

WATER RESOURCE KIT

COMPILED BY MEMBERS OF THE GLOBAL ALLIANCE FOR A WORLD WATER LAW



WATER RESOURCE KIT

An evolving, co-creative initiative
by members of the [Global Alliance for a World Water Law](#)

INTRODUCTION

What does humanity need to learn about Water to be able to support our individual, collective and planetary healing, and take up our role as healthy citizens for a healthy Earth?

This **Water Resource Kit** offers a free and accessible portal into the unfathomable world of Water – for all levels of interest and knowledge. It provides links of videos, articles, websites, organizations, courses, etc. to some of the most inspiring, educational, engaging and practical information about Water and Water Stewardship.

The information shared in this Resource Kit offers a distilled “tip of the iceberg” of Water knowledge and wisdom. You will soon be able to explore the [World Water Community Resource Library](#) for many more resources that are shared, discussed and curated by the community.

If you wish to propose and/or help curate other resources – or if you wish to propose resources in your own language – please join the [Water Resource Kit group](#) on the [World Water Community](#).

The Water Resource Kit supports the global adoption and implementation of the [World Water Law](#).

The proposal for a World Water Law offers four common sense principles as the foundation for a whole-system approach to rapid social and ecological regeneration:

1. the uncompromising protection and restoration of all natural Water sources, Watersheds, aquifers, rivers, lakes, wetlands, estuaries and oceans
2. the rewilding of ecosystems, necessary for the restoration of the planetary Water Cycle
3. the guaranteed, free access of all humans and animals to natural, uncontaminated Water
4. citizen-led self-organization to hold all governments, corporations, communities, and individuals fully accountable for their impact on all Waters everywhere.

The [Global Alliance](#) for the implementation of the World Water Law is a growing global movement of individuals, groups and networks coming together to work towards this shared vision. The [World Water Community](#) is the online platform for connecting, forming groups, sharing ideas and resources, collaborating and organizing.

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- Share and promote this kit
- Start or join a local Water community-based initiative
- Fill out and share the World Water Survey (to come)
- [Explore and share content from the World Water Law Media Kit](#)
- [Water Network Online Platforms](#)
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LET'S DIVE INTO WATER ...

Water isn't just for drinking and washing.

Water has its own Spirit.

Water is alive. Water has memory.

Water knows how you treat it. Water knows you.

You should get to know Water too.

~ Wabinoquay Otsoquaykwhan, Anishinaabe Nation



Indigenous Wisdom and Right Relationship with Water

Speaking to the Water with Pat McCabe – How to tap into the magic and mystery of Water. A powerful story from Pat McCabe, a Navajo and Lakota activist. (5 mins)

One Word Sawalmem ~ "Sacred Water" – What is one word from your ancestral language which changed your life and which you can offer to humanity as medicine to heal our relationship with the Earth?



Foundational Resources

Webinars from Water researcher, Jen Isabel Friend:

Living Liquid Crystal Webinar (70 mins)

Aquatic Body Webinar (60 mins)

The Fourth Phase of Water: Dr. Gerald Pollack at TEDxGuelphU – Does Water have a fourth phase, beyond solid, liquid and vapor? University of Washington Bioengineering Professor Gerald Pollack answers this question and intrigues us to consider the implications of this finding. Not all Water is H₂O, a radical departure from what you may have learned from textbooks. (24 mins)

What is the Water Paradigm? – Charles Eisenstein shares about his discovery that many of the things that are blamed on global warming are actually, to a large extent, caused by disruptions in the hydrological cycle. (15 mins)



Water and Consciousness

Dr. Emoto: Dr. Masaru Emoto became interested in the life energy in Water and began to investigate the crystallization patterns within it from pure and polluted sources. He discovered how intention, words and music affect the molecular structure of Water.

Masaru Emoto – Water Experiments

Masaru Emoto – Water is Life

Veda Austin – Discover the ground-breaking research of Water crystallographer, Veda Austin. You can find an abundance of short videos and information on her website:

www.vedaaustin.com

Veda Austin has demonstrated how Water responds to our thinking, in ways that I and others would have thought unimaginable. It now falls within the realm of science to see if we can explain what Austin has so beautifully demonstrated.

