

Excerpts from

**“Optimum Energy for Peak Performance with Scalar Energy”,
written by Dr. Siva Poobalasingam MD and Nisha Lakshmanan MA
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Chapter 1

MAN AND ENERGY

The human body is a network of different forms of energy. It is this system of energy that sustains the physical body. Each living cell in the body emits electro-magnetic radiation.

Each cell also has a positive and negative charge. Generally, the outside of a cell has a positive charge and the inside of a cell has a negative charge. But these charges may be

momentarily reversed based on the action of "ion pumps" on the cell membrane that drive sodium ions out of the cell and pumps potassium ions into the cell (an ion is an atom or group of atoms that carries an electrical charge)

It is this movement of electrically charged ions at the cellular levels that forms the basic building blocks in the complex electro-magnetic workings of the body's energies. To visualize how this energy system works, imagine each cell in the body as a miniature battery. Then visualize the movement of energy from one battery to another yielding a charged energy field. Now, imagine millions of such a battery and visualize energy flowing from all these batteries and the energy that radiates from them. The energy flow in a human body is not too different from this flow!

The basic and fundamental form of energy the body obtains is derived from the food one consumes. In one's cells these foods undergo a bio-chemical process and chemical energy is produced. The consumption of foods that lack nutrition diminishes the body's capacity to utilize this chemical energy optimally. Similarly, oxygen from unpolluted air is necessary to ensure that optimum metabolic energy is derived from the food and drink one consumes. To ascertain that optimum health is achieved the quality of foods and water one consumes must be monitored closely.

The nerves in the human body are akin to an extensive electrical wiring system. Information from the brain is sent to different electrical impulses. Electrical energy from the heart is used to determine the functions of the heart. This is measured by using the electro cardiogram (ECG) machine.

What is Energy Medicine?



Man's Energy Field

Current allopathic belief of medicine and the management of a patient, view the patient as a complex biological entity. On the other hand, the new and fast emerging world view of energy medicine sees the patient as a complex biological system and network of energy.

Energy medicine acknowledges energy as a subtle, living force: a force that determines the status of one's health and general well being. Here the physical body is seen as a network of vital energy both within and outside the physical frame work. In energy medicine disease stems from a weakness or a disturbance in these energy patterns: wherein the system of energy is out of balance and not in harmony with the human body.

Another form of energy the body utilizes is electrical energy. All actions in one's body involve the utilization of electrical energy. For example, the simple action of reaching for a vase involves

According to energy medicine, healing takes place with the body activating its natural healing energies. The healing process also restores energy patterns that have become compromised by nurturing the weak links back to health. This means that in energy medicine, energy is both medicine (natural healing energies) and the patient (weak energy link).

Each individual can lay claim to his or her own healing energies; which are the birthright of each person. Energy medicine helps people harness this subtle energy for optimum health.

Energy medicine offers a complete system of self-care. However, it can be incorporated into other forms of medical care to complement them. As a stand-alone, energy medicine can be used to address physical, mental or emotional disorders. Energy medicine helps the body promote and maintain optimum levels of wellness.

How does energy medicine work? The energy fields that organize and control the growth and repair of cells, tissues and organs are the main emphasis of energy medicine. Energy medicine also looks at how to influence these existing fields of energy.

History of Energy Medicine

Traditional practices of understanding disease and treatment involved a holistic approach in the management of the patient. Looking back at the great civilizations of the past whether in Greece, China, Persia or India, healers looked upon an ailing individual in totality. The individual was treated as a whole being - a being made up of mind, body and spirit. Often this holistic approach included, amongst others, viewing illness from the perspective of the body's life force or energy. In fact, some of the great philosophers and healers of the past have acknowledged the role of energy in man's well-being.

Hippocrates, "the Father of Modern Medicine", was-also a believer of curative energy patterns that emanated from the earth and atmosphere. He believed that one's surroundings had an impact on the status of one's health.

In ancient healing systems, the practice of stimulating key energy points in the human body was employed by traditional practitioners as a means to restore and maintain health. By stimulating these specific energy points the healers hoped to maintain the body's overall health and even to restore health. These traditional methods of practice were observed and passed down to generations in India and China. These practitioners believed that disturbed energies lead to corresponding disturbances in the physical body. Some of these ancient methods are practiced even in these modern times.

There are many scientists and doctors who acknowledge that the universe functions electrically. Some of them include:

Robert Becker, Walter Russell, Hans Nieper, M.D., Edward Russell, Albert Einstein, William Tiller, Nikola Tesla, Edgar Cayce, Edward Bach, Gabriel Cousins, M.D., David Tansley, Marcel Vogel, Semyon and Valentina Kirlian, John Fetzer, Wilhem Reich, Christopher Hills and Richard Gerber.

Earth's Energy Fields and the Human Body

All human beings and living things have their own fields of energy surrounding them. However, living things are not the only creatures that have fields of energy surrounding them. There are various forms of natural electro-magnetic waves that occupy the atmosphere. These forms of energy come from the earth, moon and sun. It is an accepted fact that our planet has an iron core that radiates a field of waves around it. It is also an accepted fact that during a full moon, the gravitational pull of the moon causes the waters in seas and rivers to rise. In other words, man exists in a vast ocean of magnetic fields. All living things coexist in harmony amidst this backdrop' of electromagnetic waves.

How do these natural electro-magnetic fields affect us? For a start, the body contains magnetizable materials. Iron, which can be found in the haemoglobin of the blood, is magnetizable. The body's energy field level which can be measured using SQUIDS (super-conducting quantum interference devices) has been found to be 100,000 times weaker than the earth's fields.

The impact of this vast geopathic field on the body is apparent when we leave the earth's surface for a long period - our health is compromised. It is for this reason that astronauts who travel in space for long periods require artificial magnetic fields to preserve their health.

Recognizing the importance of the body's own energy fields and the natural magnetic field surrounding us let us examine this energy field surrounding our body.

The Subtle Energy System

We know that the cells of one's body are nourished by nutrients the body derives from food one eats. We also know that apart from the food we consume, the oxygen we breathe in also nourishes the cells of the body. However, what we do not know is that aside from these two nourishing agents, our cells are also constantly bathed in a continuous stream of life force energy. Man is a network of this continuous stream of energy that supports the cells, organs and various processes within the body complex. This energy system is called the subtle energy system.

Traditionally, the body is viewed as being made up of the cardiovascular, neurological, respiratory, digestive and reproductive systems. Together with the circulatory, lymphatic and nervous systems, these systems make up the physical dimensions of the human body. The human body's subtle energy system is a distinct energy system that functions alongside the traditionally accepted circulatory, lymphatic and nervous systems.

The health status of the body's energy field is measured in terms of its flow, balance, and harmony. This reflection is seen in the health of our bodies. Hence when our health is affected the body's energy needs to be treated.

For the body to remain in a state of optimum health and to remove illness, the body's energies need to be in a constant state of movement. These energies also need space to move. Sometimes the path of these energies may become obstructed. The blockages in the energy patterns may be attributed to internal or external factors. Internal factors include the presence of toxins in the body, stress on the body, muscular or other forms of constriction. External factors that can interrupt the energy flow in the body include the interference on the body's energy network by external energy flows.

The energy flow in the body moves in prescribed energy channels which are in harmony with the body's physical make up. These energy paths move in set patterns that support the body's various functions.

This energy flow works at all levels in the human body: from the micro level to the macro level. In other words, from the minutest level of the double helix of DNA right up to the point where the human brain controls the body, energy flows in prescribed patterns to support all the functions in the human body. There are many factors that can adversely affect the flow of energy in the human body. One such factor is stress. Prolonged stress may disturb the balance of the energy system and when healing energy is applied to the body it is able to restore the flow, balance and harmony in the disturbed energy system.

The Components of the Subtle Energy System

The components or systems that make up the subtle energy system of the human body are the energy channels, the energy vortexes and the multi-layered sheath of energy.

The energy channels can be compared to the body's circulatory system. Just as the artery carries blood, the energy channel carries energy. The function of the energy channel system is to ensure vitality and balance, remove blockages, adjust metabolism, and even determine the speed and type of cellular change. The flow of energy in these pathways is as critical as the flow of blood. Simply put, where there is no flow of energy, there is no life.

The energy channels affect the physiological system. These include the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic systems. Each physiological system is supplied with energy by at least one energy channel. If there is no energy flow or if the flow in that area is unregulated, the system is compromised.

