-up. It is no less of a medicine however and ages very well too. It works especially well to treat speech and personality

related conditions such as social anxiety, problems with memory, motor and muscle coordination, muscular degeneration, hair loss and so on.

An easy way to understand this is; all conditions to do with matters private to your life experience, your night side, your shadow side, urine taken during the period half of the month deals with better. All conditions to do with your outward or out-flowing life experience – such as socialization, mental pursuits and so on, benefit most from the non-period side of the month urine.

ALL of it is good for you at any time, I just mention all this because I see the wonder of creation, so amazing in everything God has made. The more we go into anything of nature we only find more and more beauty and perfection and divine purpose.

# Differences between Fresh and Aged Urine

Fresh urine contains your energy field in the moment, with hormones released in response to what you're going through in the moment. It is medicine for the moment, and first aid for whatever you are experiencing in the moment.

Aged urine contains more of your birth energy field or the part of you that does not change with life's circumstances. Fresh urine has this too, but with aged urine the energy field contracts from the manifestation in the moment into the base or birth energy field. As it contracts the parts of the field which are developed through long term habit become more prominent than those of the day.

This means aged urine is a better medicine for long standing and chronic problems, whether with physical manifestation or deeper spiritual, or emotional experience.

For example, if you cut your hand, fresh urine taken soon after, is the best medicine for the wound healing.

If you have an epileptic attack, noting that the problem isn't a recent one, but a long standing problem, aged urine taken after one such episode before, or just aged urine in general is both first aid and taken regularly, deep healing.

If a panic attack is because of sudden bad news, fresh urine is best. If it is because of a long standing problem, aged urine will work better.

So you ask yourself, "Is the cause of this problem momentary or of this day or these days; or is it a long standing problem in my life? If it's the first, fresh urine is the best, otherwise, aged urine.

# Aged Urine Dosage

You never really need more than a drop or two of aged urine because its main power is the energy field and you get that with just a drop under the tongue.

However, if you are in a crisis, a severe panic attack for example, or about to have a nervous breakdown, or have experienced a severe attack on your system (such as chemical or radiation or energetic poisoning), take more. Aged urine can work as a sedative or work as a stimulant depending on when you took it, but it will have some sort of strong effect if taken more than a drop or two, and will strongly draw your energy towards whatever is the root of the problem you're facing. This could be disruptive if you're at work, or school, or driving or traveling.

So make sure you're in a place where you can handle whatever comes next before you take too much aged urine.

Aged urine during a fast is an amazing deep spiritual experience. Whether it causes you to sleep a lot or remember things or whatever... It's exactly what your being needs.

Aged urine is one of the most powerful medicines ever for the release of energy blocks because of how it brings our awareness to problem areas of our system. The experience can be on the troubling and disturbing side but no one ever regrets it because of how light you feel after.

Aged urine sprayed on the scalp and skin is healing for all long term problems with them. Frequently there is a temporary increase in the symptoms with more hair-fall, rashes and so on. Those are usually a part of the healing process. You don't need to put aged urine on ALL the time. Put some on, and then let your system and skin deal with it, respond to it, a few days. Then when you feel drawn to it do it again. Go by instinct. Don't

surge your system, you don't need to, you're dealing with energy field, not a pharmaceutical.

It's like standing in front of a mirror. You don't need to stand in front of the mirror all day to know how you look. A few times a day or even lesser is enough. Your mind captures the image of you and through the day you react to it subconsciously. If a breeze blows your hair out of order, in your mind the memory of how you look arises – based on what you've seen in the mirror – and you picture yourself with the hair out of place. Your hand rises to smooth it back in place.

Similarly with aged urine, you get a vision of your being and it's there in your consciousness, showing you yourself as you go through the day, showing you your feelings and reactions that you previously had suppressed.

In the beginning you might need to take drops every few hours, after that lesser and lesser.

# Sexual Fluids as Medicine

My Granddad held that all our fluids are sexual fluids, Ed and so it is indeed. However because of questions people sent me on my website recently I'll stick for this topic to orgasm fluids and semen.

The taking back on one's own orgasm fluids and moon blood comes as a natural instinct to most people who aren't indoctrinated into considering their body as dirty. It is a powerful self repairing medicine, especially for all psychological and hormonal imbalances.

Sexual fluids are genetic code and we must never have anyone's but our own parents, soulmate and children's. In modern times, sexual fluids of generic humans, animals and so on are widely used and believe me, this will always backfire. It is a very foolish thing to treat any living being's DNA as a soulless dead substance.

