



# The Campbell M Gold Newsletter

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**Vol. 07 - Issue 03**

**Campbell M Gold**

**Consultant**

**Self-Help and personal Development through  
New Thinking, and Hypnosis and Subliminal  
Programs**

**Just the Facts...**

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## **Welcome**

Welcome to another newsletter...

In this issue we will take a look at the amazing "Blue Water".

As always, no hugs, just the facts... So let's jump right in...

Kind regards,

**Campbell M Gold**

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## **Keep Up-to-Date**

**The Health Information reflected in this Newsletter is subject to change.  
Please visit the "Health Archive" on our website for the latest updates to  
the various subjects:**

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# The Amazing Blue Water

## Introduction

It is not known when the special properties of blue glass were first discovered and utilised; however, in esoteric circles, blue glass (especially Bristol Blue Glass) has been used to enhance spirit vision and the charging of various materials 'since the eighteenth century'. I first came across the blue glass phenomena in the early 1970s where it was used to view spirit phenomena in the physical plane, and to act as a 'charging lens' to focus sunlight on various materials. This included water, and the creation of 'Blue Water'.

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## What is Blue Water?

Blue Water is created by placing water (typically spring water - tap water should not be used because of its negative chemical content) in a blue (especially Bristol Blue) uncapped glass bottle, and exposing it to direct sunlight for 90 minutes.

A small inverted glass may be placed over the neck of the bottle to prevent ingress of foreign material.

Correct placement of the bottle and contents, during 'charging', is confirmed by a translucent blue light/shadow being cast by the sunlight passing through the bottle and water (See picture right - note the shadow and the light).

Following exposure it is recommended that the bottle be capped (use only a non-metal cap or a cork) and placed in a refrigerator.

### **IMPORTANT NOTE**

**The Blue Water should be kept in the original bottle until needed, and it must not come into contact with any metal implements or objects.**

**Excessive decanting, or contact with metal objects, will completely 'discharge' the Blue Water of all its properties.**



In consequence of 'exposure' with direct sunlight, it is claimed that the water becomes 'highly charged' and has 'amazing healing properties'.

Many people who have tried it have called the Blue Water the 'Fountain of Life'.

It has also been said that drinking chilled Blue Water is like drinking 'pure light'.

It is recommended that the Blue Water be sipped or drunk from a small clean glass, while visualising the desired result.

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## How Does Blue Water Work?

Blue Water works in concert with the individual's genesis field and subconscious mind, causing a resultant, and sometimes dramatic, healing effect.

Moreover, the healing effect can be enhanced by visualisation and other techniques which program or focus the individual's subconscious mind.

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### Frequently Asked Questions - Blue Water

Q: Is Blue Water safe?

A: Blue Water is completely safe, being only water (preferably spring water) which has been energised with sunlight filtered through blue glass. Nothing is physically added to the water; Consequently, Blue Water is completely safe, experiment with it yourself and see what it can do for you.

Q: What is the 'shelf life' of Blue Water?

A: Blue Water should be used within four days of it being charged. After that, the 'charge' starts to dissipate, and the Blue Water reverts back to its original form.

Q: Can the same water be recharged if I have not used it all?

A: Yes, the water is like a rechargeable battery, and it can be repeatedly charged until it is used.

Q: Does Blue Water need to be refrigerated?

A: No, Blue Water is equally effective at room temperature or refrigerated. However, it has been said, by some individuals, that drinking 'chilled' Blue Water is like drinking 'pure light'. The key is to see what works for you, and whether you have a preference for room temperature or chilled Blue Water. For topical [pertaining to the surface of a body part] use, room temperature Blue Water is recommended.

Q: If the water is charged for more than 90 minutes, will it be even more 'potent'?

A: No, once the water is fully charged (90 minutes is optimal), its 'potency' will not be increased any further. However, charging the water for more than 90 minutes will have no detrimental effect. (Picture Right – Fully Charged Water)

Q: Is it true that the properties of the Blue Water become compromised if there is contact with metal?