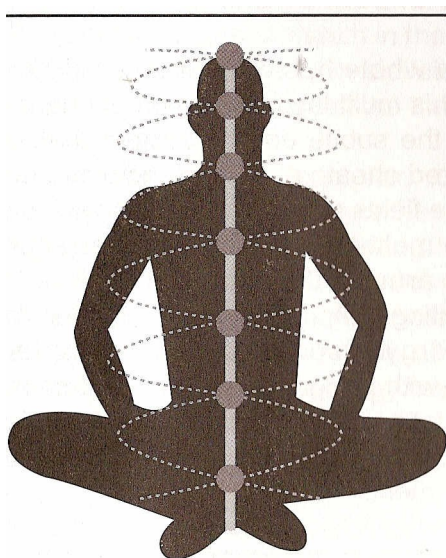
In Traditional Chinese Medicine there are fourteen tangible energy channels that carry energy all over the body. The energy channel pathways also connect hundreds of tiny, distinct reservoirs of heat and electro-magnetic energy along the surface or the skin. These are the acupuncture points, and they can be illuminated with needles or physical pressure to release or redistribute energy along the energy channel pathway.

According to Indian Traditional Medicine, there are 72,000 smaller energy channels and three main energy channels. These smaller channels are connected to the main channels and they all carry energy.

Curtis and Hurtak, from the Academy for Future Science, state that the energy channel system may be a distinct energy system that works alongside the accepted tangible and physical body systems namely: circulatory, lymphatic and nervous systems. They propose that the energy channel system can read, code and transfer information from one part of the body to another, thereby affecting the biological processes. They also say that this energy channel system provides "an underlying template" for the physical body. Curtis and Hurtak believe that this system operates like an energy wave. Energy medicine systems propagate the theory that disease in a specific organ is preceded by a disruption in the energy channel pathway. Hence it is possible to predict the onset of disease by assessing the energies and correcting the imbalances. Ongoing research is beginning to validate some of these theories.

Energy Vortexes

The energy vortexes or discs or wheels refer to concentrated centers of energy in the human body. Altogether there are seven such centers in the human body. Each major energy vortex in the human body is a center of swirling energy positioned at one of these seven points. These energy vortexes envelop the organs with energy. Where the energy channels deliver their energy to the organs, the energy vortexes bathe the organs in their energies. Each energy vortex supplies energy to specific organs.



Energy Vortexes

The energy vortexes are said to have several functions which include physiological and psychological roles. The physiological function of the energy vortex is to bathe the organs in their area and influence the health of these organs. The status of an energy vortex's energy field will influence the health of the organs located in the energy vortex's vicinity.

Energy medicine propagates the notion that disease in a specific organ is preceded by a disruption in the equilibrium of an energy vortex's energies. Coming from this premise, one can predict the onset of disease by assessing the energy within the energy vortex's energy fields. Likewise, one can also correct imbalances within the energy vortex's energy fields to nurture the body back to health.

Multi-layered Sheath of Energy

The body as a whole has a multi-layered energy field that surrounds it. This multi-layered sheath of energy is yet another component of the subtle energy system that surrounds man. The multi-layered sheath of energy radiates energy fields from the body. These fields of energy interact with the environment around it. The multi-layered sheath of energy offers a protective shield around the body, filtering out negative energies and accepting the positive ones. The body's multi-layered sheath of energy also works like an antenna, resonating favorably with the good energies and channeling them to the energy vortexes. Likewise, it also resonates with energy from the energy vortexes and sends these energies outwards into the environment.

The Biofield

The above components of the subtle energy system collectively make up the subtle energy field of the human body. This subtle energy field that functions alongside the more established systems of the human body may be termed "biofield."

Dr Beverly Rubik, a bio-physicist and an advisory panel member to the National Institutes of Health in the United States, was instrumental in establishing the term biofield. According to Dr Rubik these forms of energy are crucial to health.

Dr. Rubik defines the biofield as a "complex, extremely weak electro-magnetic field of the organism hypothesized to involve electro-magnetic bio-information for regulating homeo dynamics." According to Rubik's definition these energy forms help maintain the proper functioning of the human body. More significantly, the acceptance and recognition of this definition provides a scientific explanation for energy medicine. It offers the rationale in energy medicine therapies like acupuncture, biofield therapies, electromagnetic therapies and homeopathy.

The biofield was first measured scientifically by Professor Harold Saxton Burr from Yale University. This finding has been demonstrated by other researchers as well. Scientists have proposed that the biofield could contain information about an organism. They suggest that the manner in which information is distributed throughout the organism is similar to the way a holographic plate transmits information throughout a hologram. To understand more about the subtle energy field or biofield let us study how this energy fields works.

Mechanism of Action

The idea that energy fields influence physical development is beginning to gain acceptance. The increasing number of studies in this field confirms this. In the early 20th century, Prof Harold Saxton Burr and Dr. Leonard Ravitz from the prestigious Yale University's School of Medicine published numerous reports describing this biofield of energy surrounding every living creature.

Prof. Burr, who was a Professor of Anatomy at the Yale University School of Medicine, conducted many experiments on this bio-magnetic field. He was trying to establish means to measure the field surrounding living things. He also hoped to identify the characteristics and properties of this field that surrounded all living things.

Life fields is important for health. Disturbance of these fields by factors such as stress, exposure to mutagenic agents and other negative influences can lead to the development of disease.

Burr's experiments yielded interesting results. He discovered that the biofield surrounding the unfertilized egg of a salamander was similar to the biofield of a mature salamander. This led Burr to infer that all living creatures had their own fields of energy which he called Life-fields (L-fields). Based on this, it would suggest that when the fields of energy around a living organism were altered, the health status of that organism would be affected. Coming from the premise that the plan for the adult salamander was already outlined in the egg's energy field (the salamander egg case mentioned above), Burr reasoned that the appearance of irregular fields of energy would manifest before the appearance of any abnormal growth.

These findings hold important consequences for preventive medicine. Since life energy irregularities present themselves long before the actual appearance of disease, preventive medicine can help detect and fix this imbalance before the start of the diseased state.

Correlation Between Bio-energy Field and Health

The bio-energy field of a human is made up of a network of energetic potentials. These energetic potentials enhance the biological field of the human body. The status of these energetic potentials in turn depend on the conditions of physical and psychic health. For health to be present the energetic balance must be maintained in the bio-energy system.

Rupert Sheldrake, a bio-chemist, makes reference to these fields of energy in his book "A New Science of Life." Sheldrake refers to these energy fields as "morphic resonance." These energy fields or biofield offer a kind of plan or blue print to the cells of the body, thus guiding the physical body in growth and development. The biofield contains both energy information and is also like invisible scaffolding, upon which the physical body grows. Since this subtle network of energy fields surrounding the body is vital in the growth and development of the physical body, it follows that irregular networks of energy fields can impact the growth of the physical body adversely. Developing this idea, it would seem that the beginning of disease does not have its roots in one's body cells or tissues but rather stems from disturbances in the energy fields surrounding the human body. It is these irregular fields that lead to the growth of abnormal cell structures. Hence, the maintenance of these energy fields

Energetic balance and constant free flow of energy are important factors in one's health and well-being. Positive energy flows freely in energy systems bringing vitality and health. Obstructed, stale or unbalanced energy is the result of negative fields of energy. When energy pathways are blocked, free flow of vital energy is prevented. This brings about an imbalance to the energy system and can lead to diseases.

Factors that can Affect the Body's Biofield

Many factors can affect the optimum functioning of the body's biofield. Any form of stress whether physical, emotional, mental or environmental can compromise the health of the biofield. Extreme stress can compromise the harmony and balance of the biofield. Researchers report that energy imbalances and blockages occur in the biofield due to trauma, abuse, deficiencies, outside pathogens or auto-intoxication and immune dysfunction. Other factors that affect the health of the biofield include the possible contamination of our metabolic energy supplies.

The human body is also subject to various man-made electromagnetic fields. These electro-magnetic fields are of a different waveform, coherence and frequency to natural electro-magnetic fields and their effects on the human body are only just beginning to be understood. These unnatural (man-made) fields of energy are yet another form of pollution that impacts the body negatively.

However, the human body is not affected negatively by naturally present electro-magnetic fields. In fact, it is believed that these electro-magnetic fields may be essential for proper growth and development of the human body. Unlike naturally present electromagnetic fields in the atmosphere, man made electro magnetic fields are a source of concern as these fields have the ability to affect ones health.

There is a growing body of research that point towards an increase in some types of cancer on exposure to these high intensity electro-magnetic fields. The main source of concern lies with alternating currents. These alternating currents may generate electro-magnetic fields that pulse at 60 cycles per second. This frequency may influence the health of human cells. Living in this era of technological development, man is constantly being bombarded by unnatural electro-magnetic fields produced by the various household electrical appliances.

Apart from man-made natural fields, certain geographic regions also emanate fields that can have adverse effects on the human body. Some underground streams and underground crystalline deposits may produce abnormal magnetic fields that can have a negative impact on man's health. These fields may contribute to what is referred to as geopathic stress; a condition that affects living systems and seems to come from abnormal energy fields produced by the earth itself. There is now a growing body of evidence that seems to link geopathic stress and cancer.