~ Prof. Gerald H. Pollack, PhD, author of *The Fourth Phase of Water*

The Consciousness of Water with Bernd Muller – Could we heal the world, if we changed our attitude to Water? (3mins)



Memory and Structure of Water

Water Memory (2014 Documentary about Nobel Prize laureate Luc Montagnier) – Water has the ability to reproduce the properties of any substance it once contained. (52 mins)



Water has memory II – Prof. Bernd Kroeplin Water research Germany – Water stores more information than we expected. It reflects the impacts of flowers, stones and emotions (love or shock), music (classic or rock), mobile radiation and the impact of thoughts by changing the structure in the droplet. (19 mins)

Structured Water Videos – Understanding structured water.

The Mysterious Anomalies of Water

64 Anomalies of Water

41 listed [HERE](#)

Water and Health

Water is the source, sustenance, medicine and primary unifier of all Life. 99% of the molecules in our bodies are Water. Natural,

uncontaminated Water is the basis for our survival and health...
Healthy and abundant Water for all leads to healthy ecosystems,
healthy food systems, healthy bodies, healthy minds and healthy
cultures. When we learn to live in right relationship with Water, we
learn to live in right relationship with all of Life.

~ From World Water Year 2021

Personal Health

Before we explore how Water is essential to personal health and well-being, let's begin with a bit of a reality check to help keep things in perspective.

1. Today, more than 2.1 billion (30% of all) people do not have access to safe drinking Water.[\[1\]](#)
2. Globally, Water pollution accounts for 80% of all infectious and deadly diseases.
[\[2\]](#)
3. Bringing Water and sanitation to every human being on the planet would cost \$10 billion a year.[\[3\]](#) That's about 0.77% of the annual income of the pharmaceutical industry and about 0.52% of the annual military expenditures.

In this day and age of multi-billionaires, space travel, super structures, unprecedented innovation and exponential technologies – how is it that we, as a species, haven't been able to ensure the most basic need and right to Water for all humanity?

Hydration

You are not sick, you're thirsty. Don't treat thirst with medication.

~ Dr. Fereydoon Batmanghelidj



Dr. Batmanghelidj spent three years as a political prisoner in an Iranian prison where he discovered that without access to medicine, prisoners responded to Water to cure

their ailments. He devoted the rest of his career to testing the limits of Water's healing capacities and studying the physiology of dehydration. He was able to directly trace nearly every single ailment back to an underlying issue of Water metabolism disturbance. In 2008 he published a pioneering book called [Your Body's Many Cries for Water](#). Since then, the research on the curative medicinal benefits of hydration have been confirmed and deepened.



Here's a [transcript](#) of lecture Dr. Batmanghelidj gave at the Governmental Health Forum in 2003.



Learn about the latest research and evolution of Dr. Batmanghelidj's acclaimed [Water Cure](#).

Did you know that an apple or cucumber is MORE hydrating than a bottle of Water? Why? The fiber in the apple helps keep the hydration in you longer, releasing it over time. Tap or bottled Water can run right through you in as little as ten minutes. But even more importantly, the juice of that apple or cucumber has natural electrolytes, minerals and nutrients that create an electric charge missing from tap and bottled Water. That charge is what makes hydration fuel and gets hydration inside your cells. Your cells then have the energy and organization they need to work in synergy with each other.

That's why hydration is so important.

~ From the [Hydration Foundation](#)



[Hydration: Tap into the Energy of the Universe](#). Insights from Dr. Zach Bush about Structured Water.



Read [Dr. Zach Bush's Hydration Series](#)



To learn from leading experts about the ways and benefits of proper hydration (and so much more!) join the **free** [Hydration Solution Summit](#)



7-Day Water Experience – Eat whatever you usually eat, but for 7 days ... *Just Drink Water*. Hydrate yourself, cleanse your system and give your body a break from coffee, soda and alcohol ... and in the process, expand your understanding of what Water is.