A: Yes, any contact with metal objects will cause the Blue Water's energy to be completely discharged.



Q: Is Blue Water really therapeutic?

A: It is believed that all states of dis-ease will positively respond to Blue Water. Further, it has been noted that Blue Water can greatly augment the body's own natural healing processes.

Q: Will Blue Water help me to sleep?

A: A glass of Blue Water at night is reputed to help with insomnia.

Q: Can Blue Water be used on wounds?

A: Yes, wounds, cuts, and abrasions, are reputed to respond well, when gently bathed with Blue Water. It has also been reported that adding a few drops of Tea-Tree and/or lavender aromatherapy oil to the Blue Water produces a very effective external cleansing and healing agent.

Q: Can Blue Water be used as a mouth wash and gargle?

A: Yes, Blue Water is suitable as a mouth wash or gargle. Further, it has been reported that by adding two drops of Tea Tree aromatherapy oil to half a glass of Blue Water a very therapeutic mouth wash and gargle is created. This preparation is also very good to gargle with for a sore throat.

Q: Will Blue Water interfere with other medication(s) I may be taking?

A: No; Blue Water will not interfere with other medication(s); in fact, it is suggested that medications of all types (allopathic, alternative, natural, and supplements) will be enhanced when taken with Blue Water.

Q: Will Blue Water interfere with other any therapies that I might be undergoing?

A: No, it is suggested that all therapies will be greatly augmented when Blue Water has been taken

Q: May I add other things to the Blue Water?

A: It has been reported that fruit juice, Bach Flower Remedies, homeopathic preparations, etc, have been augmented by the Blue Water. Because Blue Water has no other additives, and will augment the properties of anything which is added to it, experiment with it and see what it can do for you.

Q: I hear that Blue Water can be used to stimulate the skin and hair; and to bathe the eyes, and cleanse the mouth, etc - is that true?

A: Yes, Blue Water can be used in all those instances.

Q: Is it safe for pets and other animals to drink Blue Water.

A: Yes, all animals appear to benefit, as do humans, from Blue Water.

Q: Can I use Blue Water on plants?

A: Yes.

Q: Will Blue Water help with spirit development?

A: Yes, visualisation will be enhanced, spirit sensitivity will be increased, and intuition and spirit vision will be augmented.

Q: I have heard that other colours can be used to 'charge' water, is this true?

A: In the author's experience, only Blue Water was found to be therapeutic, and is the only one he recommends

## **Conclusion**

As with many alternative methods, Blue Water is a subjective subject; consequently, because of its complete safety and ease to produce, it is recommended that you experiment with Blue Water yourself, and see what it can do for you.

I wish you every success and good health.

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## **Appendix - What is Bristol Blue Glass?**

There are no reliable records confirming when Bristol Blue Glass was first manufactured. However, in the late 1700s, Richard Champion, a Bristol porcelain manufacturer, and William Cookworthy, a chemist, obtained high quality cobalt oxide from Saxony, France, to develop a special blue glaze for white porcelain. And it is speculated that this was also the beginning of 'modern' Bristol Blue Glass (cobalt oxide is used to create the deep yet bright blue, and 24% lead oxide is also added).

As a consequence of the high quality, consistency, and haunting beauty of the glass, it rapidly gained popularity, and was in high demand. The most noted makers of Bristol Blue Glass were Lazurus and

Isaac Jacobs, and during the 1780s their company held a royal warrant, and they made glass for the aristocrats and royalty of Europe.

At the height of Bristol's glass industry, there were over sixty glass houses, and they exhibited their fine work at the Great Exhibition of 1851. Unfortunately, times and tastes changed, and production of Bristol Blue Glass faded out in the early 20th century. However, today there is again the production of Bristol Blue Glass, by two Bristol, UK, based glass companies - 'Bristol Blue Glass' in Brislington, and 'Bristol Blue Glass Southwest' in Fishponds.