Summary

- o The human body is a network of energies that sustains the physical body
- o Each cell in the human body emits radiation
- o Body derives energy from the food and drinks one consumes
- o Body also utilizes electrical energy
- o Energy medicine recognizes energy as a subtle, living force that determines the status of one's health
- o The physical body is viewed as a network of vital energy
- o Disease is the result of a weakness in these energy patterns
- o Healing takes place when the body activates its natural healing energies to restore weak energy patterns
- o Energy is both medicine/healer and the patient
- o Traditional medicine acknowledges the role of energy in health
- o There are various forms of natural electro-magnetic waves that occupy the atmosphere
- o These fields have an impact on the human body
- o These fields are essential for the well-being of the human body
 - o The human body's subtle energy system functions alongside the circulatory, lymphatic, and nervous systems
- o The health status of the body's energy field is measured in terms of its flow, balance and harmony
- o For optimum health, the body's energies need to be in a constant state of movement
- o The energy flow in the body moves in prescribed energy channels and it is this set patterns of energy flow that support the body's various functions
- o Obstructed energy paths result in disease
- o The blockages in the energy patterns may be attributed to various factors such as stress, and toxins among other factors
- o The energy channels, the energy vortexes and the multilayered sheath of energy make up the subtle energy system of the human body
- o The energy channels carry or deliver energy
- o The energy channels affect the physiological functions
- o There are 7 energy vortexes in the human body
 - o These are centres of swirling energy that envelop specific organs with energy
 - o These seven centres bathe the organs with life affirming energies
 - o They have both physiological and psychological functions
- o The multi-layered sheath of energy surrounding the human body is the layer of energy that interacts with the external environment
 - o It receives energy from the external environment and shuts out the negative energies

- o The subtle energy field is termed the biofield
- o All living creatures have their own biofield
- o This biofield contains energy information and is also like invisible scaffolding, upon which the physical body grows
- o Altering the energy fields around a living organism affects the health status of that organism
- o Various factors affect the biofield. Some of these include: stress, nutritional deficiencies, pathogens, immune dysfunction, man-made electro-magnetic fields and negative geopathic stress
- o The human body is not affected negatively by naturally present electro-magnetic fields. These electro-magnetic fields may be essential for proper growth and development of the human body

Chapter 2

SCALAR ENERGY

The term that best describes energy that is present in our subtle energy field or biofield is scalar energy. This subtle energy form has healing properties. We have all heard of electro-magnetic waves. Electro-magnetic waves have frequencies and wave action. They can be measured and the unit of measurement is the Hertz. However scalar energy is not part of the electro-magnetic spectrum and is not measured in terms of frequency.

History of Scalar Energy

The discovery of scalar energy can be attributed to James Clerk Maxwell, a Scotsman who was born in the 19th century. Maxwell was a mathematical genius whose work led to the development of quantum physics. Albert Einstein worked on Maxwell's findings and discovered "The Theory of Relativity". Maxwell's equations also showed the relationship between electricity and magnetism.

However, it took another fifty years after Maxwell's discovery, to prove the existence of scalar energy. It took one Nikola Tesla, who was born in Yugoslavia around 1856-1857 to demonstrate the existence of this form of energy. Tesla, who became a US citizen in 1891 carried on Maxwell's work and soon began to harness scalar energy without using any wires. Tesla referred to this energy as standing energy or universal waves. Albert Einstein acknowledged the existence of this form of energy and made due reference to scalar energy in the 1920s.

Properties of Scalar Energy

Scalar Energy

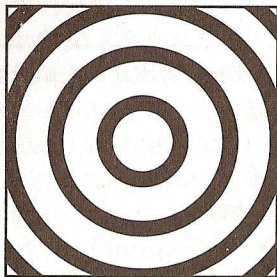
- *Non-linear*
- *Non-hertzian*
- *Field-like circles of energy*
- *Fills environment*
- *Static / Stationary form of energy*

Hertzian Electromagnetic Field

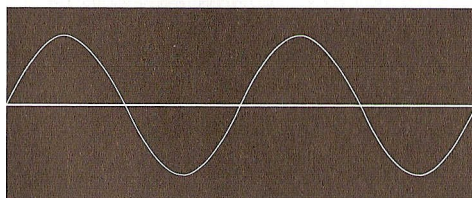
- *Linear*
- *Hertzian*
- *Wave like*
- *Runs along waves / shoots out*
- *Not static*

What are the properties of Scalar Energy? The properties of scalar energy include them being non-linear and non-Hertzian. This energy form has the capacity to carry information. It also does not decay with the passing of time or distance.

Scalar energy cannot be measured by contemporary frequency instruments as it is depicted to be without frequency. This energy form is static: a stationary form of energy. How does one create this stationary energy? Dr Valerie Hunt PhD., Professor Emeritus at UCLA who is one of the leading researchers of the human bio-energy system, says that when two similar frequencies coming from opposite directions meet, they cancel each other out. This results in a stationary energy form. She also says that current instruments used to measure energy are not equipped to measure stationary energy because these instruments have been designed to measure Hertzian energy frequencies and wavelengths. She offers this as the main reason behind the fact that the discussion of scalar energy within the scientific community is still rather limited.



Hertzian Wave



Scalar Wave

The traditional understanding of energy is that it flows out in the form of waves. However scalar energy does not radiate as waves but expands outwards in circles of energy. Occupying space, this spatial mass is not a vacuum but comprises a field of energy systems that is alive. This vibrant and dynamic energy field radiates a network of harmoniously balanced energies.

Scalar energy can be created naturally. It is always existent in the universe. By applying the conditions required for the creation of scalar energy, electromagnetic generators for example can also artificially create scalar energy.

Health Applications of Scalar Energy

Acknowledging the fact that this universal field is the larger playing field the physical body operates from, there is a need to examine the specific applications of this field on the human body.

Scalar Energy, Inflammation and Healing

Studies conducted at the prestigious Max Planck Institute in the 1950s showed that scalar energy when applied to living cells promoted unclumping of cells. Cells that were not clumped together moved freely and were noted to be more active. When scalar energy is applied on the human body the energy that radiates from scalar energy emerges in a "cocoon" like field improving the biofield radiating outside the body. This same field also works internally permeating the body's tissues. This expansive effect causes relaxation and dilation of the blood vessels in the human body. This together with the unclumping of cells enhances overall circulation.

What happens when there is an injury or diseased state? In a diseased state or where there is an injury there is swelling and stasis in blood and lymphatic circulation. Laboratory tests also show that in diseased states and in injury, red and white cells tend to clump together. As discussed above, scalar energy is able to reduce the clumping effect and improve circulation. Good circulation facilitates healing. It ensures optimum blood supply to the affected area. Furthermore due to the expansive effect of scalar energy, tissue compression is reduced. With a reduction in tissue compression, swelling and pain associated with inflammation are reduced thereby promoting healing.

The German researcher, Andrija Puhairch, found from in vitro study of scalar energy that it could enhance the functioning capabilities of both the immune and endocrine systems. Dr Glen Rein, a bio-physicist from the Heart Math Institute in the United States, who conducted extensive biological studies using scalar energy, found that lymphocytes exposed to scalar energy increased proliferation by 75% compared to lymphocytes not exposed to scalar energy. Rein's study indicates that scalar energy is able to boost immune function.

Robert Jacobs from the University of Rochester found that scalar energy had the ability to act on living organisms at a sub-atomic level. He also discovered that certain frequencies of scalar energy have the ability to destroy viruses and bacteria. All these factors play a role in promoting healing by promoting tissue repair and wound healing. Furthermore there was a marked improvement in immune functions and a decrease in inflammation. The above findings gently nudge one in the direction of tapping the body's own natural healing process.

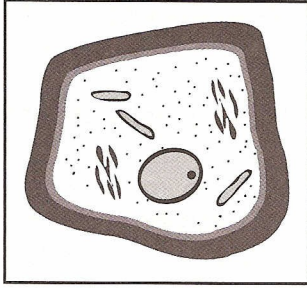
Scalar Energy Cellular Nutrition and Detoxification

We discussed earlier in detail that scalar energy improves circulation. This has a very important bearing on the human body. For the human body to function optimally cellular function needs to be most favourable. One of the requirements for optimal cellular function of cells is cellular nutrition and detoxification. Scalar energy promotes cellular nutrition and detoxification. Let us examine how this happens.

Scalar energy facilitates unclumping of cells. At the same time circulation is also enhanced. This allows the fluid to flow rapidly delivering nutrients to the cells and carrying waste away from the cells. Apart from enhancing circulation this biofield of emanating energy also improves the permeability of cell walls. Enhanced permeability helps facilitate the intake of nutrients into each and every cell and also aids the elimination of toxins from the cells. In this way optimum cellular nutrition and detoxification is maintained. This in turn facilitates optimum cellular performance and function.