Quench Your Thirst ~ Hydration Checklist – A quick guide from **Water is Life**



See also **Taking Control of Your Drinking Water**

Collective Health

Do unto those downstream as you would have those upstream do unto you. ~ Wendell Berry

Perhaps now more than ever, we are learning how personal health is deeply interconnected and interdependent with collective health and the health of the entire community of Life. Guaranteed access to natural, uncontaminated Water for every human, animal and ecosystem is the single most impactful action we can take as a species to ensure the health and well-being of All Life.



Courage to Imagine : Imagine a World with Clean Water (1 minute)

Planetary Health

As we learn the interconnections of personal, collective and planetary health, and we recognize that all Water is planetary Water, we inevitably come to understand that the only way to ensure healthy, vital Water for all living beings is through the fullest possible healing and regeneration of the entire biosphere. To restore the health and biodiversity of ecosystems, and balance the climate, we need to restore the Water Cycle – and this primarily involves rehydrating the land. Ecosystem restoration, Water-retention landscapes, reforestation and agroforestry are some of the most immediate and effective ways for healing the damage we caused to the biosphere.



Healing Communities and Ecosystems with Water Restoration: with Water-based Ecosystem Healer, Zach Weiss. The actual (awesome) presentation ends after about 60 minutes. So worth it!



The New Water Paradigm Global Climate and Ecosystem Restoration by Bernd Walter Müller



[A New Water Paradigm ~ Water for the Recovery of the Climate](#) by Michal Kravcik
(English and Slovenian)

Threats, Challenges and Solutions

The long predicted human apocalypse that is rapidly approaching now is not the result of an asteroid, or a nuclear bomb, but our destruction and disconnect from the very fabric of biology – Water.

~ Dr. Zach Bush

The threats to Water are worsening and multiplying globally and daily. Below is a list of some of the primary worldwide threats. It's important to note that each of these attacks on Water create a domino effect of destructive impacts on our personal health, communities, animals and wildlife, ecosystems and the ecology as a whole. Ultimately, because these threats are global and affect all of Life, we need to look at ways to address these challenges at the root level. In other words, to eliminate the cause.



The proposal for a **World Water Law** offers a whole-system solution that simultaneously addresses all threats to Water, while creating the cultural conditions for all the best solutions to be implemented in the shortest possible time. **To join the Global Alliance for a World Water Law and get involved click [HERE](#).**

Overview of Threats (Recommended Documentaries)

This table offers videos (and some articles) – short and long – to learn more about each threat, along with a video of a solution or inspiring story about how the threat is being addressed. For more documentaries on Water (and more) you can explore the extensive library of [Films for Action](#).



Essential Viewing:

[FLOW: For Love of Water](#) (83 mins) – 'Flow' confronts the disturbing reality of how the earth's fresh Water supply is dwindling and how greed is the cause.

[Nature's Solution to the Water Crisis](#) (1 min) – short, sweet, simple and straightforward.

TYPE OF THREAT	SURFACE LEVEL	DEEP DIVE	SOLUTIONS
Industrial Agriculture	<u>Troubled Waters: New Zealand</u>	<u>Troubled Waters: A Mississippi River Story</u> (trailer)	<u>Life in Syntropy</u>
Animal Factory Farms	<u>Spy Drones Expose Smithfield Foods Factory Farms</u>	<u>A River of Waste: The Hazardous Truth About Factory Farms</u>	<u>In two minutes, we're going to tell you how we can end factory farming.</u>
Dams	<u>Dams are not "green"</u>	<u>DamNation</u>	<u>After Largest Dam Removal in U.S. History, This River Is Thriving</u>
Mining	<u>Living Without Water: Contamination Nation</u>	<u>Hidden Valley</u>	<u>Coconut Revolution</u>
Plastic Pollution	<u>The Story of Plastic (Animated Short)</u>	<u>Plastic Paradise: The Great Pacific Garbage Patch (2013)</u> (trailer)	<u>The Incredible Transformation Of World's Most Polluted Beach</u>
Power Plants	<u>End of the Miracle Machines – Inside the Power Plant Fueling America's Drought</u>		<u>Energy from Water? What is the Fourth Phase of Water? with Dr Gerald Pollack</u>
Deforestation			<u>Sadhana Forest – Greening the Planet from the Grassroots</u>