I haven't ever read anyone's writing on the topic of the others' sexual fluids as medicine, other than ancient Indian treatises where the combination of "menstrual flowers" with "amrita" (female orgasm fluid) and semen is considered the highest form of medicine – not just for the body but for the entire being of the person, and his advancement in pursuits of the spirit.

In those ancient books, typically written by men for men, they pretty much recommend that someone has a "willing" "Shakti" (Shakti means energy and woman= energy. Shiv means man and man is the one who uses or moves energy by his will. That's the basic theory of those texts anyhow.)

So the man has to have a willing and interested woman, and he has to give her gifts (I'm not kidding, it's written in those texts) of jewellery and clothes and meat (again, not kidding, that's exactly what's specified). He has to make her happy ie., (considering he's going to taste the flowers of her body later he might as well ensure its going to be pleasant.



And then he acknowledges her as the embodiment of the female Goddess or deity and she does the same of him. (You see where the gifts come in handy LOL). Well anyway, they worship each other. And then they “partake” of the mixture of their sexual fluids.

This is the basis of all ritual in every religion in ancient times. It’s gotten hidden and watered down, and all that through the centuries.

One text says, “And so Rama worshipped Sita, and became Shri Ramachandra., And so Krishna worshipped Radha and became Shri Krishna.” What they mean is that the mortal man became the “Shri” or Auspicious carrier of Life Force and therefore the stuff of legend.

Further texts go on to document how demons are always striving to con men and women into doing these rituals mechanically to manipulate the divine energy for various uses and how it always ends in disaster.

It’s the singlemost important that anyone who wants to use sexual fluids should know. That if the Amrita is ill-gotten, or deception is used at any point whether by the man or the woman, the results are terrible.

Just normal sex and making love is so powerful that people just know if they’re meant to be with someone or not by how they feel after. So using a partner’s sexual fluids without their permission, or arriving at orgasm without actually being fully entwined with the person you’re with, for example, thinking of another person; all that can be devastating to a person’s energy field even if they manage to pull off a good feeling in the moment.

The book of “Song of Solomon” in the Bible says over and over, “Do not awaken love until it so desires.”

It is so important to realize that you can’t just find a woman or a man and “decide” to love each other and expect that your bodies will follow your mental decision. It simply DOES NOT WORK THAT WAY.

You don’t choose a partner. You heal yourself and your vibration, so you’re sending out your true vibration, your own, not anyone else’s but your own,

and then you wait for your soulmate's vibration to catch yours and so you find each other.

Granddad drilled this into me over and over. You cannot do it with just anyone. Don't believe one entity that says you can. They're lying.

It could be the journey of a lifetime and maybe lifetimes, but if you want the real thing, you have to make that journey.

About the sexual fluids themselves, Granddad told me that the water of a woman's body reflects the man's energy field. This is why men tend to want a woman to look at them while making love. It's an important thing because her body is capturing his energy field and reflecting it back into all her fluids, like a mirror.

Let's say the man has had various injuries and illnesses in his life. When a woman reflects his energy field, her body sees his energy field as it is in its primal form and reflects that back to him. So his body then gets his own energy pattern back, but the original version, not the one he's been used to living with. This triggers off all kinds of healing as his body changes to match the pattern he's received.

A man's semen takes a longer time to make than a woman's orgasm fluid. This is because his entire genetic code is represented in his semen. All of history if you will. When he's involved with a woman, over many days and weeks of a back and forth communication or energy to and fro with her, his semen begins to fine tune to a particular frequency. His body which is like a drop of water of the universe, takes her body (And being) as the environment of the moment. So his energy field and therefore his semen begins to fine tune a universal energy field to the environment (the woman). His semen has the entire genetic code of humanity fine tuned for the particular environment that the woman's body is.

You can just imagine how "awesomely and wonderfully" made me are Ed, with such wonderful things going into the making of us.

But semen when a woman receives it, when it's made for her, is a complete 360 degree covering and cushioning from every energetic assault, emotional

assault... Just everything. It is a complete protection.

When a woman receives such an influx, it is like a time stamp on her field. Her body ceases to carry her father's genetic fine tunings and now carries her man's genetic code. Her energy pattern changes to fuel and move according to his energy field's leading.

When someone happens to her, he feels it. When he wants or needs something, her soul desire energy flows for the fulfillment of that need.

They become One energy field working on its own seamlessly.

