

~ WATER ~

MORE THAN AN ELEMENT
AN ANCIENT INTELLIGENCE
A LIVING PORTAL



PATTERNS + MEMORY EMBEDDED WITHIN WATER
TRACING ITS ARCHITECTURE
IN NATURE + IN THE BODY

WATER IS A LIVING VESSEL
GUIDING

REMEMBRANCE ~ CONNECTION
& EMBODIED TRANSFORMATION ~

LIQUID LOVE

A RADICAL ACT OF TUNING IN

WATER

WATER
IS LOVE

WINTER SOLSTICE
2025



NAMASTE BEAUTIFUL SOULS

~ GRATEFUL YOU ARE HERE ~
AN INVITATION INTO THE
RETURN OF OUR INNER WATERS

LIQUID LOVE MAGAZINE
A REGENERATIVE FUTURE PROJECT

A PRACTICE,
A LIFESTYLE,
A SACREDNESS,
A KNOWING,
A WAY OF BEING.

WELCOME TO
AN INTIMATE EXPERIENCE,
TUNING INTO OUR WATERS,
OUR FLUIDITY OF LOVE

BRIDGING TEACHINGS OF
INSPIRATION, SPIRITUALITY AND
MOTHER EARTH.

LIQUID LOVE MAGAZINE
A DIGITAL FLOW OF INSPIRATION
A REGENERATIVE FUTURE PROJECT

IN LOVE + GRATITUDE
KRISTEN LISA

A REGENERATIVE FUTURE PROJECT

"BELIEVE IN THE MAGIC
OF THE SEASON."

COLECTIVO BII DAUU
TEOTITLAN VALLE
OAXACA OAXACA MEXICO

WATER DHARMA

BY KRISTEN LISA

REMEMBERING FALL 2015~

WANDERING THE ANCIENT ALLEYWAYS OF TZFAT, A TRANQUIL HILL TOWN IN NORTHERN ISRAEL ON THE SHABBATH, A SACRED PLACE WHERE SONG + CANDLELIGHT EXPAND THE AIR.

ARRIVING IN ISRAEL, A CALIFORNIA WATER CONSERVATION POLITICAL APPOINTEE WITH A FEW DAYS TO EXPLORE. A FRIEND SUGGESTED VISITING TZFAT. TRUSTING IN THE CALLING, ARRIVING TO MY GUEST SIMMER, I BEGAN TO WITNESS A VIBRANT COMMUNITY OF FAMILIES COMMITTED TO A SPIRITUAL WAY OF LIVING. I REMEMBER DEEPENING INWARD + A GENTLE INQUIRY.

AN INVITATION ARRIVED TO CELEBRATE SHABBAT WITH WOMEN IN A MYSTICAL ART GALLERY. I STEPPED INTO A CIRCLE ~ WOMEN AND DAUGHTERS, SINGING + CONNECTING. A WOMAN AND HER FOUR DAUGHTERS INVITED ME TO THEIR HOME FOR SHABBAT DINNER. IT WAS IN THESE STEPS OF WALKING TO THEIR HOME I REMEMBERED.....

TALIA ~ THE GODDESS OF DEW ~ MADISON TALIA

WATER HAS ALWAYS CALLED ME ~ AS A CHILD SWIMMING IN THE SEA DAILY, FLOATING, BELONGING TO HER VASTNESS, LATER IN LIFE LEARNING YAQUI ANCESTORS ARE WATER PROTECTORS, CALLED TO ISRAEL TO LEARN + TEACH WATER RESILIENCY, AND PRESENTLY TUNING INTO WATER'S VIBRATIONAL FREQUENCY + ENERGETIC HEALING MODALITIES.