Scalar Energy and Ageing

Cellular metabolic energy is behind every action the human body performs. 90% of this energy is produced in the mitochondria. Because of this, the mitochondria are often referred to as the cell's "powerhouse." Small and oval in shape, the mitochondria are found outside the cell's nucleus in the cytoplasm. The mitochondria are surrounded by two specialized membranes that play a role in the production of energy. The metabolic ATP Krebs energy cycle, that takes place in the mitochondria, supplies energy for the various functions of the body. The optimum functioning of all body organs and the effective functioning of all bodily processes will be dependent on the energy produced by the mitochondria. When the mitochondria become dysfunctional cells begin to lose the ability to produce energy effectively. When cells are deprived of this vital energy the body's health can be compromised.



As one ages there is a corresponding decrease in cellular energy levels. Outwardly this decline in energy levels presents as acute tiredness, lower levels of libido or sexual dysfunction and being susceptible to age related diseases.

At a cellular level this diminished supply of energy in the cell results in the cell not being able to carry out its tasks effectively. Sometimes these cells that do not have enough energy supply are unable to carry out the process of "apoptosis." "Apoptosis" refers to the process of removing abnormal cells in a structured and organized manner. When the cell cannot proceed with "apoptosis" either of two things can happen. On the one hand the cell may continue to malfunction and reproduce. On the other, it can die a violent death. When the latter happens, the cells can swell and rupture. This can lead to inflammation, degeneration and disease. Hence chronic decrease in cellular energy makes the body more susceptible to a range of diseases. This point highlights the fact that lower cellular metabolic energy may be the trigger for many age-related diseases. By addressing this energy deficiency many age-related diseases may be prevented. By facilitating the energy flow to cells the body is able to function optimally. Scalar energy is able to nurture the cell with an energy imbalance into a normal and healthy state of existence. In this way scalar energy plays an important role in maintaining healthy cells with optimum energy levels. This helps to retard degeneration and hence slow down the ageing process.

Scalar Energy and Cancer

All cells register an electrical charge across the plasma membrane. The interior of the cell carries a negative charge with respect to the exterior. This electrical charge is referred to as the transmembrane potential. While the size of the transmembrane potential varies from cell to cell, in excitable cells it stands at -70 millivolts. Cancer ridden cells have low energy levels or low transmembrane potential. These cells also have a very low level of cellular energy production. These low levels of energy are reflected in the low transmembrane potential of -15 millivolts. This cell carrying a low energy level of -15 millivolts divides into two parts. The reason behind this is simple enough. As the cell energy drops into dangerously low levels, the very survival of this cell is threatened. In an attempt to ensure the survival of

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these cells, the cell begins to proliferate uncontrollably. As the feverish pace of proliferation takes place amongst the cancer cells to ensure the survival of the cell, the energy produced in the cells is further diminished. Understandably, the newly produced cancer cells will have even lower energy levels than the initial cancer cells. This is mainly because the cancer will usually take root in a part of the body that is already energy deficient.

Researchers established a link between mitochondria and cancer way back in the 1930s. They found that in the state of cancer these mitochondria become dysfunctional. According to researchers from the University of Alberta, cancer growth can be arrested by restoring the function of mitochondria. In the past, researchers believed that mitochondria stricken by cancer are permanently damaged. They also attributed the

damage in the mitochondria to the cancer. They did not identify the damage in the mitochondria as being a cause for cancer growth. However, current findings are showing that when dysfunctional mitochondria are normalized, there is diminished tumor growth. This leads to the postulation that damaged mitochondria could be a causal factor in cancer. These findings have been established in both test tubes and animal studies. Scalar energy has the ability to increase the energy potential (transmembrane potential) of the cell. Scalar energy can bring the energy level to the optimum -70 millivolts. Working on this understanding of cancer cell proliferation, by raising cell voltage with scalar energy, the cell in question will no longer feel the urgency to proliferate uncontrollably. This may retard the proliferation of cancer cells.

Scalar Energy and DNA

Scalar energy can increase the energy covalent level of every single hydrogen atom in the body to its optimum energy potential. This fact has been verified by spectrographs. This finding is important as covalent hydrogen bonds are what hold DNA together. Hence it is postulated that DNA damage may be prevented by scalar energy.

Scalar Energy and the Nervous System

It is a commonly accepted fact that the brain works with the nervous system to control the various functions of the body's organs and systems. The nervous system has its own ability to maintain the equilibrium of the body. It operates by electrical and chemical conduction.

The nervous system is extremely sensitive to electro-magnetic frequencies from the environment. Man is constantly being bombarded by these fields of energy whether he is at home or at work. Most electrical equipment radiate 60 HZ frequencies and at this frequency it is able to interfere with the proper functioning of the nervous system. This can in turn lead to a disturbance of the body's homeostasis. The waves that can cause such disorientation may have its source in simple appliances such as the radio, television, computers, mobile phones and microwave ovens.

High voltage pylons and cables also emit electro-magnetic waves that have "a negative effect on the human body. Without a stabilizing frequency, these waves can destabilize physiological functions and bodily functions can become compromised.

There is growing evidence in the field that links diseases like cancer and Alzheimer's with these man-made electro-magnetic radiations. Medical investigations and studies are also pointing out that symptoms such as headaches, lack of concentration, depression, frequent colds, hyperactivity in children, sleep disturbances, irritability and others could be the result of electro-magnetic stress.

Scalar energy's expansive and circular movement offers a field of protective shield around the body. This multi-directional shield protects the body in a "cocoon" like fashion. In an attempt to further safe guard the body this subtle energy system maintains its energy sensitivities by not allowing these harmful external energies to disorientate the body's system.

When functioning well this protective shield removes and cancels the effects of man-made frequencies (60 Hz) on the human body. This is achieved by enhancing the body's natural defenses against the damaging radiations coming from the various household and industrial appliances that surround man.

The brain has its own vibrations. The human brain uses these vibrations to communicate within itself and with the rest of the body. The waves emitted by the brain are measured using equipment called the EEG or the electroencephalogram. There are four classifications of brainwaves. These are the Beta waves (13-40 cycles per second), Alpha wave (7-13 cycles per second), Theta waves (4-7 cycles per second) and Delta waves (1/2 - 4 cycles per second).

Man's waking hours are linked predominantly with Beta waves where there is physical exertion. Alpha waves on the other hand are associated with a restful mind and a relaxed state of being. Creative visualization and day dreaming are two expressions of this state.

Alpha waves, the first brainwaves to be discovered, were discovered by Hans Berger an Austrian Psychiatrist in 1908. Theta waves are associated with enhanced creativity. Meanwhile Delta waves are linked with deep sleep.

Now relaxation is induced by alpha waves. These waves have a frequency between 7 -13HZ. The earth's electro-magnetic field also has a frequency of its own and this is called the Schumann Resonance. Interestingly these waves also fall within the frequency of 7 -13HZ. The earth is surrounded by natural electrical and magnetic fields which exist in harmony with the universe. These natural fields are essential to life. Interestingly, a human in deep relaxation has the same brain frequency pattern as the earth's natural energy field.

Scalar energy is able to promote alpha wave frequency in the brain. The brain then resonates at the same vibration as the earth's energy field and is able to amplify these vibrations. Also if this frequency is transmitted throughout the body, this could assist the cells in the body achieve a particular resonance which is essential to optimum health. Scalar energy also promotes a mind that is relaxed, more coherent, aware, creative, focused and sharp with improved clarity.

As mentioned earlier, the emergence of medical investigations that attribute the occurrence of certain disease processes to magnetic field deficiency syndrome, points towards the imperative need to co-exist in balance with the earth's natural electro-magnetic field.

According to recent scientific studies, the earth's electromagnetic field is essential not only for the physiological and bio-chemical functioning of the body but also for the optimum performance of the mind. The condition of astronauts who presented with fatigue, giddiness and an inability to make decisions when they were away from the earth's atmosphere gave rise to this hypothesis. Subsequent experiments done to study these conditions validated this hypothesis. These experiments were conducted on astronauts in spacecrafts where the earth's atmosphere was simulated. These astronauts then did not experience the above mentioned symptoms and felt normal.

Summary .