Whether people like it or not, whether it's in fashion or not, Ed, so it has been since time immemorial and so it will be in the future.

The truth is, actually no one does this ritual and becomes One. Those who are already One, will manifest this ritual out of joy as an expression in the body of pre-existing eternal reality.

My Granddad, John Waltham, was 64 when he met his One, who was 81 years young then. They went on to have three daughters. I'm the great granddaughter of his eldest Armone. He told me that when a person sincerely waits for the One for them, it might take a while, maybe lifetimes, but they will find each other and then impossible things will become possible. Granddad lived his dream and told me about it. He really proved in his life the things others talk about, the things others call legends.

He broke it all down for me, Ed, how simple everything is for us as humans. We're as simple yet as wondrous as anything else in nature.

We just have to have faith in God, in nature, in our bodies and be true to our souls. There's no limit to greatness in our world. The universe is not stingy or limited. Every last human's dreams can come true. There's enough and more love for everyone to be fully satisfied.

God has made each person their own soulmate to love and heal them completely and forever.

# About “Menstrual Flowers”

“Menstrual flowers” are the highest form of concentrated human energy. The only equivalent in concentration is bone marrow. However they can destroy the wrong man, a good reason why men in general are told to keep the hell away.

When the right man takes it, it transfers to him primal electricity my Granddad called “Primordial Earth”. It’s the exact energetic opposite of semen, which is a universal genetic code. Menstrual blood is the earth genetic code or the primordial or first earth code. When a man receives this electricity or primal earth vibration, it strengthens his energy field, his genetics, every cell of his, the way a grounding wire stabilizes and strengthens an electric device.

A man’s genetic code is under constant assault these days because for some centuries now, there are various patrilineal lines that are not fully human ones, trying to truncate natural human lines’ code. Just about everything in our modern lifestyle is an assault on the human genetic code. Various poisons in food, unnatural lifestyle, repression of nature, radiation and vibrational assault.

Often a man’s genetic code gets damaged through life, through life’s hard experiences, sexual drains caused by vampirical drains and so on.

Men inherit their genetic code from their fathers and so through time many men inherit already truncated energy fields.

Moon blood however being the first earth electricity, speaks to or wakes up the center of the man’s energy field where his primal genetic memory is. It stimulates the man’s system into regenerating his full genetic code and not just the bits that were passed on to him and which he managed to keep well through life.

It is a full on deep trauma healer; as a result of which and much to the chagrin of many a loving woman, the man could become a totally “new” person and no longer be the brooding angry passive aggressive man she fell in love with. Anything could happen.... No one knows what’s in his “deep genes” waiting to come out. Could be a were-wolf. Just kidding.

Moon blood is a massive anti aging medicine. My Granddad had his wife’s moon blood at a time when he was losing his eye sight. He didn’t tell me what had caused that sort of premature aging but I’m guessing some sort of trauma. Anyhow, he told me he recovered his eye sight and holistic vitality. He never again had a problem with his eyes for the rest of his life. He and I used to play a game where we’d stand in a bus stop and see who would see the number of buses far down on the road before they reached us. He would win invariably even when I was a 10 year old. And he was my Great Great Granddad.

This is just an example Ed. My instinct says these are just the baser “benefits” of moon blood. The real deal is on a whole other level.

We humans are not about just our bodies. We have a whole soul life, an eternal life, this great and magnificent journey. The things of our bodies are not lesser, but totally entwined with the great things of our soul and spirit. Especially our sexual fluids. Eternity is in our sexual fluids. Our vision of our soulmate, the one reason we live and exist as a person, the great love from which we came and to which we return; all of that is in our sexual fluids.

To want to taste or take them with any attitude other than complete surrender to our higher self, surrender of our tiny child mind view of life to the grand big picture of the soul, is doing ourselves a disservice and not really honoring our loved one.

That’s why the book of Song of Solomon says, “Do not awaken Love until it so desires.”

# Thank you

Thank you for reading my little book on First Water.

I write on various matters of holistic healing; information mostly unique to me and my family's traditional understanding of our being's energy processes.

My articles on holistic healing are at my work website – <https://Holistic-Treatment.com> . I also offer email consultation to help people make their own medicine and make herbal treatment salts for treatment of various conditions, through my website.

I am the author of several shadow banned books you won't see advertised or coming up in search results very often. These are listed at <https://CarafAvnayt.wordpress.com> .

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Watch for more at Caraf Avnabt's site.