Tap Water Contamination and Fluoridation	<u>Tap Water Standards</u>	<u>Fire Water: Australia's Industrial Water Fluoridation Disgrace</u>	<u>Water Today ~ Canada</u>
Commodification / Water bottling	<u>Blue Gold: World Water Wars (trailer)</u>	<u>Tapped</u>	<u>Our Water, Our Future</u>
Aquifer depletion / Water scarcity		<u>A World Without Water</u>	<u>India's Water Revolution #1: Solving the Crisis in 45 days</u>
Fossil fuel extraction	<u>Fracking Hell</u>	<u>Gasland</u>	
Industrial and Chemical waste	<u>RiverBlue</u> (trailer)		
Radiation Contamination	<u>This Concrete Dome Holds A Leaking Toxic Timebomb</u>	<u>Fukushima and Our Radioactive Ocean</u>	
Oil leaks / spills	<u>The Big Fix ~ I Trailer</u>	<u>The Dirty Secret At the Bottom of the Great Lakes</u>	
Pharmaceutical contamination	<u>Pharmaceutical Contamination of Water</u>		
Electromagnetic Radiation	<u>EMR Effects on Water</u>	<u>EMR Effects on Blood Cells</u>	

Solutions for Healing Earth's Water Cycle

Protecting and Restoring Waterways and Water Bodies



Protection

[INVISIBLE HAND](#) – Rights of Nature Documentary (trailer)

[Our Water, Our Future](#) – the story of unlikely activists and their advice for communities facing Water grabs around the world.

[The Voice of a River](#) – In 1979, Mark Dubois chained himself to a rock behind New Melones Dam in the USA's Stanislaus River Canyon and threw away the key. (12 mins)

[An unfolding story of ocean restoration](#) through emotional and creative collaboration with Nature. Told in situ on the beautiful Coast of Habata, Baravi, Fuji.



[Map: Who Protects Water?](#) – An inspiring map of hundreds of groups working to protect Water in the US, from the [River Network](#)



Restoration

[How We're Removing 1 Million Pounds Of Plastic Out Of The Ocean](#) | Mary Crowley | TEDxSanRafaelWomen



[RID THE SEAS OF PLASTIC! A world-record breaking expedition to remove 1,000,000 lbs of ocean plastic](#) | [Dollar Donation Club](#)

[Explaining the Interceptor](#) | [Cleaning Rivers](#) | [The Ocean Cleanup](#) – To rid the oceans of plastic, we need to not only clean up what is already out there, but also stop new plastic from entering the ocean: we need to close the tap. 80% of river plastic stems from 1,000 rivers.

[Natural Stream Restoration](#): tools and methods that we can utilize to restore the stability of the stream bank while returning the habitat to the stream.

[The Incredible Transformation of World's Most Polluted Beach](#)

Regenerating Ecosystems and Restoring the Planetary Water Cycle

The planetary Water Cycle or *Hydrological* cycle regulates 85-95% of the global heat and climatic dynamics, whereas carbon accounts for 4-11%” (Zach Weiss). Therefore, restoring the Water Cycle is by far the single most impactful and immediate (often showing tangible results after the first rainfall) for rebalancing the climate. Industrial agriculture, including animal factory farms, is the biggest threat to biodiversity and ecosystems including everything from deforestation and soil erosion to dumping millions of tons of poisonous chemicals onto the Land and into the Waterways (not to mention our food).

Examples of Regenerative, Water Friendly Agriculture

[India's Water Revolution](#) (7-part series) – An inspiring odyssey of India, showcasing some of the most effective solutions for rehydrating the land.

[Water can be planted](#) – Ernst Götsch is a leading pioneer in the fields of large-scale regenerative agroforestry.

[Sadhana Forest](#) ~ Greening the Planet from the Grassroots.

