

Intent List For Water

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Human Potential

1. Abandonment – banish the fear, get rid of phantom attachments
2. Accelerated Beard (Re)growth – (re)grow your beard faster
3. Acts of Kindness – sharing and helping out – helps bring in gratitude & clearance of negativity
4. Addiction (General) – ego, be gone, free the soul for true joy alone
5. Anger/Irritability – stimulus-response mechanism, observation without participation
6. Anxiety/Overwhelm – in the larger scheme of things, it's OK to feel great about your roles
7. Awe – nurture and awaken to the beauty of it all
8. Bad Dream Switcher & Dream Catcher – change the channel to something more fun
9. Bedwetting – symptoms and causations
10. Black Heads Removal – on face neck & other body parts – good riddance
11. Bliss - it's there for all, a wonderful state of being
12. Body Sculpting/Toning – physical appearance changes (patience required)
13. Broken Heart – this is a mend that starts at your centre, the heart, as the overseer
14. Chakra/Crown - open energize balance tune
15. Chakra/Heart - open energize balance tune
16. Chakra/Navel - open energize balance tune
17. Chakra/Root - open energize balance tune
18. Chakra/Solar Plexus - open energize balance tune
19. Chakra/Third Eye - open energize balance tune
20. Chakra/Throat - open energize balance tune
21. Charisma/Magnetism - become the extraordinary person that you actually are
22. Communication Skills – open this sometimes latent ability – let it flow
23. Conceit – you're probably the only one that likes you this way, get over yourself
24. Cool Down Body – feel cooler during hot weather
25. Courage – pure, solid, where you live, and you don't need witnesses
26. Creativity – awaken the creative powerhouse within
27. Dream Enhancement – vivid, even lucid, nocturnal adventures
28. Ego Balance – balance and control – ego is not in charge here
29. Emotional Dependence – yourself is fine and needs no other, build strength and faith in you
30. Emotional Pain – observe more, participate less, get over it
31. Eyesight – ingestion and/or direct application – refresh, rejuvenate and sharpen vision
32. Facial Wrinkles – ingestion and/or direct application – cells reborn, water balanced, skin renewed
33. Fat Loss – burn, baby, burn; fire the body's furnace, burn the excess, cleanse the debris
34. Fear/Phobia – face the demons, the only thing to fear is fear itself, step into your power
35. Fertility – for both men and women
36. Forgiveness – an elementary step...use it to release the bindings
37. Fountain of Youth – bath and/or ingestion and/or direct application – state of mind, the youthful you is still in there
38. Freckle Removal – for those that want them gone
39. General Wellbeing – all is well in heaven and Earth