WATER DHARMA ~

LISTENING DEEPLY TO WATER'S LANGUAGE OF LOVE



MYSTIC MAMMA ~ SACRED BALANCE

**WHEN WE LIVE IN
SACRED BALANCE
WE CONNECT
IN A WAY THAT
NOURISHES OUR
SPIRITUAL AND
SOCIAL WELL-BEING
~ 4 PRACTICES ~**

**CULTIVATE A NOURISHING
MEDITATION PRACTICE**

**PRACTICE OPENS THE DOORWAY TO A
CLEAR STATE OF AWARENESS ~**

**WHERE PEACE, PRESENCE + INNER
POWER UNFOLD FROM WITHIN.**

**THE CULTIVATION OF A LIFELONG
MEDITATION PRACTICE GROWS INNER
FREEDOM AND FULFILLMENT,
NOURISHING SPIRITUAL + SOCIAL
WELL-BEING.**

PRACTICE WITH WATER

**SERVING OUR WATERS IN SUCH A
POWERFUL WAY, AT A TIME WHERE WE
REALLY NEED A MESSAGE OF HOPE
THE MOST. LEARN + PRACTICE HOW
WATER HARMONIZES WITH OUR
EMOTIONS. CONNECT WITH YOUR
INNER WATER, PURIFY, CLARIFY + FINE
TUNE YOUR BALANCE FROM WITHIN.
THIS WORK IS ESSENTIAL FOR YOUR
SACRED BALANCE.**

TAKE PAUSE BREAKS

**CONSCIOUS CONNECTION TO SELF
THROUGHOUT THE DAY IN PAUSE~**

**WHEN WE TUNE INTO THE NATURAL
RHYTHM OF BREATH, WE STEADY
THE MIND, BALANCE INNER ENERGY
+ REGULATE THE NERVOUS SYSTEM.
PAUSE PRACTICE CULTIVATES
EASEFUL BREATHING.**

RELATIONSHIP WITH SELF

**SELF WELLNESS IS ESSENTIAL.
HONOR, RESPECT + BALANCE WITHIN.**

**LEARN TO QUIET HABITUAL PATTERNS
+ CULTIVATE INNER WELLNESS.
CONNECTION TO SELF GUIDES WHERE
WE SPEND OUR ENERGY, OUR
CHOICES.
HEART-CENTERED SACRED BALANCE
UNFOLDS FROM WITHIN.**

SUSTAINABILITY MATTERS DECENTRALIZES WITH WISE WATER SYSTEMS

2025 ~ A YEAR DESIGNING WATER SYSTEMS IN COMMUNITIES WITH CAPTURE AND REUSE STRATEGIES, HARNESSING EFFICIENCY, BUILDING WISE WATER SYSTEMS.

THERE'S NOTHING QUITE LIKE WITNESSING COMMUNITIES COME TOGETHER TO LEARN NEW SKILLS AND FEEL EMPOWERED TO CONSERVE WATER. IT IS A JOY TO GUIDE COMMUNITIES TAKE PRACTICAL STEPS TOWARD RESILIENCY - AND TO FEEL THE KNOWLEDGE RIPPLE OUTWARD.

2025 ARRIVED WITH ATMOSPHERIC WATER CAPTURE IN LEIU OF PLASTIC WATER BOTTLES DELIVERED BY TRUCK, ACCESSING FRESH DRINKING WATER SUPPLY + ELEVATING THE QUALITY OF DRINKING WATER.

2025 GIFTED HIGH YIELDS OF NATIVE PLANTS AND PERMACULTURE AS AN OUTCOME OF OUR COMMUNITY-BASED WISE WATER SYSTEMS ~ 6000 HUMAN IMPACT

2025 ELEVATED BLACK + GRAY WATER REUSE THROUGH BIOLOGICAL FILTRATION, USING PLANT, ROCK, AND SEDIMENT TO FILTER AND CLEAN WASTEWATER FOR NON-POTABLE REUSE.

2025 GUIDED RAIN WATER DEEP INTO THE EARTH FOR RECHARGE TO PROVIDE AN UNDERGROUND WATER SOURCE FOR THE ROOTS OF THE TREES, PLANTS, AND MOTHER EARTH, HERSELF.

RECOGNIZING MEANINGFUL DIFFERENCES A COUPLE OF INCHES OF RAIN CAN MAKE. SMALL POWERFUL STORMS REMIND US HOW VALUABLE EVERY DROP OF WATER IS IN DRY CLIMATES. OUR WORK HIGHLIGHTS THE IMPORTANCE OF CAPTURING + STORING RAINWATER IN DECENTRALIZED WATER SYSTEMS.