Methods for Water Cycle Restoration and Water Retention Landscapes

- [A River in the Sky](#) – Understanding the flow of Water through the atmosphere.
- [Planting the Rain to Grow Abundance | Brad Lancaster | TEDxTucson](#)
- [WATER IS LIFE – The Water Retention Landscape of Tamera](#)
- [Zach Weiss – Water Retention Landscapes](#)
- [Walter Jehne: Restoring Water Cycles to Naturally Cool Climates and Reverse Global Warming](#)
- [Reviving Rivers: Power of Peoples' Engineering | Rajendra Singh | TEDxJaiHindCollege](#)

- [Perhaps the most advanced, national-scale, zero-input Water management system in the world: Pre-colonial Sri Lanka and here](#)
- [The Story of Al Baydha: A Regenerative Agriculture in the Saudi Desert](#)



Organizations to Follow, Support and Connect With

- [Ecosystem Restoration Camps](#)
- [Eden Reforestation Projects](#)
- [Elemental Ecosystems](#)
- [Food and Trees for Africa](#)
- [Greenpop](#)
- [Life in Syntropy](#)
- [Plant for the Planet](#)
- [Sadhana Forest](#)
- [Tarun Bharat Sangh](#)
- [TreeSisters](#)
- [Trees for the Future](#)
- [Trillion Tree Campaign](#)
- [One Tree Planted](#)
- [WeForest](#)

Ensuring Guaranteed Access to Natural, Uncontaminated Water

Fundamental to the World Water Law is the understanding that Water cannot be commodified or used in any way that depletes access for others. Transitioning from the ownership and privatization of Water to ensure that all humans and animals have guaranteed access to the purest possible Water in the shortest possible time – starting the most vulnerable groups, species and ecosystems – is a core objective of the World Water Law.



Recommended Videos to Watch

- [Solving the Global Water Crisis in 7 Minutes | Hamza Farrukh | TEDxNorthAdams](#)

- [How to Solve the Global Water Crisis | Marla Smith-Nilson | TEDxPortland](#)
- [Michael Pritchard: How to Make Filthy Water Drinkable](#)
- [A Creative Solution for the Water Crisis in Flint, Michigan | LaToya Ruby Frazier](#)
- [Water From the Air. Homemade Atmospheric Water Generator \(AWG\)](#)
- [Anupam Mishra: The Ancient Ingenuity of Water Harvesting | TED Talk](#)
- [FlowForms](#)



Organizations to Follow, Support and Connect With

- [WaterNow](#)
- [CharityWater](#)
- [Water1st](#)
- [BondhEShams](#)
- [The Water Bearers](#)
- [Waves For Water // The Clean Water Corps](#)

Law, Policy and Activism

In essence, the World Water Law seeks to realign human law with the Laws of Nature. Our current systems (including the legal system) legitimize the destruction of our biosphere and seem to be designed in such a way that people, corporations and institutions are, in many cases, not held accountable for their impact on the whole, whether it be contamination, plundering, hoarding or otherwise. This lack of accountability in turn fuels numerous forms of secrecy, corruption, manipulation, deception, abuse of power, etc.

Putting accountability (back) into our social systems is essential if we are to become healthy and competent stewards of our planetary home. For citizens to self-organize towards holding law and policy makers accountable for their decisions and actions, [the steps outlined in principle #1 also apply here](#). Again, due to the radical, yet basic common-sense nature of this proposal, building a resilient global alliance is essential for its manifestation. As the global network grows, communities will be able to learn from each other about the diverse learnings and challenges.



River Rights

- internationalrivers.org
- rightsofrivers.org: sign the Universal Declaration on The Rights of Rivers
- ecojustice.ca: a closer look at how expanding the rights of nature could revolutionize how we protect species, ecosystems and biodiversity.

What Can I Do?

Perhaps the first and foremost action is to self-educate about Water and the global movement that is coming together to protect and restore the Water as the foundational collective action for radical social and ecological healing and transformation. The fact that you're exploring this Resource Kit is already a great first step!