40. Great Night Sleep – shut it all down, turn off the lights and drift into the dream stream
41. Grounding – refocus to keep the feet on the ground, the spirit will still soar far and wide
42. Guilt - so pointless we can't even go into it...just use it and be liberated
43. Hair Health - just all around well-being for the hair
44. Hair Removal back of hands women – gets rid of it
45. Hair Removal forearms women – gets rid of it
46. Hair Removal Legs – gets rid of it
47. Hair Removal On and around sex organs – gets rid of it
48. Hair Removal Underarm – gets rid of it
49. Hair Restoration – ingestion and/or direct application – sprout some new sprigs up there
50. Happiness - should move you through the trees so that you can see the forest
51. Hearing - tune, tone, listen, the beauty resounds if heard clearly
52. Heat Up Body – also aids circulation to hands and feet
53. Hope – the virtual power of life – does spring eternal
54. Hormones – balance, control, rejuvenate those incredible compounds of being
55. Human Experience – potluck, but inevitably addresses the beauty of being human
56. Impulsiveness (high) – look before leaping, think (if necessary) but don't confuse with spontaneity
57. Impulsiveness (low) – too cautious (?) when sometimes impulses are interesting to explore
58. Increase Testosterone Production – effects muscle mass sex drive & Alpha Male behaviour
59. Inner Beauty – it's there...now just look at it, REALLY look at it
60. Intuition Enhancement – tune into the subtle vibes crossing the airways
61. Jealousy – ego events are often toxic, you have what you need, be yourself
62. Letting Go - betrayal, rejection, guilt, abandonment, resentment, vengeance etc.
63. Loneliness – alone is good, learn to like yourself and explore creativity, revel in who you are
64. Love – the truly divine and eternal principle, let it permeate your being, let it flow
65. Meditation – increase the depth, meaning and effectiveness of your practice
66. Mental Clarity – let the light shine in, clear confusion, focus, use intent purposefully
67. Mental Energy – brain drain stops, revitalize cells, explore life, unleash creativity
68. Muscle Gain – lean muscle mass gain
69. Narcissism – only you and the mirror give a damn but there's hope since you're looking here
70. Natural Hair Colour – it's quite all right if you prefer not to be grey, reawaken pigments
71. Obsessive-Compulsive – wastes too much energy, forget it, let it go, time better spent creating enjoying
72. Oral Health – a rinse will be refreshing, revitalizing and sugar free
73. Passion – find out your passion in life & feel on fire
74. Patience – a Biblical virtue, balance with expectation for non-stressful peace
75. Perfect Facial Skin – acne, scars, wrinkles, moles, black heads, other impurities & signs of aging – Gone
76. Perfect Skin – similar to the intent above, but focussed on all of the skin
77. Personal Power – always there, tune in, feel it, use it, don't abuse it
78. pH Balancing – a vital element of human function, balance, protect, defend from toxins
79. Physical Energy – maximize the use of the marvel of body and mind, a nice way to feel
80. Pride (Self) – ego is an excuse, retarding growth, stamp it out and let the spirit rule
81. Procrastination – don't put it off any longer, just USE it
82. Public Speaking – infuse the throat chakra, step into the power, confidence and ease will follow
83. Quiet Mind - the chatter seems to lose its voice or for that matter anything to say
84. Rejection – don't let the ego respond, move on, who cares anyway
85. Relaxation - a state of blissful repose, recharges the power
86. Retention – for learning, information, the stuff that counts, along with improved access
87. Scars – cells, do your thing, fix the pattern, restore the order (see Trauma for other types)
88. Self-Confidence – you are extraordinary, you can do anything, remember that, feel it within
89. Self-Reverence – love yourself, though hard to do and if you work on it, reverence follows

90. Self-Sufficiency – survival – not requiring any aid support or interaction
91. Selflessness – this is the master key to growth and it can be acquired
92. Sense of Smell & Taste Improvement – nose & taste buds will function better
93. Sex Drive (female) – just crank it up and be uninhibited in exploring it
94. Sex Drive (male) – just crank it up and be uninhibited in exploring it
95. Shame - a part of guilt a disease of humanity a negative to be rid of
96. Skin Radiance – bath and/or ingestion and/or direct application – glow, radiate, smile, love Yourself
97. Stop Beard Growth – slow it down, eventually stop it completely
98. Stress Relief - stress destroys, build a shield against it, empower yourself to the big and little stuff of life
99. Stretch Marks Removal – for those that want them gone
100. Teeth Health – deep cleansing & cavities and gum restoration
101. Teeth Whitening – sparkle and glow, results will show
102. Thumb-Sucking – attachment disorder, move from fear-based responses
103. Vanity – if you want to impress others you’ll have to lose this hook to prove it to yourself
104. Weight Gain – need more, then wear it like a new outfit
105. Wonder – return to and remember the awe of it all as a child would see (also Awe)