SACRED ARCHITECTURE OF WATER

**A MEMBRANE OF WATER
HOLDS**

**REMEMBRANCE
ANCIENT INTELLIGENCE
CELLULAR MEMORY
TRANSFORMATION
A WAY OF BEING**

**EXPLORING WATER
THROUGH
ANCESTRAL CONNECTION,
COLLECTIVE IMPRINT,
EPIGENETICS
REMAPPING OUR LIFE**

**LIQUID LOVE
EXPLORE WITH KRISTEN**

A REGENERATIVE FUTURE PROJECT



TRONCONES, GUERRERO MEXICO



EASTERN SIERRAS



BERLIN, GERMANY



PACIFIC BEACH



SEDONA ARIZONA



KRANJSKA GORA, SLOVENIA

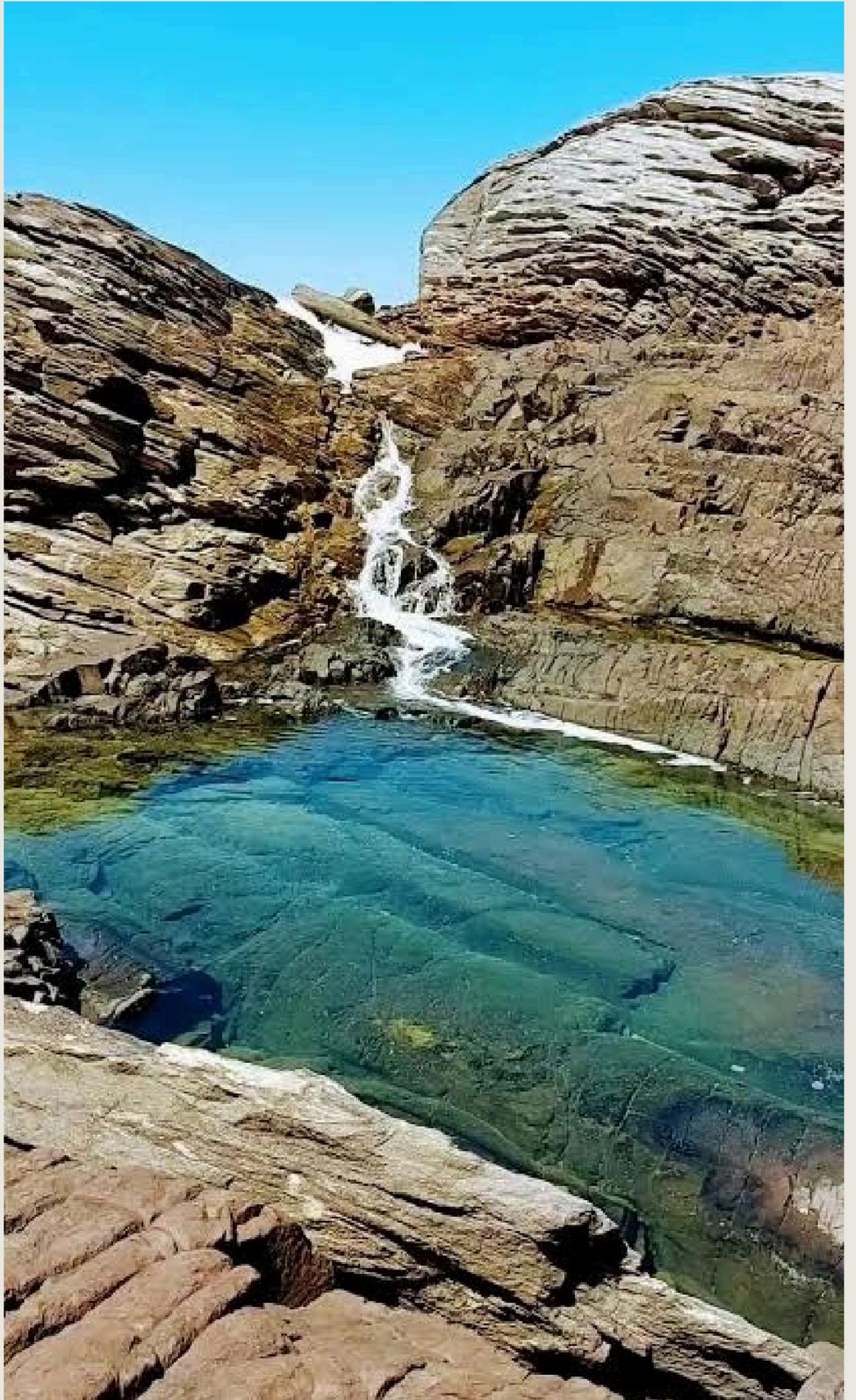
CELEBRATE WATER

LIQUID LOVE MAGAZINE
A REGENERATIVE FUTURE PROJECT

WATER

WATER
IS LOVE

WINTER SOLSTICE
2025



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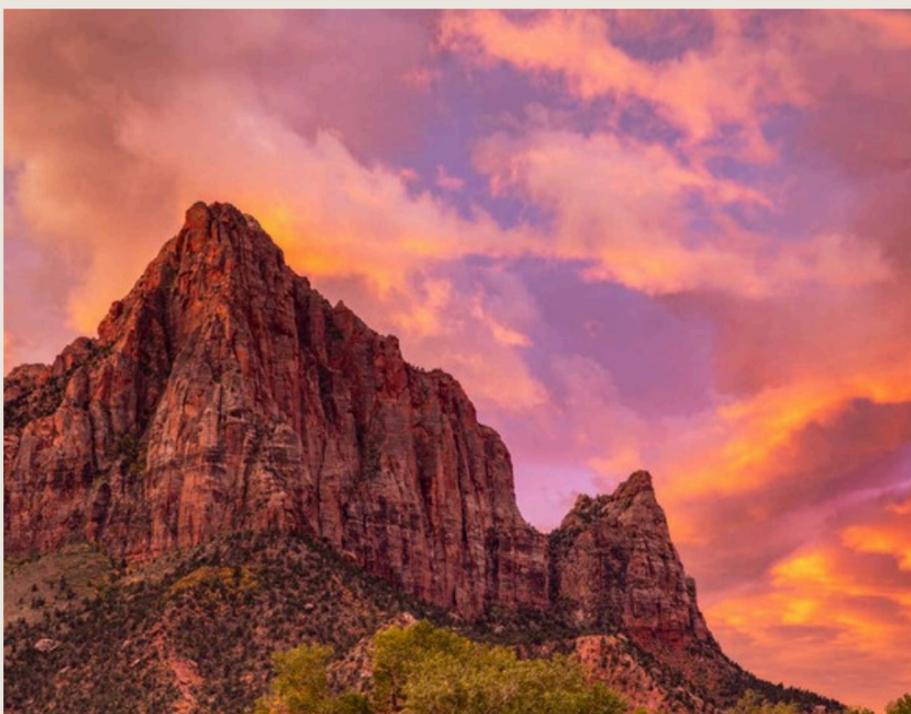
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2026 IN REAL LIFE CONNECTIONS