Some Key Questions We Need to Answer Together

- What are the most effective and regenerative ways for accessing natural Water in rural villages?
- What are the best methods for mapping and cleaning up the Watersheds and Waterways?
- What are the most effective strategies and practices for large-scale reforestation and ecosystem restoration?
- Which cities and rural areas are managing their Water most effectively? How are they doing it?
- How can we amplify the power of Water ceremonies and blessings around the world?
- What are the best existing laws and policies – across all nations – that support or align with the World Water Law?
- How to best identify and expose the points of Water contamination?
- How can we test and monitor our local Waters?
- How can we transition most effectively from Water-intensive agriculture to Water-efficient agriculture?

- What are the most effective solutions for bringing natural, uncontaminated Water to rural villages in all climates?
- How can we create Watershed Stewardship Councils around the world?
- How can we strategically lobby our local and national governments and leaders at the most effective leverage points, to publicly endorse the World Water Law?
- How sustainable and environmentally friendly are
 - Wells and boreholes?
 - Desalination plants?
 - Water-from-air devices?
 - [Visualization | Extraction of Water from the atmosphere](#)
 - [Solar Atmospheric Water Generators: The solution to fresh Water scarcity](#)
 - [10.000 liters of Water a day from the fog in Lima, Peru](#)

Remembering Where We Come From

How can we, as individuals, find ways through which we can remember the sacredness of Water and how to cultivate *right relationship* with Water – as individuals, as communities and as a species?

Healing Our Relationship With Water...



[We Are Water](#)

From Wisdom to Action



The *Story of Stuff* project has created an excellent series of short animations outlining the ins and outs of our modern-day consumer culture. If you haven't already seen [The Story of Stuff](#), it's an absolute must-see for anyone interested in understanding the consumerist catastrophe that human beings have co-created.



Watch [The Story of Water](#)

Calculate Your Water Footprint



- [What's Your Water Footprint: Water Footprint Calculator](#) – Water Footprints 101: the basics of water footprints, Educational Resources: teaching about water footprints, How to Save Water: tips for using less water.
- [Personal Water Footprint Calculator](#) – Based on your country of residence and your own consumption pattern, you will have a unique water footprint. Use the footprint calculator to assess your own water footprint.

Tip for Saving Water



Watch [The Story of Bottled Water](#)

Taking Control of Your Drinking Water

Today, whether you're drinking bottled Water or tap Water it's most likely to be contaminated with [a whole list of toxic substances](#). Watch [Tapped](#) and [EWG's Tap Water Standards](#). Fortunately, there are numerous ways to clean it. However, what we really need to focus on is how to not contaminate our Waters in the first place!

Make Your Own Water Filter

- [Easy](#)
- [Advanced](#)

For various Water tools this guide from [Water is Life](#) is an excellent resource.

Finding the Best Possible Water in Your Area

The Water we drink begins entering our bloodstream in about 5 minutes. At the molecular level, we are over 99% Water. This liquid can either be the foundation of our health or sickness depending on the quality. There is much debate about the best kind of Water to drink.

Often, we grow up being taught that Water straight from the earth is dangerous, yet all Water comes from nature. We do not create

Water. We just process it. Our ancestors gathered and drank unprocessed spring Water from nature.

Spring Water comes from aquifers deep underground. The power of spring Water is that it goes through the earth's natural filtration system. Sometimes, this means moving up through hundreds of thousands of feet of filtration material. It's hard to believe that a few feet in a Water machine could be better than that. Spring Water is also abundant in healthy minerals such as silica, magnesium and calcium and contains healthy microbes and probiotics. However, some springs are unfortunately contaminated due to things like fracking, so it is vitally important to make sure to test the spring before drinking from it.

~ From Findaspring.com

To locate a spring nearest to you check out findaspring.com. If you can't find a spring on their map they suggest: "Forest service maps typically have prolific springs indicated on them. Gaia GPS is a great mobile app which has the option of using a USGS topo map overlay. Searching for potential springs can be a really fun adventure."

[Alternative Water Options When You Can't Find or Get to a Spring](#)

Become a Water Steward

- [What is a Watershed?](#)
- [Watershed management in Bundelkhand, India](#)

World Water Law

Water Communities – Join or initiate a local **Water Community** to connect with fellow local residents to organize and mobilize to implement the World Water Law at the local level and bioregional level. The **Water Labs** will evolve to offer a wealth of guidance and

resources including practical information and stories from existing communities and their successes and learnings.