Conditions

117. Abdominal Bloating - pain and bloating from water retention or other nongaseous causes
118. Abdominal Gas - gas, pain and bloating from digestive disorder causes
119. Achy Joints – lubricate and rejuvenate, defuse the nerve fibres, symptoms and causations
120. Acne – cellular regeneration, pore cleansing-opening, problem skin, pimples/acne
121. Attention Deficit – pay attention for longer periods of time
122. Boils – hair follicle infection
123. Bronchial – bronchio-spasm, cough bronchial, symptoms
124. Bug Bites and Stings – heal the damage
125. Calcification and any negative consequences – restore health where it’s needed
126. Callus – remove from your hands and feet
127. Canker sore – restore health where it’s needed – also see “Oral Health”
128. Carpal Tunnel Syndrome – restore health where it’s needed – while suppressing any pain
129. Carpal Tunnel – symptoms and causations
130. Cholesterol – blood particles and patterns
131. Chronic Fatigue - create energy, relieve stress
132. Circulation - vascular blood flow
133. Cold - symptoms and causations
134. Constipation – bowel processing redesign for optimal function
135. Cysts – accretion dissolution
136. Dark circles, bags under eyes – return to a fresher healthier appearance
137. Degenerative Back Conditions – restore health where it’s needed
138. Delusional – get in touch with reality or are you choosing it for someone else?
139. Depression - global system balancing
140. Detox Reaction – detox creates waste and sometimes symptoms, remove the waste
141. Detox - general detoxification, heavy metals, environmental habit- produced
142. Diarrhoea - bowel function normalization, symptoms and causations
143. Dry Cracked Lips – you won’t need lip balm anymore
144. Dry Mouth – produce more saliva and fix this
145. Eczema – skin deficiency allergy disorders
146. Eyebrows – restore, regrow eyebrows naturally
147. Eyesight – clearing improvement of vision & related eye disorders

148. Family Communication – improve skills, outlook, and channels, teach and learn
149. Fatigue - reverse tiredness, energize
150. Fever – symptoms and causations
151. Fibromyalgia - symptoms and causations
152. Fingernail Health – strengthen, soften, shape
153. Flu - symptoms and causations
154. Gallstones – gets rid of any abnormalities or hindrances
155. Gout – symptoms and causations metabolic balance
156. Hair Loss – address cause and new follicle response
157. Hand Tremor - symptoms and causations, nerve damaged or inherited
158. Hangover - address “morning after” symptoms and causes
159. Head Tremor - symptoms and causations, nerve damaged or inherited
160. Headache – symptoms and causations
161. Hearing – symptoms and causations, dynamics of the hearing process
162. Heartburn – quiet down the acid magma
163. Haemorrhoids - symptoms and causations
164. Hiccough – if you just can’t seem to stop, this will help
165. Hives – temper allergic response and skin reaction
166. Hyperactivity – pay attention and calm down, but in balance
167. Hypochondria – relax, your health is improving
168. Incontinence – muscle and sphincter control
169. Indigestion – balances enzymes and acids for better digestion
170. Insomnia – sleep hormones require attention
171. Irritable Bowel Syndrome (I.B.S) – restore health where it’s needed
172. Itching – stop the horror!
173. Jet Lag & Flying Comfort – before, during and after air travel
174. Knees Recovery – restore health
175. Low Sex Drive (female) – hormonal and mental balance
176. Low Sex Drive (male) – hormonal and mental balance
177. Lower Back Pain – restore health where it’s needed
178. Menopause – support and balancing that tricky hormonal shift
179. Mood Swings – nervous system balancing, polarity equalizing
180. Motion Sickness – for travel
181. Muscular Pain – restore health where it’s needed
182. Neckline – refines perfects and youthens it
183. Neuralgia – restore health where it’s needed
184. Obesity - heat up the body furnace and burn it off
185. Panic Attacks – calms you down & works at healing the underlying cause
186. Parasites – unaccommodating hosts tend to evict unwanted guests
187. Perfectionism & Fear of Failure – up productivity, you can do it
188. Periodontal Disease – blood flow to gums symptoms and causations
189. pH Balancing - proceed to 7.365 in the blood
190. PMS and Menstrual - balance and calm the hormone response
191. Premature Grey Hair – ingestion and/or direct application – it’s quite all right if you prefer not to be grey, reawaken pigments
192. Razor Burn – shaving – protect heal and thicken the skin
193. Red Eyes – restores normal appearance
194. Rosacea – restore health where it’s needed
195. Runny Nose & Nasal Congestion – breath freely and sleep well
196. Sinus Congestion – symptoms and causations
197. Sleep Apnoea & Snoring – used for both – reduce symptoms – restore health where it’s needed

