

# Structured water consciousness

## Introduction

The beginning of the universe, and how it evolved into its current form, with life on Earth, will probably always be a mystery. It needs to stay a mystery, because to know the answer to the questions about the beginning would spoil inquiry, enlightenment, and debate. Besides, philosophy would not have a place in history or life.

Consequently, we can speculate about everything that is unknown or ill-defined in the cosmos and on Earth. For example, **consciousness**, likely has basic properties of the universe, eg. electromagnetic charge and geometry. Consciousness probably has its own distinct and fundamental entities, that may cause physical matter to transition amongst physical states, and these physical states in turn may affect other states of consciousness or awareness.

The universe could only expand and create change through a state of **cosmic consciousness**. In this context, we can speculate that water was formed through an energetic state of **Earth consciousness**. For example, water will naturally vortex when in motion to sustain a negative (-) mV charge. This action is a consequence of water's state of awareness or consciousness, and perhaps explains why life, and its various conscious states, is achieved and sustained through the **negative charge of structured water in cells**.

There are enough measurements and observations of water in action since the early 1900's, to conclude that water is a highly complex fractal system with infinite capacity to receive, store, transform and transmit information. This makes water the ideal communication medium of all life. The capacity of water to store information is not only dependent on its hexagonal, crystalline structure, and through its time and space dimensions of the crystalline structure; this structure is infinitely complex. Consequently, this complexity is built into all life within the cell, and the cell achieves its unique consciousness through the consciousness of water (as a unique entity).

Water is tuneable and responsive to the energies of nature, and this dimension not only pervades every organ and system of a living entity, but facilitates the expression of the energetic, physical, emotional and conscious functions of health and wellbeing. When the water within a cell is in harmony or coherence with the *laws of nature*, the syntropy energies that modify or minimise the forces of entropy are at their fullest, life-affirming potential.

The science behind the dynamic nature of structured water is still evolving. However, the new knowledge base about water seems to only open the divide between scientists in the new era of water consciousness and academia who are stuck in belief systems that *water is just water* (ie. just plain H<sub>2</sub>O), and that consciousness is only a human mind or brain issue.

This paper explores some areas of the emerging sciences and ideas around water as a medium of consciousness for healing and enlightenment, and how this is achieved through the geometry of ecosystems, societies, and economics; in time (cycles of rebalancing, enlightenment, etc.) and space (location-based corrections to achieve equilibrium).

## Entropy

According to the **Laws of Thermodynamics**, *entropy*, the measure of the *disorder* in a closed system, and its direction, toward increasing disorder, cannot be reversed. This theory is not in question, even when the nature of closed systems is an issue, as all living systems eventually decay, and new living systems emerge. The increase in entropy (decay) is contained in the Second Law of Thermodynamics, and effectively states that the *line of time* (time theoretically being one-directional) requires everything to proceed toward ever-increasing chaos, such that all living systems are ultimately doomed.

However, in an *open* system, there can be an influx of energy into the system capable of reinvigorating the structure, in full accord with the Second Law of Thermodynamics. **Energy input can decrease** (slow down) **entropy** and can simultaneously **increase order**. Furthermore, the more structured a system (ie. living life in a modern city and away from daily exposure to natural processes), the more energy is required to increase the structure (ie. cell capacity to regulate and heal organs and systems). The capacity to maintain the status quo of security, transport, and communication systems: in physics this process of added energy is termed *equilibrium*.

Entropy is not purely a physics term. It can also be applied to everything from ecosystems, societies, and economies. Gardens, for example, which are extremely ordered, and therefore domesticated vegetables systems are highly susceptible to disorder simply because one type of insect pest could decimate the whole garden. However, when the garden has a multitude of different vegetable plants, then there is greater stability. Less order (as in natural systems) implies greater stability. More order or structure implies greater instability, *unless* there is an energy input into the system. Societies are becoming highly regulated and controlled and therefore need a massive input of energy (ie. laws that regulate health, such as compulsory vaccinations for children, or school requirements that all children exposed to sunlight must wear sunscreen). Consequently, this propaganda and public relations requires the expenditure of public funds to enforce the order and control. These laws and regulations become basic requirements for society to continue to function in an increasing sense of an ordered state. In effect, the more laws a society or culture has, the more energy is needed to fuel the laws' enforcement. However, this process eventually leads to greater instability in society. This is best illustrated in communist countries failing to keep up with the rest of the world. Ironically, democracy is heading in the same direction with excessive regulation and control.

Eventually, humans will reject the chaos created by government controls (often at the behest of large corporations that control food production, pharmaceutical drug and chemical supply chains). Eventually, the collective human mind (society) will see through the smokescreen of

corporate and government propaganda and reject the chaos formed by order. Society will eventually reject having to have their lives sorted into the regulated processes affectionately known as *schemas*, or the epitome of increasing order.