Become a Water-wise Consumer:

Ways We Negatively Impact Water and What We Can Do About It

Plastic Pollution and Waste

Plastic pollution from discarded Water bottles, polystyrene coffee cups, grocery bags, synthetic clothing fiber and other waste breaks down into tiny bits of plastic no bigger than the period at the end of this sentence.

~ [How Does Plastic Pollution Harm Water?](#), The Watershed Institute



Watch:

- [The Story of Plastic \(Animated Short\)](#)
- [The Story of Plastic](#) (documentary trailer)
- [The Story of Plastic: Where Your Recycled Plastic Ends Up](#)

Solutions



Watch:

- [The Story of Plastic: Manila's Zero Waste Neighborhoods](#)
- [How to live a zero-waste lifestyle](#)
- [Zero Waste Home Guide](#)
- [Minimalism](#)

Food

The most environmentally friendly, compassionate and healthy diet is plant-based, organic local-grown food. Unfortunately, organic food (now renamed "non-toxic", with

"non-organic/toxic" foods soon to become illegal) is still quite costly and in many places hard to come by. [More coming soon...]

Clothing

Most of us wear synthetic fabrics like polyester every day. Our dress shirts, yoga pants, fleeces and even underwear are all increasingly made of synthetic materials – plastic, in fact. But these synthetic fabrics, from which 60% of all clothing on earth is made, have a big hidden problem: when they're washed, they release tiny plastic bits – called microfibers – that flow down our drains, through Water treatment plants and out into our rivers, lakes and oceans by the billions.



A synthetic garment could release up to 1,900 microfibers when washed in a washing machine. Worse still, [researchers at the University of Plymouth](#), found that a 6 kg wash load could release more than 700,000 microfibers! Since some of these fibers aren't captured at the wastewater treatment facility due to their size and abnormal shapes, they end up in our oceans.



Which textile fabrics cause microplastic pollution when washed? [Here's What the Studies Reveal So Far](#), EcoWarrior Princess



Watch [The Story of Microfibers](#)

Solutions

In response to this environmental issue, a German company called [Guppyfriend](#) has developed laundry washing bags which it claims captures 99 percent of the fibers and is exclusively stocked at [Patagonia](#). Last year, after a successfully funded [Kickstarter campaign](#), the Rozalia Project's [Cora Ball](#) microfiber-catching laundry ball went into production and is now available for purchase.

These laundry bags and balls are of course short-term solutions until others are found (or created). But the best overall long-term solution? Avoid buying synthetic clothing and textiles and reach for those made from natural fibers instead.

Cleaning Products

Whether it's conventional toothpaste or toilet cleaner, all "conventional" cleaning products today are riddled with all kinds of poisons that contaminate the Waters and the environment (oh yeah, your body too!).

[20 Diy Natural Cleaning Recipes, Tips And Hacks That Actually Work!](#)



Cosmetics

Watch [The Story of Cosmetics](#)

Watch [The Story of Microbeads](#)

[Toxic Sunscreen and Healthy Sun Exposure](#)

[Reefs At Risk – Hawaii bans sunscreens with oxybenzone](#)

Solutions

[Beginners guide to zero waste natural beauty diy](#) | with 10 KEY ingredients

Home, Garden, Greywater and Rain Harvesting



Watch [India's Water Revolution #6: Urban Mega-Drought Solutions](#)



Explore [RainWater Harvesting for Drylands and Beyond by Brad Lancaster](#)

[Permaculture Women – Water](#)



Here's an extensive selection of videos to build your own [rainwater harvesting system](#).

[Creating a Home GrayWater System](#) – Trathen Heckman takes us on a step-by-step tour of how to make a safe, ecological and legal suburban home graywater system.

Children's Stories About Water



[We Are Water Protectors by Carole Lindstrom READ ALOUD ~RING AROUND RONINA~](#)



Interesting Tools

[River Runner](#) – Click to drop a raindrop anywhere in the contiguous United States and watch where it ends up. (Try typing Crestone, Colorado and see if you can spot a dysfunctional human system.)