- o James Clerk Maxwell discovered Scalar Energy
- o 50 years later Nikola Tesla proved the existence of Scalar Energy
- o Properties of Scalar Energy
 - Non-linear
 - Non-Hertzian
 - _ Have ability to carry information
 - _ Does not decay with time or space
 - Static form of energy
 - _ Expands outwards in a circular manner
 - _ Comprises a network of harmoniously balanced energies that occupy space
 - Can be created
- o Health Benefits of Scalar Energy
 - Reduces inflammation
 - _ Promotes unclumping of cells
 - Enhances circulation
 - _ Enhances immune and endocrine systems
 - _ Has the ability to destroy viruses and bacteria
 - Enhances cellular nutrition and detoxification

- Enhances cellular permeability
 - Body depends on mitochondria for energy production
-
- Decline in cellular energy accompanies ageing
 - Symptoms are acute tiredness, loss of libido, susceptibility to age related diseases
 - Cells not able to carry out apoptosis
 - Can lead to inflammation, degeneration and disease
 - Healthy cells have a transmembrane potential of -70 millivolts
 - Cancer cells are low energy cells
 - Cancer cells proliferate to ensure survival
 - Link between dysfunctional mitochondria and cancer
 - Scalar energy able to maintain optimum energy levels for healthy cellular function
 - Nervous system is sensitive to electro-magnetic frequencies
 - Scalar energy protects the body. Does not allow harmful frequencies to disorientate the body's system
 - Brain has its own vibrations
-
- Alpha waves of the brain and Schumann Resonance are in the same frequency range of 7Hz - 13Hz *M*



Chapter 3

WATER

History of Water

Our ancient fathers held water in great esteem. Thales of Miletus (635 BC-543 BC), often regarded as the first philosopher in the Greek tradition and the father of Science, hypothesized that water was the basic element from which all else was derived. He came to this conclusion because only water could be found in all three states: solid, fluid, and gaseous. Thales believed that the world originated from water.

Thales' notion that water is the primal origin of all things is interesting: it goes back to the notion of an origin for all living things. More importantly, this hypothesis holds within its frame work the seed idea that all things are connected.

Early civilizations always started around water sources, like rivers and lakes, because of the important role water played in the daily routines of man. Indus Valley, the location of the first civilization of India, was centred along the Ganges and Indus rivers. Meanwhile, in ancient China the earliest civilizations started and flourished around the Yellow River, Yangtze and the West River. Similarly in ancient Egypt, people were dependent on the constantly flooding river Nile for their livelihood: and as far back as 5000 BC, people lived all along the river. Throughout human history, water has always been used (and in some instances continues to be) in religious and cultural practices. Seeing just how important this element is, let us examine it in greater detail.

What is Water?

Water is the common energy factor in all living things. Water surfaces on earth make up 70% of earth surfaces. Water droplets exist in the air that we breathe in, giving air its moisture. The gases, hydrogen and oxygen, that exist in the earth's atmosphere, combine together (2 hydrogen atoms and one oxygen atom) to form one element of water.

Indeed, so prevalent is water on our planet that water sources are comparable to the body's circulatory channel. Like the circulatory channel of the human body, water on earth is the sustainer and purifier of earth. It nourishes earth (the physical body) and removes toxins from it. Interestingly, the human body comprises 70% water; while the human brain is 90% water. The high percentage of this element, both within the human body and outside it, hints at the importance of this element.

The importance of water in the human body cannot be overemphasized. As mentioned earlier, the human anatomy is made up of about 70% water. More than 50% of the water

in our bodies can be found within the cells (intracellular) while the rest of it is found between the cells and in the blood (extracellular). Due to its almost omnipresent like nature, water invariably participates in all physiological and bio-chemical processes that are essential to life.

Lack of water leaves the skin looking dried and weathered. The optimum level of water in one's cells ensures that cells remain in the sizes and shapes they are supposed to be.

Another important role of water is in thermoregulation. Water helps to keep the body's temperature constant. Apart from regulating one's body temperature, water aids in removing toxins from the body. The human lymphatic system is the body's waste disposal system. The lymphatic system facilitates the break down of toxins before passing them into the blood stream. When the body is dehydrated, the flow of lymph is weakened in the system and this makes the body less resistant to infection. With adequate water supply, lymph flows properly again, fighting infection and clearing toxins. Water also helps flush toxins through the kidneys and when one perspires, one excretes water along with toxins that are dissolved in it through the skin.

Water helps maintain the pH of the body fluids. - which is of a slightly alkaline pH. All the systems of the body and the organs in the body, work to maintain the ideal salinity levels of blood and the fluids surrounding cells. However waste material that is built up during the process of digestion is acidic in nature. Water plays a crucial role in the elimination of this toxic build up by flushing waste matter via the kidneys.

Water aids the lubrication process in the human body. Adequate water is necessary to enable the body to lubricate joints effectively and cushion inter-vertebral discs.

Water is necessary to facilitate the various chemical reactions that occur in the body. In other words, the chemicals the body uses have first to be dissolved in water to enable the process of passing through cell membranes (cell walls). Water in this capacity functions as a solvent.

To ensure optimum health, the ratio of water in the human body has to be maintained at all times. While many forms of beverages can be consumed by man, ideally water in its natural form should be consumed to keep the body healthy. This is because other forms of beverages "steal" water from bodily fluids resulting in the body becoming dehydrated. Adequate supply of water is necessary as water plays an important role in nearly every bodily function. It aids in digestion, nutrient absorption, chemical and enzymatic reactions and more.

Water has an integral role in ensuring that vital nutrients are transported to the various destinations in one's body. Adequate water makes possible the flow of blood in one's body which in turn supplies nutrients and oxygen to the various parts of the body.

Water fills cells with fluids and ensures that they remain firm. With adequate water these cells can maintain their elasticity. To visualize this better, consider one's skin. The human skin requires adequate water to maintain its elasticity and suppleness .

Almost 90% of the human brain is made up of water. Hence adequate water is essential for the optimum function of one's brain. An adequate supply of water in the body helps one focus :-md concentrate. If the body is dehydrated the brain is not able to focus.

Furthermore toxins hang around in the liver, making one tired and unable to focus.

The above list of some functions of water in the human body underlines the importance of an adequate supply of water in the system. What then happens if there is an inadequate supply of water in the system?

Shortage of Water in the Body

Since water plays such an important role in the various bodily functions it would be safe to infer that a shortage of water for the vital functions can result in the body's vitality being diminished. Insufficient intake of water can weaken the body and in extreme conditions can lead to diseases.

Some examples of how lack of water affects the body are given below.

1 Lack of water can lead to chronic cellular dehydration.

When this happens the body's cells are left weak and vulnerable exposing themselves to the disease process. This in turn can weaken the body's overall immune system and can lead to chemical, nutritional and pH imbalances.

2 The human brain consists mainly of water. As mentioned earlier, 90% of the human brain consists of water. Hence when one is dehydrated one may feel a headache coming. An example of this may be a headache caused by consumption of alcohol. Alcohol acts as a diuretic. Upon consuming alcohol, copious amounts of fluids are passed out leaving one dehydrated and sometimes with a headache!

3 Sunken eyes can be caused by a lack of water in the system as an adequate amount of water is necessary to maintain suspension of the eyes in the eye sockets. Dark eyes and under eye circles could also point to a lack of water in the system. The skin around the eyes is fine and thin. When there is insufficient fluid in that area, the skin around the eyes is easily bruised. The cells also become dehydrated due to the lack of water.

4 When performing labour intensive work or when the body exercises, the circulatory system works harder to transport oxygen to the muscles for these activities. Where insufficient oxygen is transferred to the muscles one may experience painful cramps. This is because when there is inadequate oxygen supply to the muscles, lactic acid is created. It is this lactic acid that causes painful cramps. Drinking enough water will ensure that the blood carries an adequate supply of oxygen to the muscles.

5 Water also helps to flush waste and toxins from the body.

When one does not drink enough water, these toxins and waste products may remain in the bladder making one susceptible to cystitis and kidney infections.

6 To maintain a healthy colon, adequate water supply is absolutely essential. Without water the contents of the lower intestine can dry out and get stuck. This can result in constipation.

7 Women sometimes retain fluid during pregnancy. Fluid retention occurs when the body senses there is a shortage and begins to retain every drop it needs for vital daily processes. Hence the best treatment for puffiness is to consume more water.

8 Bad breath can be attributed to a lack of water. Saliva helps cleanse the teeth and keeps the tongue hydrated. Lack of water dries the mouth, leads to furry tongue and prevents bacteria from being washed away.

As illustrated above, water is a very important element in one's body. One needs to have not only an adequate amount of water but also the right type of water to enable the body to carry out its various functions effectively.

Water Cycle

Water has a life cycle of its own. Water's life cycle is known as the hydrological cycle. The water cycle traces the journey taken by water as it makes its way from land to sky and back again to land.

The heat from the sun causes water to evaporate from the earth's surfaces. Essentially water evaporates from oceans, lakes, rivers and other water sources. As water evaporates, winds carry the water vapour into the atmosphere. Upon condensation, the water vapour forms tiny droplets which form clouds. When these clouds come into contact with cool air, the result is rain, sleet or snow. Due to this precipitation water returns to the surface of earth where it falls on land and into the sea.