A basic law in nature is that all systems within the universe are *open*, ie. everything's connected, and there are *no* closed systems smaller than the universe. Consequently, entropy in a local system (eg. a human body or society) can be reversed. This leaves only one question: how can *human engineered entropy* be reversed, and what is the role of structured water, to increase human consciousness and capacity to heal cells, society, economies, and the Earth?

In many respects, consciousness at all levels of Earth entities (ie. from the Earth **Gaia** energy to the consciousness of each plant, animal and human) can be an invisible hand that manipulates events because we are stuck with the Earth rotating anti-clockwise (spin on axis), the Earth rotating anti-clockwise around the Sun, a 28-day Moon orbit around the Earth, gravity, etc. Events could be heightened with the periodic coincidence of universal geometries (eg. alignment of planets), eclipse of the Sun and Moon, etc. These events may be universal consciousness tuning or realigning Earth's ecosystems (eg. climate), economies and societies. The **Gaia principle** is a process where living organisms interact with their inorganic surroundings on **Earth** to form a synergistic and self-regulating, complex system that helps to maintain and perpetuate the conditions of harmony or coherence for life on the planet.



*The Gaia hypothesis includes how the biosphere and the evolution of organisms affect the stability of global temperature, salinity of seawater, atmospheric oxygen levels, the maintenance of a hydrosphere of liquid water and other environmental variables that affect the habitability of Earth. Perhaps it is the universal consciousness factors that stabilise the characteristics of a period, as an undirected emergent property of the system; as each individual species pursues its own self-interest, for example, their combined actions may have counterbalancing effects on environmental changes to achieve a higher order of complexity and chaos.*

## The metabolism of the universe, ecosystems, societies, and economies

### Introduction

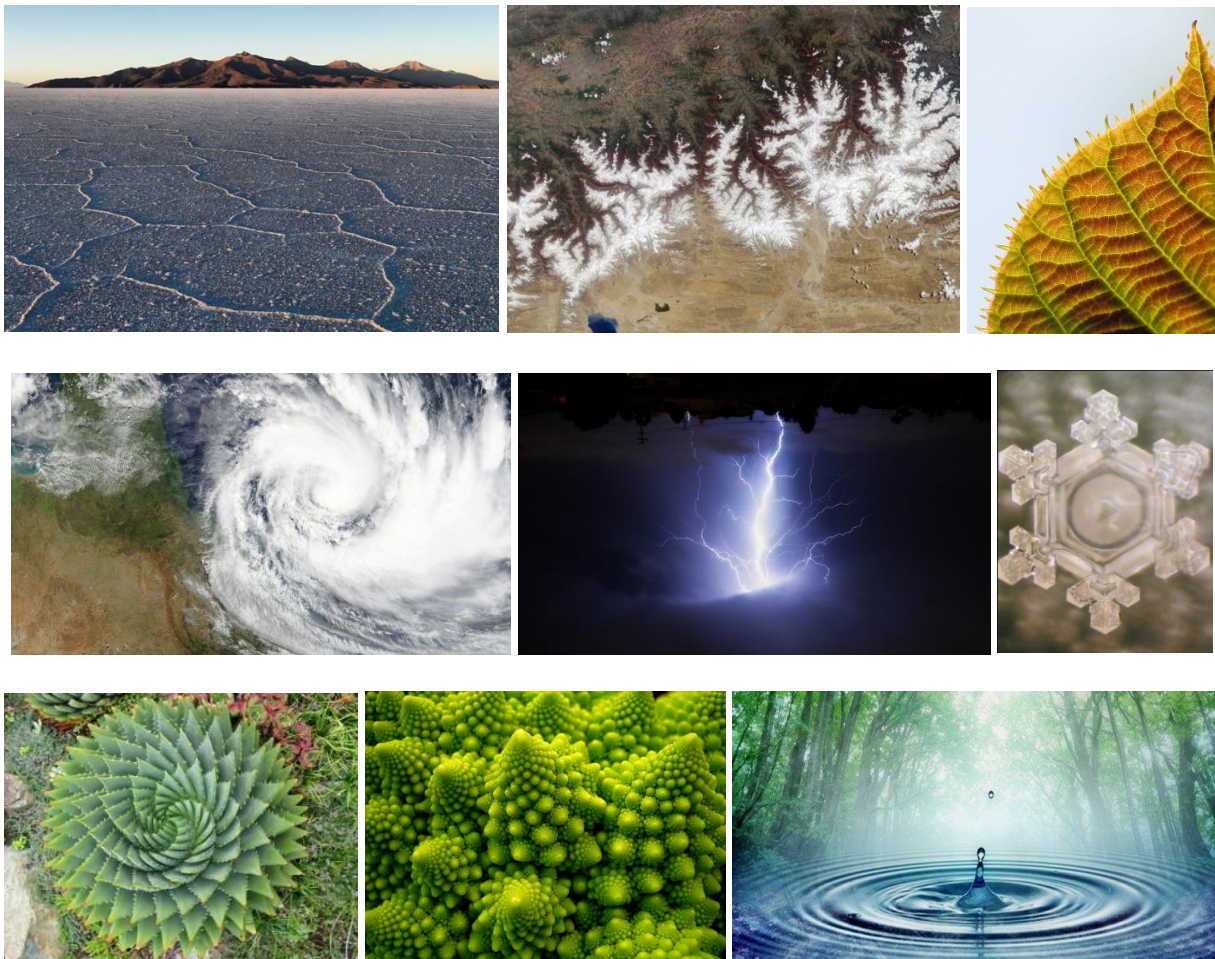
There is an amazing similarity or commonality about the fractal complexity of structured water and the geometry and metabolism of ecosystems, society, and economics. If we ever discover a *scientific theory that underpins everything*, such a moment would unite the fundamental forces of energy: including the two energy forces of **entropy and syntropy** that operate within cell water. Geometry would come closest to describe how they act on organs and systems, in an interlocked (duality), overarching framework. Similarly, these forces underpin the randomness and chaos of ecosystems, societies, and economics.