- 198. Sore Throat – restore health where it's needed
- 199. Spinal Health – straighten out the spine & other spine related problems
- 200. Stomach Ache – wide array of symptoms and causations, but balance is not difficult
- 201. Stress - relax, let it go
- 202. Stubbornness & Selfishness – get over it step into the light
- 203. Stuttering – regain speech fluency
- 204. Sunburn – ameliorate pH, hydration, pain and skin damage
- 205. Swelling – physiologic, chemical & circulatory balancing
- 206. Tennis Elbow – restore health where it's needed
- 207. Toe Nail Health– strengthen soften shape
- 208. Trauma – manage emotional and physical causations
- 209. Ulcers – for all sorts of ulcers
- 210. Unwanted Facial Hair women – finally get rid of it for good
- 211. Varicose Veins – shrink and/or refine
- 212. Warts– it's a viral hosting issue that calls for management
- 213. Yeast (too much) – acid/alkali balance

Physical & Mental Performance

- 271. Athlete's Foot – symptoms and causations
- 272. ATP Production – adenosine triphosphate, muscle and tissue fuel
- 273. Automatic Muscle Growth – for bodybuilding – sometimes you can skip the gym!
- 274. Bone Recovery – help the bone bounce back
- 275. Brain Hemispheric Balancing – analytical and feeling cooperate, optimizing performance
- 276. Burst Strength – lift the bus off the child
- 277. Cartilage Recovery – after the triathlon, assist the cartilage in recovery
- 278. Creatine Production – ATP and creatine are related, but creatine creates muscle mass
- 279. Endurance Strength – strength and stamina for even distribution over time
- 280. Fascial Recovery - assist connective tissue in recovery
- 281. General Physical Energy – overall physical energy for any purpose
- 282. Good Posture – better for your health & looks better as well
- 283. Hyper Energy – effects quite like some energy drinks
- 284. Immune System Boost – increase your disease fighting ability and general health
- 285. In the Zone – Zen in athletic and physical performance, effortless
- 286. Iron Feet, Joints and Lungs – for outdoor expeditions or really long runs and physical training
- 287. Iron Stomach – increased resilience for tough meats, raw plants and raw minerals
- 288. Mental & Physical Development [small children] – including speech, poise and learning to walk, ride a bike and so on
- 289. Mental Energy – sports is as much mental as physical...reach your peak
- 290. Muscle Cramps – crystals, relaxation, symptoms and causations
- 291. Muscle Flexibility – stretch that body as much as you can!
- 292. Muscle Gain – lean muscle mass gain
- 293. Muscle Recovery - quick recovery for back-to-back games
- 294. Neurotransmitter Optimization – Amino Acids (general)
- 295. Neurotransmitter Optimization – Monoamines (general)
- 296. Neurotransmitter Optimization – Peptides (general)
- 297. Optimal Internal Workings – balances everything within your body
- 298. Reading Improvement – comprehension and retention, then speed
- 299. Relaxation – perform without nervousness
- 300. Respiration Optimization – makes several adjustments in the respiratory system for bettering health and flow of energy
- 301. Study Support – focus, cram, stay awake, retain, perform

- 302. Super-hydration – where less water becomes more
- 303. Super-oxygenation – increasing demand doesn't increase the need for more air
- 304. Tendon Recovery - quick recovery for back-to-back games

General Purpose

- 309. Balance in All Things – balance food and other cravings
- 310. Great Mood – lift your spirits
- 311. Headache – symptoms and causations
- 312. Morning Jolt – better than coffee but without the jitters or let down
- 313. Oxygenation – for maximal physiologic use of oxygen & hydrogen
- 314. Pets – fleas and ticks
- 315. Pets – general well-being
- 316. Plants – plants thrive
- 317. Relaxation – unwind, slow down, let go of the day's cares

Mood Altering

- 325. Cosiness & Conviviality – alone or with friends and on special occasions
- 326. Ecstasy – be ready for anything
- 327. Euphoria – usually what we're all after
- 328. Joy – you do remember that feeling?
- 329. Laughter – whether laughing out loud or not, the laugh is still in there
- 330. Peace & Calmness – Fearless – become more of an observer
- 331. Playfulness – everything is being experienced more lightly and childlike
- 332. Relaxant – natural relaxation, no "downers" required
- 333. Social Lubricant – be more sociable, such as can happen with alcohol
- 334. Stimulant – a real, not artificial, means to just feel "up"