Model My Watershed – Explore mapped layers, such as streams, land cover, soils, boundaries and observations, using the layer selector in the lower left of the map.

StormWater Runoff Calculator – This calculator allows you to simulate the effects that installing a **rain garden**, a type of green infrastructure, could have on stormwater runoff from your property.

Women Stewards and Gender Awareness

Resources for Women and Rivers: *A Gender Guide for Organizations Campaigning for Rivers*: this guide was created as a tool to help organizations strengthen their gender practice and encourage campaigning in ways that are gender-responsive in the interests of both women and men; *Rivers and Women Congress*: a summary of 100 women from 30 countries gathered to celebrate the fundamental role women play in defending and stewarding freshwater resources and to spur collective action to challenge the deep-rooted, gender inequities that women face in safeguarding rivers and river ecosystems; *Women and Rivers Report*: Spotlights women’s achievements in Water decision-making and river governance and the major barriers to their leadership and “visible” participation.

Youth and Children

Educational Resources for Teachers and Students



Cool Australia ~ Blue The Film: *Blue* is a feature documentary film charting the drastic decline in the health of our oceans. With more than half of all marine life lost and the expansion of the industrialization of the seas, the film sets out the challenges we are facing and the opportunities for positive change. Blue changes the way we think about our liquid world and inspires the audience to action.

Watch **Blue The Film trailer and other clips**



- **Early Learning**
- **Inquiry ~ Foundation**
- **Inquiry ~ Years 1 & 2**
- **Inquiry ~ Years 3 & 4**

- [Inquiry ~ Years 5 & 6](#)
- [Geography ~ Year 7](#)
- [Science ~ Years 7 & 8](#)
- [Secondary Mathematics ~ Years 7 to 10](#)
- [English ~ Years 9 & 10](#)
- [Science ~ Years 9 & 10](#)
- [Take 3 For The Sea – Project-based Learning – Years 4 to 6](#)
- [Take 3 For The Sea – Project-based Learning – Years 7 to 10](#)
- [School Programs | The Watershed Institute](#)

[Water Education Resources | Water Calculator](#)

[Re-Earth Initiative](#) – Water Resources (6 Languages)

[Teacher and Education Resources | MMSD](#)

[Clean Water Education Partnership \(CWEP\)](#)

[Stanford ~ Dive in Water curriculum](#)

[Institute for Humane Education ~ Whole-Systems Solutionary Education Guidebook](#)

[ipjc.org/Water-resources](#): educational resources for youth, videos and lists of books for protection, conservation, education and management of Water.

[amigosbravos.org/environmental-education-resources](#): Many resources for educating youth and adults about climate change, dams, fracking, program planning for youth, children's resources, restoration tools, community building and Water quality monitoring.



Animals and Water

[How Wolves Change Rivers](#)

[How Whales Change Climate](#)

Water Advocacy

- Join the [Global Alliance for a World Water Law](#)
- Join the [World Water Community](#)
- Share and promote this Toolkit
- Start or join a local Water community-based initiative
- Fill out and share the World Water Survey (to come)
- Explore and share content from the [World Water Law Media Kit](#)

Water Network Online Platforms

- [World Water Community](#)
- [The Water Network](#)
- [River Network](#)
- [The Source Directory](#)



Books

[Quench](#) by Gina Bria and Dana Cohen



Courses

- [Navigating the Waters ~ A 7 Day Mini Course on What to Drink, What Not to Drink, and Why ~ Water is Life](#)
- [Internal Oceans ~ A Guardian's Manual for your Body of Water. Mapping the Landscape of Inner Hydrology ~ Water is Life](#)
- [Local Water Solutions for Global Challenges ~ GaiaEducation.org](#)



Global Water Events (with freely available inspiring content)

- [MANAVAI ~ World Water Gathering](#), World Water Day, March 22, 2021
- [Voices of Water](#) ~ March 20-22, 2021
- [We Are Water We Are One](#) ~ Tribute Earth, July 25 & 26, 2020
- [Global Launch of the World Water Law](#), June 24, 2020

Water Stories, Blessings, Songs, Art and Meditations

Coming soon...