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### **Appendix - Anecdotal Claims (for interest only)**

The following information is anecdotal, and is for interest only. Moreover, the source and the claims are unverified; and in the author's experience, only Blue Water was found to be therapeutic, and is the only one recommended by him:

#### **Blue Water Uses**

Liberally use as a wash for rough dry skin, large pores, yellowish complexion, red inflamed eyes, chapped hands.

Be careful of using on light hair as it tends to darken it. Thus hair may be darkened by the use of Blue Water and lightened by the use amber charged water. The Blue Water can be used in conjunction with your regular soap or shampoo.

For dandruff and other flaking conditions of the scalp, rub the Blue Water in with the fingertips, and massage the scalp thoroughly (if not too tender). This treatment is also effective for bald spots.

Massage flabby flesh with Blue Water and use for excessive perspiration.

Blue Water is an antiseptic and astringent, and it 'is better than tooth powders, liquids and pastes for cleaning teeth and using as a mouth wash. It destroys germs, hardens the gums, and sweetens the breath.'

Use in a footbath for sore tired feet - it 'will make them feel like dancing.'

Use Blue Water for shaving, and note the refreshing lift it gives to your face.

For wounds or sores, Blue Water is an excellent wash.

Blue Water with a little lemon juice added will cause freckles to disappear 'like magic'. Simply wash the skin and let it dry.

A cloth wrung out of Blue Water, and placed on the forehead, will relieve a normal headache in a few minutes.

For colic in babies, give one teaspoon of Blue Water every 15 minutes - 'the effect is marvellous'.

Snuff a little Blue Water up the nose for catarrh or sinus problems. For sore throat, use Blue Water as a gargle.

Sip Blue Water every few minutes for indigestion and gastritis. For inflamed gums, sore mouth, etc, hold Blue Water in the mouth for a few minutes, then spit it out.

Use Blue Water in an eyecup or dropper to cure inflamed eyes, and to strengthen weak eye muscles.

Blue Water 'will readily cure inflammatory conditions of the womb or rectum and is especially go for such conditions when freshly charged.'

'For nervous people, a small glass of Blue Water after meals will be found to be exceptionally fine to restore harmonious balance.'

Small doses, of Blue Water, at intervals of an hour, will cure diarrhoea, dysentery, inflamed and painful stomachs, and cancerous skin growths.

For insomnia - a glass of Blue Water at night.

'All in all, Blue Water is the best antiseptic, astringent and sedative that may be found in all of nature.'

'There are many other things that Blue Water is good for, which are too numerous to mention.'

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### Other Colours

Colour	Use
Amber	Lightening hair and arousing sluggish skin, when the skin is inactive. Good for dandruff and baldness, as well as a nasal douche for catarrh or sinus trouble.
Red	Contains much of the iron element, and is excellent for dormant, inactive stomach conditions, where the irritation is not too great.  In cases where irritation is shown, the Purple water would be better, until the irritation is removed, then use the Red.
Red	Excellent for inactive skin, but is best to alternate it with Blue or Purple water once a week.
Green	Is also a fine narvine [?] but for all ordinary purposes, the Blue will suffice. should never be used unless the exact condition of the patient is known.
Orange	It acts as a powerful laxative, therefore it is best not to use it, and the Amber and Blue will suffice in 99 percent of the cases.

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## Health Bite

### Classification of Body Temperature

What is classified as "Normal" Body Temperature?

Normal body temperature is a range, with variances by site and by age.

The following information notes normal temperature ranges by site and by age:

### Normal Body Temperature Ranges by Site

Oral:	35.5 - 37.5 C	95.9 - 99.5 F
Axillary:	34.7 - 37.3 C	94.5 - 99.1 F
Rectal:	36.6 - 38.0 C	97.9 - 100.4 F

### Normal Body Temperature Ranges by Age

0 - 2 years	36.4 - 38.0 C	97.5 - 100.4 F
3 - 10 years	36.1 - 37.8 C	97.0 - 100.0 F
11 - 65 years	35.9 - 37.6 C	96.6 - 99.7 F
> 65 years	35.8 - 37.5 C	96.4 - 99.5 F

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## **IMPORTANT**

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Thank You

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