Toxic Habits and Environmental

- 337. Air Quality – inhibit damaging effects
- 338. Air Quality – repair damaging effects
- 339. Alcohol – (hangover relief) do the crime, but don't do the time
- 340. Alcohol – inhibit damaging effects before or during use
- 341. Alcohol – repair damaging effects
- 342. Appetite – address loss of appetite
- 343. Appetite – curb or balance an overactive appetite
- 344. Appetite – improve your desire for quality foods
- 345. Bug Repellent – ingestion and/or direct application
- 346. Cigarette Smoking – inhibit damaging effects at all times
- 347. Cigarette Smoking – quit completely or reduce frequency of use
- 348. Cigarette Smoking – repair damaging effects
- 349. Electromagnetic Frequencies – inhibit damaging effects
- 350. Electromagnetic Frequencies – repair damaging effects
- 351. Gambling Addiction – quit while you still can!
- 352. Indecision & Doubt – trust and let go of any outcome
- 353. Mammal Repellent – sprinkle the yard with it from a watering spout
- 354. Nail biting – you will just not do it anymore
- 355. Roach Repellent – ingestion and/or direct application
- 356. Shyness & Paranoia – don't hide your true self!
- 357. Tap Water – inhibit damaging effects from drinking, showering, bathing, cooking

- 358. Tap Water – repair damaging effects from drinking, showering, bathing, cooking
- 359. Worrying and Control Freak Behaviour – instantly clear your head and move on

Super Potent

- 367. Abundance – in all areas of your life, you'll feel and be abundant
- 368. Adventurer and Athletic Performance – increase energy, strength, speed, endurance, healing & decrease fear + protection against physical danger
- 369. Deep Clearing – clears out the deepest of blockages
- 370. Financial Means – money, job and career opportunities
- 371. Flow, Synchronicity and Locked into the Now – quite like an “advanced” type of mindfulness
- 372. Force field: Ascended Space – resets and upgrades energies in the room and/or entire house, everything and everyone's vibration in it will be raised continually after this (also keeps intruders away)
- 373. Force field: Electronic Device Enhancements – undo the damaging effects, use it's electric energy for healing and increasing durability of the devices themselves
- 374. Force field: Garden Enhancements – not just good for the plant life, but you will feel like you're in a bubble of heaven while in your garden
- 375. Force field: Heaven – try it on a room or a space you have in mind, maybe even your entire house
- 376. Force field: Meditation Space – body more relaxed, mind more focussed, intense.. astral projection: easier, benefits go on and on
- 377. Force field: Sleeping Space – advanced healing, regeneration, increased physical and mental energy, decreased need for sleep
- 378. Force field: Transportation (vehicles) – increase ease in ability to drive, safety of the users, joy while driving and anti-theft
- 379. Friendly Relationships – they usually make life more interesting [+ specific charisma enhancements]
- 380. Healing of the Complete Human Being – Clearing, Upgrading, Balancing.. embody your Higher Self!
- 381. Immortality – live the abundant life, happily, healthy, safely and for a VERY long time
- 382. Inner Beauty and Happiness and Emotional Freedom – feel confident, happy and free
- 383. Intelligence + Memory enhancement – you'll get smarter in almost every area you desire, while developing photographic memory
- 384. Less Need for Sleep – wake up earlier and feel more refreshed
- 385. Perfect Health – works on the physical body: removes bacteria and viruses from the body, organs & all senses restored to maximum performance
- 386. Romantic Relationships – find that special someone (or somebodies) [+ specific charisma enhancements]
- 387. Spiritual Power – push entire being to highest vibration possible – this will make a big difference in your personal perception
- 388. Success in Any Endeavour – Ambition + Excitement & Motivation + Personal Power + Breaking Boundaries + Clarity + Hard Work + Flexibility + Determination + Persistence+ Insight + Creativity + Ambition + Willpower + Do Not Waste Any Time + Efficiency + Accuracy + Trust & Positive Attitude
- 389. Youthening – Mental [Feel Younger] + Physical [de-aging + Faster Healing + increase Human Growth Hormone]