About 80% of this precipitation falls back into the oceans and the remaining 20% onto land. Out of this 20%, some of the rain, sleet or snow makes its way to the ground. Some of the water that falls onto land will make its way into the ground and be consumed by plants. Meanwhile some of the precipitation will make its way into streams and rivers where it may eventually feed into reservoirs and nourish our towns and cities.

Some of the precipitation may be trapped between rocks or clay layers resulting in the formation of ground water. Yet again, some of the water may travel down through the soil into the bedrock, travelling thousands of feet below the surface where it is heated before finding its way back to the surface in the form of a natural spring. In its journey downwards this water will also go through a natural filtration process. As it finds its way to the surface, this purified water may pass through many different natural energy fields. This water retains the vibration or imprints of the regions that it travels through. This type of water will have undergone a holistic hydrological cycle. We will discuss this cycle shortly.

However, most of the water that flows above ground or underground finally returns back to the seas. Rivers, springs, streams and lakes help collect the water from the ground and ultimately return it to the ocean. Now, in this way the whole process keeps repeating itself. To borrow a modern day word, water essentially keeps "recycling" itself for mankind! That is the essence of the hydrological cycle of water.

The Holistic Hydrological Cycle

The holistic hydrological cycle is the story of water as it travels many miles underground. This naturally recycled hydrological water has a long history of life underground.

As mentioned earlier, some of the water may travel down through the soil into the bedrock, traversing hundreds or even thousands of miles underground. In its journey downwards this water also goes through a cleansing process and is heated before

finding its way back to the surface. This water flows in an inwardly spiraling fashion. This is termed as an implosion course or vortex. In fact this is water's naturally occurring motion. Naturally occurring water takes this path of least resistance. This keeps the water energized. While on its journey, water also travels through different types and surfaces of rocks. As it passes through these clay and rocks, water acquires minerals.

This water will also pass through underground streams and rivers and will be moulded by the varying vibrational influences it encounters. It will also be influenced by earth's subtle energies.

This natural water that resurfaces on earth's surface is water that is mature and ripe with a temperature of about +4°C (+39.2°F). It wanders along dark paths or paths with little light and in this way avoids direct contact from the sun's damaging rays. This water that resurfaces within a natural setting is life affirming water. It is vibrant, full of light, full of vitality, verve and energy. It is this water that is termed living water. As this lively, pulsating water meanders through the valleys, it maintains its inner energies. The water will carry along with it vital minerals, trace elements and other subtle energies.

Natural springs are one source of water that has gone through a holistic hydrological cycle. Water that finally comes out into the surface in these forms has undergone "natural treatment" via its travels over the varying surfaces underground; be it the rocks, trees, or underground streams it passes through. This naturally treated living water is rich in minerals and often has therapeutic healing properties.

Hence the story of water in its journey underground includes an account of the different landscapes and terrains the water would have passed through. It will also include a narration of the different vibrational frequencies and energies it would have encountered.

Water Memory

Water has an interesting feature in that it has a memory. It is able to hold the vibrations of all substances that it has been exposed to, thus retaining these vibrations long after leaving the source of these vibrations behind. This holding capacity of water gives water its innate memory faculty.

Water that travels in earth's gut is alive and energized. On its long journey underground, this living water may pass through many different energy fields. This water will have been exposed to various types of subtle energies. Among these beneficial vibrations are vibrations from the sun, moon and the earth. Living water retains this health promoting vibrations or imprints of the regions that it travels through.

Viktor Schauberger

We cannot discuss the holistic hydrological cycle and living water without discussing Viktor Schauberger. He was an Austrian who was given the title the 'Water Wizard'. He was one of the first to acknowledge water as a living and energized entity offering beneficial properties. Born in the late 19th century to a family who had been foresters for more than 400 years, Schauberger was a keen observer of nature and its surroundings. He learnt from his observations that water in shaded mountain areas yielded healthy, rich plants and vegetation. He also noted that fields irrigated by water transported to them at night yielded greater harvests.

Realizing that water was nature's circulatory system, Schauberger inferred that water must be allowed to run its own natural course to keep its energy. Once sufficiently energized this water then would be able to play its role effectively as the sustainer and purifier of all living things on earth

Schauberger observed that the winding bends and shaded banks protect water from direct sunlight. A low temperature and natural flow were the necessary prerequisites for water to preserve its 'energy'. He inferred that rapid industrialization and continued world wide deforestation would make scarce a once abundant commodity: good drinking water.

His observations led him into deeper research of his subject matter and through his research he was able to explain the significance of water's properties. He realised that subtle energy could restore the life force to water and hence help to recreate living water. Prompted by his findings, Schauberger went on to devise various methods for promoting and maintaining water at its optimum level of purity and vitality.

Schauberger's observations led him to write extensively on the subject. He also designed many energy devices, through which dead water could be brought back alive by using ideas like implosion and resonance.

Schauberger was just one of many researchers dwelling into the subject matter of subtle energy in the last century of the millennium. Other famous names include Nikola Tesla and Wilhem Reich. They all had devices that worked with subtle energy.

Environmental Pollution

Environmental pollution is a major problem faced by mankind today. Indiscriminate progress and development without giving due regard to one's surroundings has led to our environment being contaminated with greenhouse gases, toxic waste, litter, smog fumes, agricultural pesticides, fertilizers and more.

Environmental pollution is beginning to take a toll on the health of mankind. There seems to be a growing consensus that cancer is very much an environmental disease.

According to the World Health Organization chemical carcinogens may be the cause of 90% of cancers. The Center for Disease Control in the United States says that fatalities from cancer are growing more rapidly than the population.

Environmental pollution is not just the contamination of the air we breathe in. It also includes the contamination of our land, soil and the water we use.

The Problem with Water - Water Contamination

"Water, water everywhere but not a drop to drink," so goes the line in Coleridge's "Rhyme

of the Ancient Mariner". Mankind may find itself in the same predicament as the Ancient Mariner, who found that although he was surrounded by the vast ocean with water all around him, the ocean's water was simply not fit for consumption. Due to man's lack of knowledge and understanding of nature, man has been abusing this nourishing resource over the years. And if man persists in such behaviour, water may well become a scarce commodity!

How is this possible? Pollutants from agricultural matter whether pesticides or fertilizers may gradually work their way into man's water system. Acid rain and chemical spills will *a/so* invariably find their way into water sources and contaminate the food one eats and the water one drinks.

The rampant use of pesticides and herbicides has resulted in these substances being found frequently in household tap water. In 1994, the Environmental Working Group in the United States conducted a study of 29 major cities. They found that drinking water all the 29 cities had traces of at least one weed killer.

Their report entitled "Tap Water Blues" went on to say that "Millions of Americans are routinely exposed to one or more pesticides in a single glass of tap water."

However the contamination of water does not end here. There is growing concern that the various pollutants can affect the local groundwater. If this happens then the implications for mankind is very bleak, since once contaminated these sources can remain so for years to come.

The negative repercussions of a contaminated water source are already beginning to affect man. Dr. David Ozonoff, from the Boston University School of Public Health, one of America's leading authorities on water contamination warns that, "the risk of disease associated with public drinking water has passed from the theoretical to the real."

The common water treatment facilities are ill-equipped to remove the contemporary synthetic chemicals that make their way into the water catchment areas. Typically the water filtration facility consists of just sand-bed filtration and disinfection. And this simple filtration mechanism is outdated to battle the cocktail of chemical toxins that eventually make their way to the catchment areas.

Dead Water

Dead water is water that has been damaged. The healing vibrations associated with health enhancement are removed from this type of water. Let us look at the various ways man creates dead water.

Water that is alive and energized is able to hold the natural health enhancing vibrations of all substances that it has been exposed to. It is this holding capacity that gives water its innate memory faculty. This healthy and abundant supply of natural energetic forces in natural water enhances the quality of this living water or energized water. Now in the case of dead water, there is a stripping off of all these natural forces from the water.

As mentioned earlier contemporary water treatment plants are ill-equipped to handle the

chemical toxins that may be inside "treated water". Hence these toxins continue to remain in our water. These toxins have harmful vibrations. At the same time, water will also be exposed to harmful vibrations from heavy metals which will linger even after these substances have been removed from the water. This is via water's innate ability to hold the vibrations of all substances that it has been exposed to. Hence this water is no longer alive and has been damaged.

When water is trapped or caught in reservoirs and dams it no longer travels a natural course. Since it no longer makes its trek under ground, it is void of energy and vitality. In other words, where living and charged water runs its normal course underground and

passes through the natural filtration process amongst rocks and soil, water in dams and reservoirs is dead and uncharged. Water is also transported in straight, narrow, metallic pipes that do not allow the water to flow in its naturally inward spiraling motion. Hence water is not able to retain its energy. The vibrations from the metallic pipes also interfere with the natural health enhancing vibrations of water, negating the positive vibrations of water.