It is very likely that the *geometry of life* is a form of consciousness that pervades all living matter. Geometry gives purpose to the design for life. Geometry distinguishes one entity from another in an ecosystem.

## Ecosystems

The patterns or geometry of nature can be found from the patterns of spiral galaxies to the structure of plants: the patterns of chaos are all around us. Fractals are patterns formed from chaotic equations and contain self-similar patterns of complexity increasing with magnification. If you divide a fractal pattern into parts you get a nearly identical reduced-size copy of the whole.

The mathematical beauty of fractals is that infinite complexity is formed with relatively simple equations. The random outputs from iterating or repeating fractal-generating equations many times, can create stunning patterns that are unique, yet recognisable.



Above are fractal patterns that illustrate the geometry of the universe and Earth environment. Patterns are repeatable due to the unique consciousness of the entity, albeit that the pattern has a boundary. However, when two boundaries meet in time and space a transition zone is formed where energies will

merge and form new patterns. This includes possibilities for creating new or different entities, or co-joined forms of consciousness. For example, when the waters of two rivers meet with their different crystalline structures, and new crystalline structure of the mixed waters is formed. The new water has an expanded memory and complexity in terms of the information it can receive, store and transmit. Also, when two geological structures (eg. granite with a sedimentary geologies) adjoin, a transition zone of mixed materials is formed, and this is where diversity in plants evolves: different sub-species from the adjoin geologies.

Consciousness and cellular memory have dimensions in time and space. For example, a seed from a plant can be relocated from one environment to another through wind and water. In its new location it would have to rebuild resilience to adapt to the new environmental threats and opportunities. While the plant cells have memory from past environments, the water in the cells can receive and store new information. In this situation the plant might have to cross pollinate and create a new consciousness as a hybrid species, in the new space and over time. In a similar manner, human made societies and economies can evolve as living systems to build resilience, otherwise they will collapse and become extinct. Societies and economics *rub-shoulders* with each other and there are exchanges of energies, and the diversity of these exchanges will be greatest within the transition zone of the two economic boundaries.

Societies that are isolated from each other tend to have a faster rate of entropy, whereas adjoining societies and economies will often foster syntropy or complexity in the energy exchanges. This form of collaboration and sharing of common goals is what breathes life-force energy into human made systems. That is, adapt to the chaos of an open system or perish in the order of a closed system. Ultimately, our innate ideas about the natural world can be very unscientific (to some people) yet *folk knowledge* (eg. *about herbs for healing*) or *tribalism* can build resilience into societies and economies, purely through intuition and inventiveness.