Spiritual Purposes

- 391. Astral Projection – explore the Universe in this unique state of mind
- 392. Clairaudience – safely awaken the subtler senses – hearing

- 393. Claircognizance – safely awaken the subtler senses – knowing
- 394. Clairissance – safely awaken the subtler senses – smelling
- 395. Clairgustience – safely awaken the subtler senses – tasting
- 396. Clairsentience – safely awaken the subtler senses – feeling
- 397. Clairvoyance – safely awaken the subtler senses – seeing
- 398. Emotional Body Clearing – clears out all the unwanted stuff, bring in higher emotions
- 399. Energy Body Clearing – clears out all the gunk, brings all chakra's to maximum potential at any given time
- 400. Energy Master – gather unlimited energy and be able to use it masterfully for anything you want
- 401. Evolve DNA – to it's maximum potential
- 402. Heart Activation – releases all the negative emotions and other crap, then brings out the highest possible joy here
- 403. High Definition Lucid Dreaming – ability to direct extremely vivid dreams
- 404. Higher Level Help – calls towards etheric beings for any help you might need and increases your psychic communication channels
- 405. Higher Self Activation – rapturous love, higher mind awakening, ultimate guidance system, gratitude, compassion, forgiveness
- 406. Insight Nature Reality – discover your life purpose & see how things connect and why
- 407. Kundalini Activation – for a safe and gradual Awakening
- 408. Negative Entity Removal – de-possession
- 409. No Self Realization – more than just Oneness – go deep down the rabbit hole!
- 410. Personal Merkaba activation – takes you where you want to be, into the life you are wanting
- 411. Psychic Protection – this makes you temporarily invisible for negative entities, people & their attacks
- 412. Remote Viewing – a finer form of astral projection
- 413. Spiritual Crisis and Psychosis Management – returns mental stability & builds a temporary wall in your mind, so you can take a break from intense pain and fear
- 414. Unconditional Love/Bliss 24/7 – boosts and builds the feeling of love energy
- 415. Water Spray – Clear & Raise the Energy in a room – lift the general energy mood and ambience to higher realms

Cleanse and Rejuvenate

- 416. Adrenals
- 417. Appendix
- 418. Arteries
- 419. Bladder
- 420. Blood
- 421. Bone
- 422. Bowel
- 423. Brain
- 424. Breasts
- 425. Cartilage
- 426. Cervix
- 427. Colon
- 428. Eyes
- 429. Fallopian Tubes
- 430. Gallbladder
- 431. General
- 432. Heart

- 433. Hips
- 434. Hypothalamus
- 435. Intestines
- 436. Joints
- 437. Kidneys
- 438. Larynx
- 439. Liver
- 440. Lungs
- 441. Lymphatic System
- 442. Oesophagus
- 443. Ovaries
- 444. Neck & Shoulders
- 445. Nervous System (central)
- 446. Nervous System (sympathetic)
- 447. Nervous System (parasympathetic)
- 448. Pancreas
- 449. Parathyroid
- 450. Pineal
- 451. Pituitary
- 452. Prostate
- 453. Reproductive Organs
- 454. Sinuses
- 455. Skeletal System
- 456. Skin
- 457. Soft Tissue
- 458. Spleen
- 459. Stomach
- 460. Subtle Bodies
- 461. Testicles
- 462. Throat
- 463. Thymus
- 464. Thyroid
- 465. Tonsils
- 466. Urethra
- 467. Uterus
- 468. Veins

Miscellaneous

- 469. Deodorant – sweat less & stay fresh longer
- 470. Essential Oils: Frankincense – takes the essence and puts it into your water
- 471. Essential Oils: Lavender – takes the essence and puts it into your water
- 472. Essential Oils: Lemon – takes the essence and puts it into your water
- 473. Essential Oils: Oregano – takes the essence and puts it into your water
- 474. Essential Oils: Peppermint – takes the essence and puts it into your water
- 475. Essential Oils: Rose – takes the essence and puts it into your water
- 476. Essential Oils: Tea Tree Oil – takes the essence and puts it into your water
- 477. Fasting Support – see it through to the end
- 478. Flower Remedy: Agrimony
- 479. Flower Remedy: Centaury
- 480. Flower Remedy: Cerato
- 481. Flower Remedy: Chicory