Already trapped as stagnant water in dams and reservoirs, these catchment areas then proceed to treat water in an unnatural manner. Here, water is subjected to a battery of chemicals which further work together to lessen the energy in water. Fluoridation and chlorination of water are today deemed necessary evils in the treatment of our "polluted" water.

These waters may also be packed with the effects of various man-made frequencies it has been exposed to. All these remove the natural vitality of energized water: this water is no longer living and is referred to as "dead water".

How Does Dead and Contaminated Water Affect The Human Body Fluids?

Water holds a myriad of functions in the human body which is essential to health. Dead water is not able to fulfill these functions optimally. Furthermore dead water does not have the subtle energy vibrations that play a significant role in maintaining our health.

The unnatural composition that makes up dead water can leech energy from our bodies. While the human body is resilient, constant consumption of low grade water can be detrimental to the human body. This is because the water in our reservoirs which is deemed fit for consumption has been found to contain trace elements of poison, such as chlorine, fluoride and metals like aluminium.

Contaminated water when consumed by the body, changes the chemical composition of body fluids, resulting in body fluid becoming more acidic. The changes in the body's environment set the playing field for a series of negative consequences on the human body.

Toxins in the water lead to the formation of free radicals. The free radicals disrupt stability in the cells and destroy them. This sets the stage for degenerative changes to take place in the cells. The end result is that the body enters into a state of disease.

As seen from the above, dead water can hold negative health consequences for the body. Hence it is imperative that we seek the energized, health promoting living water that our forefathers had easy access to.



Summary

- o The human body is a network of energies that sustains the physical body
- o Each cell in the human body emits radiation
- o Body derives energy from the food and drinks one consumes
- o Body also utilizes electrical energy
- o Energy medicine recognizes energy as a subtle, living force that determines the status of one's health
- o The physical body is viewed as a network of vital energy
- o Disease is the result of a weakness in these energy patterns
- o Healing takes place when the body activates its natural healing energies to restore weak energy patterns

- o Energy is both medicine/healer and the patient
- o Traditional medicine acknowledges the role of energy in health
- o There are various forms of natural electro-magnetic waves that occupy the atmosphere
- o These fields have an impact on the human body
- o These fields are essential for the well-being of the human body The human body's subtle energy system functions alongside the circulatory, lymphatic, and nervous systems
- o The health status of the body's energy field is measured in terms of its flow, balance and harmony



- o For optimum health, the body's energies need to be in a constant state of movement
- o The energy flow in the body moves in prescribed energy channels and it is this set patterns of energy flow that support the body's various functions

- o Obstructed energy paths result in disease

- o The blockages in the energy patterns may be attributed to various factors such as stress, and toxins among other factors
- o The energy channels, the energy vortexes and the multilayered sheath of energy make up the subtle energy system of the human body

- o The energy channels carry or deliver energy

- o The energy channels affect the physiological functions

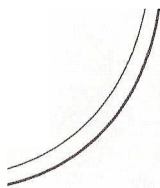
- o There are 7 energy vortexes in the human body

- o These are centres of swirling energy that envelop specific organs with energy

- o These seven centres bathe the organs with life affirming energies

- o They have both physiological and psychological functions

- o The multi-layered sheath of energy surrounding the human body is the layer of energy that interacts with the external environment



CHAPTER 4

The Water of Life

Water is a living force. It is a force that has energy in it. It took the Austrian forester, Victor Shauberger to discover that natural water was empowered with its own verve, vitality and vibrance. Known as the "Water Wizard", Shauberger said, "this is lost when transported in pipes." He was of course referring to the water one receives from the mere turning of taps in one's home. This water source travels through man-made pipes from various man-made catchment areas into one's home. According to Shauberger water loses the all vital energy essence when it travels in man-made pipes to one's home.

To begin to understand how water is a living force that radiates energy, imagine having a picnic near a water fall or being near the sea side. Listen in your mind's ear to the sound of water crashing down on the rocks below or to the sound of waves beating against the shore. The mere sound of this moving water works as a soothing balm on our minds. Now, this is just one aspect of the vitality and vibrance water possesses - an energy force that is audible to man and works to soothe the mind. If one were to extrapolate from here then imagine the possible energy potentials that exist in the subtle and unseen energy fields that are contained in water.

Water that possesses the natural strength and verve that Shauberger describes can be found in natural sources of water such as spring water. Other sources of such water include the healing waters that can be found in several places around the world. Lourdes and Chalice Well are some examples of natural water sources with healing capacities. Water that comes from these sources has special properties that give this living water its healing properties.

Living water has its own characteristics that make it different from normal water. The science of living water has enthralled many eminent people. Theodor Schwenk, Rudolf Steiner, Paul Schatz, Dr. Linus Pauling and Dr. David Schweitzer are some eminent individuals who have studied living water. Before we look at the features of living water let us look at some characteristics of water specifically; water memory and water clusters.

Water Memory

Research has shown that water is a liquid crystal with a pliable lattice matrix that is capable of adopting many structural forms. The structure of water gives it an infinite

capacity to store information within its matrix. A growing body of recent scientific evidence is now confirming traditional intuitive understanding of how water functions as a go-between for both the energetic and material world. Water also functions as an accumulator, transmitter and transducer of energy patterns and information. Much evidence points to water's ability to effectively memorize energy patterns with which it comes in contact and to retain the energetic memory of vibrational frequencies for extended periods of time. Homeopathic medicine, for example, is based on water's capacity to store within its structural matrix the energetic imprint or vibrational signature of physical substances.

Linus Pauling established the theory of "Water Memory Transfer" in the early twentieth century. In his theory of "Water Memory Transfer" which is premised on covalent bonding, the Nobel prize winner explained how data is transferred from one water molecule to another. In 1999, scientists at the European Union Physics Laboratory in France finally proved that water transfers memory via covalent bonding. These findings confirmed Paulings's theory.

Since these findings came to light many scientists have done extensive research on water's ability to retain information. Their findings have gone on to show that water has the ability to retain the subtlest levels of vibrational frequency.

In explaining this innate faculty of water to retain things, the naturalist and scientist Johanne Grander said that water is similar to a liquid tape recorder which stores the information and vibrational frequencies of things it comes in contact with. Alternatively water can be viewed as an imitator, copying the data and frequencies of all substances it has come into contact with in its long travel on earth. Water also continues to retain this memory capability long after all physical substances or pollutants are removed.

The intriguing ability of water to hold memory is seeing many eminent scientists dwelling deeper into this field of research. Jacques Benveniste, is one such distinguished French scientist doing extensive research in this area. His team of researchers found that water has the innate ability to carry and contain memories of a solution that has long since been diluted out of it. This finding is in fact not a totally new idea since homeopathy has all along maintained that water has the ability to store data and information.

Beneviste's findings are documented in Nature Magazine --one of the most influential of scientific journals. The gist of his writings are simply that with water's ability to store data and information, water then can be programmed to heal! These findings could have vast implications for mankind.

Dr. David Schweitzer, a scientist and the grandson of Albert Schweitzer, discovered that the effects of thoughts can also be stored in water. He managed to capture the effects of thoughts on water via camera. These findings again reiterate the notion that water can store data and information. Dr. Schweitzer discovered the memory storing potential of water when he was researching blood analysis. He found that blood cells define themselves in geometrical shapes. He also discovered-that these cells manifested balanced and harmonious hues and colours.

Scientists in Japan also concur that water is a living force. Masaru Emoto, a Japanese scientist, is yet another eminent personality who has done much research in this area. Emoto managed to successfully record the process of water structuring in water crystals. Emoto first froze water and had pictures of the frozen water taken at 200-500

magnifications. By recording the pictures at these magnifications the crystalline forms of water were captured on camera. He repeated these experiments many times and soon discovered a consistency of forms in the different structured waters. He found that in unstructured water, the crystalline structure was chaotic and in some instances there was no organized form at all.

Emoto also found that water is a conscious force that acknowledges and responds to external influences. These external influences can include different types of music, the words we utter, prayers, incantations and even the thoughts that we think. He has written many books and the photographs in his book vividly demonstrate the impact that ideas, words, music, prayers and others have on water molecules.

Emoto's findings also demonstrated that when water is exposed to positive thoughts, emotions, words or harmonious music, the water crystals that are formed are beautifully structured in hexagonal crystals. Similarly, he found that when water is exposed to any form of negativity be it in the form of pollution, negative thoughts and interestingly, heavy metal music vibrations have a negative effect on the water structure. Water that is exposed to such energy patterns or vibrations is found to be unable to develop the crystal patterns. Where the water molecules do develop into water crystals, they may be in the form of highly distorted patterns.

The Significance of Water's Innate Ability to Store Information

However, today water travels to various destinations in manmade structures of metallic pipes. As water travels to its destinations in this fashion the energetic oscillations of water interfere with the metallic confines of these pipes. Water is not able to flow in an inwardly spiralling fashion which is water's naturally occurring motion. In this way the natural order in water's structure is cancelled. This form of water will not carry the natural vibrations of living water.