**OAXACA CULTURAL
RETREAT SOLD OUT
JANUARY 9-12, 2026**

**SEDONA SPRING
RENEWAL RETREAT
APRIL 19-23, 2026**



**DEEPENING RETREAT
SUMMER 2026
DETAILS TBD ~ INQUIRY**



**ELEVATING RETREAT
FALL 2026
DETAILS TBD ~ INQUIRY**

WINTER OFFERINGS

WITH KRISTEN LISA



12 DECEMBER, 2025 TO
24 DECEMBER, 2025

12 DAY MEDITATION
6AM PST
SRI SUKTA
KRIYA + MANTRA
RITUAL WELLNESS COLLECTIVE

3 JANUARY, 2026

IN PERSON
FULL MOON CEREMONY
SAN DIEGO, CA
6PM
WITH JOANN BARKHUFF

EVERY MONDAY

KUNDALINI
NOON
TRILOGY SANCTUARY
LA JOLLA, CA

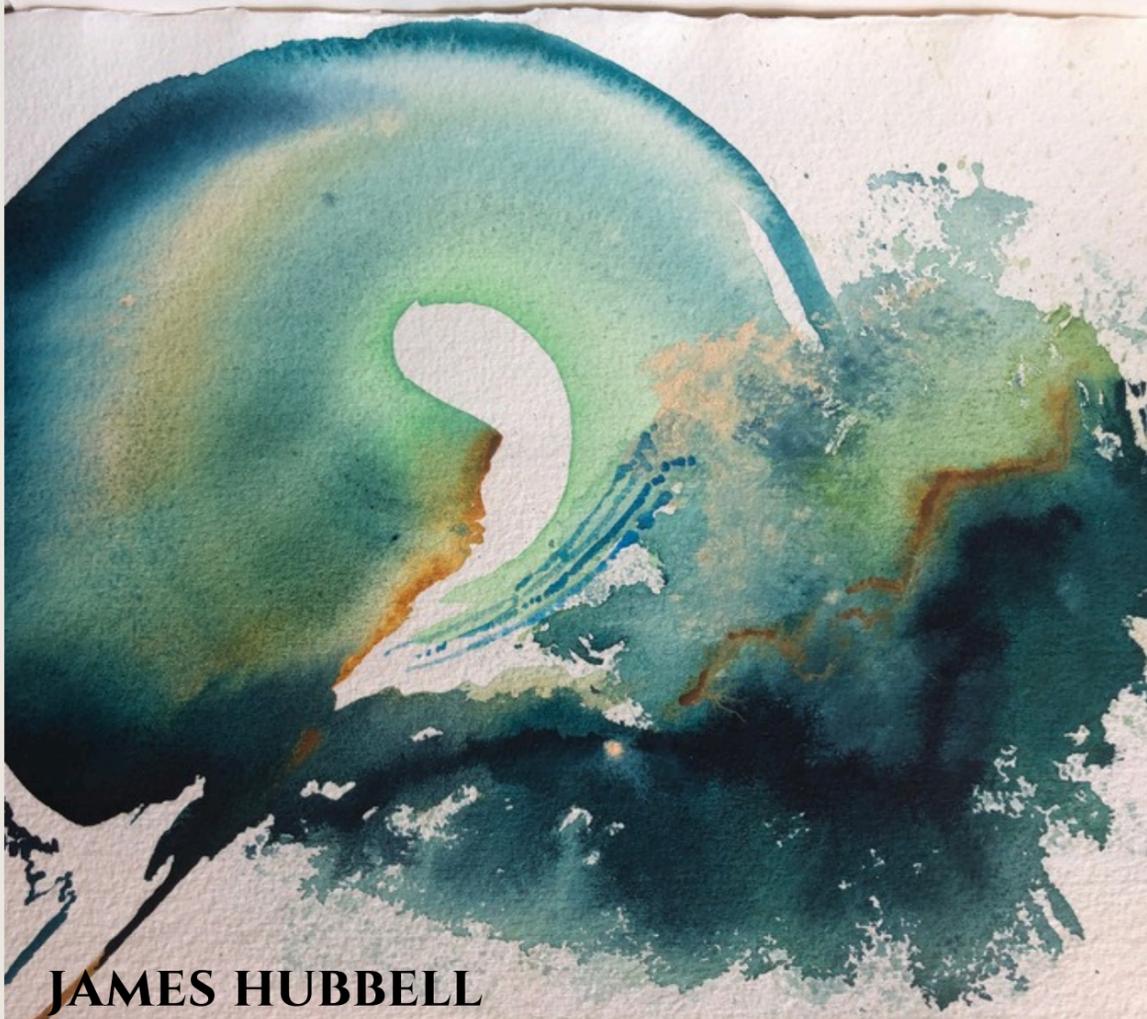
FEBRUARY 2026

WATER HEALING
TRADITIONAL TEACHINGS
TRONCONES, MEXICO

CURIOUS ~ CONNECT WITH KRISTEN FOR DETAILS

KRISTEN@AREGENERATIVEFUTURE.COM OR +1 619 318 8682

A REGENERATIVE FUTURE PROJECT



LOVE
YOUR
PURPOSE

A REGENERATIVE FUTURE
RESONATES OUR PURPOSE
INTO THE FIELD OF OUR
COLLECTIVE WORK ~

WE LOVE OUR PURPOSE
IN COLLABORATION WITH
KIND HUMAN HEARTS ~
WEAVERS, VISIONARIES,
RESOURCERS, CONNECTORS,
BRIDGERS, CREATORS

INTERNATIONAL COMMUNITY
FOUNDATION
A 501C3 PARTNERSHIP