- 482. Flower Remedy: Clematis
- 483. Flower Remedy: Gentian
- 484. Flower Remedy: Impatiens
- 485. Flower Remedy: Mimulus
- 486. Flower Remedy: Rock Rose
- 487. Flower Remedy: Scleranthus
- 488. Flower Remedy: Vervain
- 489. Flower Remedy: Water Violet
- 490. Flower Remedy: Gorse
- 491. Flower Remedy: Heather
- 492. Flower Remedy: Oak
- 493. Flower Remedy: Olive
- 494. Flower Remedy: Rock Water
- 495. Flower Remedy: Vine
- 496. Flower Remedy: Wild Oat
- 497. Increase Incoming Cash Flow – more money, now!
- 498. Increase Positivity & Positive Suggestibility – for personal development and psychic field integration purposes
- 499. Long & Thick Eyelashes – no more expensive salon visits
- 500. Maturity & Best Behaviour [children and adolescents] – we all have to grow up some day
- 501. One with Nature – increase connection with trees, rivers, plant life and nature spirits etc.
- 502. Physical and Mental Rehabilitation – be it from sports injuries or grave physical accidents – get body and mind to peak performance again
- 503. Separation Anxiety [small children] – you can leave them in their own company now
- 504. Shampoo & Body Soap Enhancer – neutralize harmful effects of ingredients & increase skin and hair health
- 505. Sleeping through the night – for babies and children
- 506. Sun soak & Sunscreen – enhance the body's ability to absorb sunrays in a healthful manner
- 507. Vitamin A (Retinol)
- 508. Vitamin B Complex
- 509. Vitamin B1 (Thiamine)
- 510. Vitamin B12 (Cobalamin)
- 511. Vitamin B2 (Riboflavin)
- 512. Vitamin B3 (Niacin)
- 513. Vitamin B5 (Pantothenic Acid)
- 514. Vitamin B6 (Pyridoxine)
- 515. Vitamin B7 (Biotin)
- 516. Vitamin B9 (Folate)
- 517. Vitamin C (Ascorbic Acid)
- 518. Vitamin D (Calciferol)
- 519. Vitamin E
- 520. Vitamin K

Abilities

- 538. Acrobatics – Increase performance of extraordinary feats of balance, agility, and motor coordination
- 539. Acting – you are a natural
- 540. Artistic abilities – discover what it is to be a real artist (painting or whatever you would like to improve at)
- 541. Contagious Laughter & Comical Entertainment – this should be a lot of fun, any time!
- 542. Critical Thinking & Problem Solving – have deep insight and learn to think for yourself

543. Dancing – having the time of your life!
544. Dowsing Skills – let your intuition be your guide in searching for things or getting answers
545. Empathy – identification with and understanding of another’s situation, feelings and motives
546. Energy & other Healing work – by helping others you heal yourself as well – drastically increases quality and quantity of energy
547. Good luck in general – have things go your way more often
548. Gratitude – be thankful for what you are and what you have
549. Imagination – unlimit yourself
550. Internal Compass – for navigation – you know and remember the way – intuition enhancements
551. Leadership – awaken and strengthen specific leadership qualities
552. Motor Skills (gross & fine) – this will eventually increase your productiveness
553. Musical Instruments & Coordination – especially helpful when you’re in a band
554. Night vision Improvement – see much more clearly at night
555. Optimism – focus on the good side of things
556. Organizing – you know how to handle things
557. Passion & Willpower – also see “Success in Any Endeavour”
558. Singing – bring out the best of your voice
559. Socializing, Communication & Conversational Skills – always comes in handy
560. Specific Manifestation work – get out of your own way and trust whatever it is you want, is coming
561. Sports Enhancement – be good at any sport, also see “Adventurer & Athletic Performance”
562. Swimming – for learning to swim
563. Writing talent – for either journalism or writing a novel

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