What is the significance of water having the ability to retain and store information and frequencies to mankind? All matter in the physical world is made up of energy waves. In other words each solid form in the world has its own unique wavelength or its own frequency imprint. Similarly all matter and substances that come into contact with water have their own wavelengths or frequency imprints. Due to its memory capacity, water is able to carry these vibrations.

Theodor Schwenk, a German engineer demonstrated this by capturing images of the internal structure of water. From these images he was able to demonstrate that while water from natural springs illustrate a symmetric rosetta pattern, the images of water captured from man-made structures revealed a chaotic and unharmonious structure. Through these images Schwenk was able to illustrate how the natural form and shape of water is negated when it travelled in man-made pipes.

To illustrate, let us start by looking at spring water. Spring water passes through varying fields of energy as it travels back to the surface. In its journey underground, water will have traversed many varying strata of rocks. This water will then assume the imprint or vibration of that particular field it travels through. Based on the fields they have been exposed to, the various spring waters will have their own unique qualities and properties. Hence, as the water travels underground it is shaped by the various vibrational frequencies it encounters. Spring water also carries the earth's subtle energies. The water that eventually emerges will have its own unique composition based on the types of fields it has travelled through. Water is coldest and cleanest in the higher reaches of the

stream. It is also most charged having higher energy levels and a greater memory capacity .

While one can remove these physical impurities from water, the frequency imprints or energy patterns from these substances will still remain in water forever. In other words, the physical entities that once used to be in water continue to remain there, but in the form of energy wave imprints. These findings hold severe implications for mankind as it means that while one can endeavour to remove pollution from water, the imprint of the pollutants will remain in that water source. Hence the imprint of all pollutants although no longer physically present, still remains in frequency in the water. These negative imprints can affect our health homeopathically. Examples of such pollutants are heavy metals, chemical spills and garbage.

What is a Water Cluster?

Pure water is a polar liquid with a net electrical charge. One part of the water molecule carries a positive electrical charge and the other part, a negative charge. The water molecule is similar to a small magnet with magnetic (or electrical) fields. The fields around the water molecule can be influenced by external fields. These external fields of energy can cause the molecules to move or rotate in a particular direction. The external fields have an impact on the water molecules and make them assume a positive or higher negative charge.

We now know that water molecules are made up of fields of energy. Although the overall charge of the water molecule is neutral, the charge is not uniform over the entire molecule. The non-uniformity of charges within the molecule creates an electric dipole. This means that the water molecule carries a positive charge at one end and a negative charge at the other. Basically it is these fields of energy that cause water to group or "cluster" together.

To understand how these clusters work look at how water droplets form on the surface of a car that has just been washed. Water routinely comes together in little drops on the surface of the car. When these drops of water are disturbed, the electrical forces that hold the drops together are disturbed giving rise to even smaller groups or clusters of water molecules. Now, it is these smaller clusters of water that enable water to weave its way effectively through the fibres of one's clothes thereby cleaning the clothes in an effective manner. Similarly, the smaller clusters of water do a much better job of permeating the cells of one's body thereby facilitating the passage of nutrients within the body and removing toxins from the body.

Coming back to the explanation of washing one's car; using a detergent during the process of car washing will cause the cluster (surface tension) to break resulting in smaller clusters of water. These chemical detergents make water wetter and thereby enhance the cleaning process. For obvious reasons one cannot enhance the bio-quality of drinking water by using detergents.

This is the principle underscoring the notion of making water "wetter". Essentially wetter water can be obtained from making water molecules that cluster together smaller. How can one make water molecules come together in smaller clusters? Smaller water clusters can be *obtained* by applying magnetic fields, electrical charges or sound waves to the water. The correct heating and cooling of water can also result in smaller water clusters.

What Happens When We Drink Water That Has Smaller Clusters?

Jon Barron, the internationally renowned health expert reports that the size of water molecule is instrumental in ascertaining the quality of bio-water. "The smaller the groupings, the more bio-available the water is -- the more easily it is able to pass through cell walls, to transport nutrients and remove waste, to facilitate all of the communication systems in your body, and to pass through your body as a whole. The larger the grouping, the more inefficient water is at performing these same functions."

He adds that while all water is made up of the same H₂O molecules, water still varies depending on how these molecules bind together or cluster together. Simply put, size is all important in determining the bio-availability of water. The smaller the water cluster, the better its bio-availability.

Interestingly, man enters the world with a high percentage of small water clusters. However with the passage of time, this amount of small water clusters drop and is eventually non-existent. Small clusters of water are not very stable because the inherent charges in water causes the small groups of water to come together. The natural tendency for water clusters is to continuously form larger groups. Interestingly, when water is exposed to air and light, the clustering effect of water is hastened even more.

What is Living Water?

When we refer to a person as having a zest for life, we envision an individual who is full of energy. This individual radiates and sparkles with life and we think of him or her as being full of life. Living water is very similar to a person whose "cup runneth over." Living water sparkles and is full of energy. It is vibrant, full of life and fully mature. This water is also called energized water. The natural flow of water on earth helps to conserve the energy of water. Living water has its own characteristics that make it different from normal water. Let us explore these features.

We have discussed earlier that water has a memory in that it is able to carry vibrations that it has been exposed to. Living water carries the natural subtle energies of the earth. These subtle energies have been incorporated into its physical structure. The benefits of these subtle energies are multifold and have been discussed in detail in the preceding chapters. Living water has a specific structure and polarity. This water has small water clusters. Hence this water will have a lower surface tension which makes it more bio-available. Water is able to pass easily from the extracellular medium into the intracellular medium. This water is then more cellularly available. Living water also contains minerals and trace elements. These special features found in this water give living water its health enhancing properties. Let us explore some of the health benefits of living or energized water.

Health Benefits of Living Water

Living water carries with it two main features. The first feature is that it has subtle energies infused into its structure. The term that best describes this form of subtle energy as we have seen in the preceding chapters is scalar energy. The health benefits of scalar energy have been discussed in detail in Chapter 2. Now the second feature of living water is that it has smaller water clusters. These smaller clusters increase the bio-availability of water. This facilitates the absorption of nutrients and detoxification at the

most basic level. Hence living water confers onto us all the benefits of scalar energy and this water is able to carry out its myriad of functions effectively.

Energizing Water

In this modern times so few of us have the privilege of drinking energized waters. Is it possible to restore vitality and energy to dead water?

Once dead, does water become useless for good? The good news is that dead water can be enhanced to make it more vibrant and energized. There are many ways to enhance the properties of such water. So what are some things that can be done to enhance its characteristics? It has been shown that energy when applied to water can give water a new character. Water can be made to carry set frequencies and be made into smaller clusters.

Doctor Glen Rein from the Heart Math Institute in the United States discovered that water responds to any form of energy. Dr Rein, who headed the research on this project, measured the energy levels in water from both the electro-magnetic range and from scalar energy. He found that all these energy fields had an impact on water even if the impact was just temporary. These external fields worked on water molecules and changed their bonding and structure.

Other researchers also found that when water is exposed to energy, the larger molecular clusters are broken down into smaller clusters. These smaller clusters as mentioned earlier enhance the quality of water because the smaller forms are able to hydrate the body more effectively. Hence by applying scalar energy to water we are able to recreate energized or living water which is able to confer to us its vibrance, vitality and health enhancing properties .

Summary

- o Water is a living force
- o Water has memory
- o Water carries a range of frequency wavelengths
- o The structure of water enables it to retain information
- o Water transfers memory via covalent bonding
- o Water continues to carry the vibrational imprints of all things it has been exposed to, long after these substances have been physically removed from the water
- o Water acknowledges and responds to outside influence
- o The effects of thoughts can also be stored in water
- o Positive thoughts, emotions and words result in beautifully structured hexagonal water crystals
- o Negative thoughts, words, emotions result in an inability to form crystal patterns or result in the formation of highly distorted crystals
- o Natural flow of water on earth nurtures the creation of energized water
- o Natural water sources like springs possess energized water
- o Spring water carries earth's subtle energies
- o Water loses its energy and vibrance when it is transported in man-made pipes
- o Small water clusters enhance cellular permeability
- o Smaller water clusters are more efficient at facilitating the passage of nutrients within the body and removing the toxins from the body
- o Small water clusters are not stable
- o Features of living, energized water:
 - i) Carries subtle energies
 - ii) Has a specific structure and polarity
 - iii) Smaller clusters
 - iv) Lower surface tension
 - v) More cellularly available
- o Live energized water carries the ideal resonance and consists of smaller water clusters that allows our body to function optimally
- o Energized water can be created by applying energy
- o Scalar energy helps to create energized water