## Economics

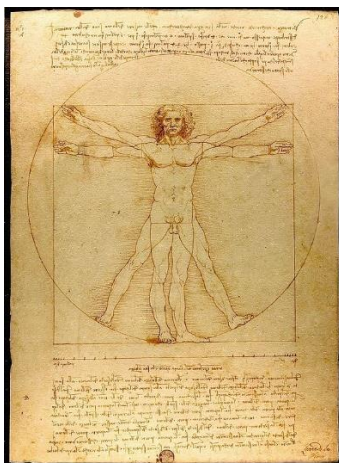
An appropriate starting point for this subject is to examine the ideas of a Russian mathematician named Leonid Kantorovich (1912-1986). He believed during the 1930's that the highly organised and structured system of communism in Russia could be lifted from its inefficient, unproductive pathway by applying a mathematical method of production and planning. He had developed a geometric model to derive optimal solutions in systems with multiple variables (also called infinite-dimensional optimisation). Of course, the Russian establishment and academia ignored him as this geometric method contradicted the Marxist principle that the value was determined by worker's labour rather than geometry (patterns or shapes of multidimensional variables in systems). Eventually, Kantorovich achieved recognition for his creativity with a Nobel Laurate in 1975 (Economic Sciences), mainly due to the adoption of his production models into industries of the USA and global oil companies; and this changed the world of economics (ie. geometries). To a large extent, this means that societies can embrace the *consciousness of economics* as a natural, energised system with its in-built cycles, spatial and resource complexities.

Regardless of whether we are considering the economics of a household, company or national economy, there are dimensions in space and time. Space will include dimensions of size, elasticity and fluidity of resource allocation and use. Time will include cycles (phases) and speed of resource availability and usage. In many cases where economies of countries border others there is a mini-economic zone or transitional zone between the two countries. It is in this zone that cultures, ideas, and economic capacities form a *co-joined consciousness zone* that underpins trade (ie. comparative advantages to both countries because of different perceived values in goods traded).

Water is the driving resource of economics in time and space, and therefore the syntropy (ie. structured) or entropy (ie. unstructured) of water is a critical factor as an economic variable in the optimisation of limited resources. The geometry of water determines its overall value in resource use, particularly in cell coherence (health and wellbeing) and the production of nutrient dense food and clean drinking water.

### Societies

Societies are made of people with a multitude of beliefs and values, including cultural, civility, liberalism, etc. These values are moderated in time and space, and particularly the watering down of conservatism, sexual expression, modes of marriage or parental partnerships. Consequently, there are divided views in society about whether these changes are entropic or syntrophic. Societies at a global scale may or may not share values, and this affects the way that societies mix or merge across time (historical variability) and space. Societal values are generally characterised by ideas about achievement, success, independence, freedom, democracy, scientific discovery progress, comfort, education, and ideas about racial, sexual, religious and gender expression. However, if we put aside these values and look at the underlying and common norms of most societies there would be agreement about sustaining the resources that underpin the survival of life, eg. availability of clean water, access to nutrient dense food, and clean air as forces of syntropy that sustain the quality of life. While most people would not think about the geometry of people and society, the human body is designed and operates around geometry.



**The Vitruvian Man** was created by Leonardo da Vinci around the year 1487. It is accompanied by notes based on the work of the famed architect, Vitruvius Pollio. The drawing and text are sometimes called the *Canon of Proportions* or *Geometry of Man*. The common ratio used by Da Vinci was the *Golden Mean* or *phi* (1:1.618)

This image provides the perfect example of Da Vinci's keen interest in proportion. In addition, this picture represents a cornerstone of Leonardo's attempts to relate man to nature. Da Vinci believed that the workings of the human body to be an analogy for the workings of the universe.

Marcus Vitruvius Pollio, born around 80 BC and later became an architect and worked on a temple, no longer in existence, in the town of Fano in Italy. What made Vitruvius's work appealing to Da Vinci was that it gave concrete expression to an analogy that went back to Plato and the ancients, one that had become a defining metaphor of Renaissance humanism: the **relationship between the microcosm of man and the macrocosm of the earth**. Vitruvius applied this analogy to the design of temples and decreed that the layout should reflect the proportions of a human body, as if the body were laid out flat on its back upon the geometric forms of the floor plan. *The design of a temple depends on symmetry*, he wrote at the outset of his third book. *There must be a precise relation between its components, as in the case of those of a well-shaped man*. Da Vinci embraced the analogy in both his art and his science. He famously wrote around this time, *the ancients called man a lesser world, and certainly the use of this name is well bestowed, because his body is an analog for the world*.

Vitruvius writes in his work on architecture that the measurements of man can be expressed in many ways. Below are some of his examples of the geometry of life:

- *The length of the hand is one-tenth of the height of a man.*
- *The root of the penis is at half the height of a man.*
- *The foot is one-seventh of the height of a man.*

While Da Vinci modified a few of these measurements (eg. Vitruvius puts the height of a man at six times the length of his foot, but Leonardo records it as seven times), the representations in his drawings of Vitruvius Man, reflect a deep understanding in his art of the geometry of life, that he expanded into drawing vortices (geometry) in water. Da Vinci was an astonishing intellectual, and at times spiritual, who journeyed into the centre of human creativity, via a different state of consciousness. Many other people do this today as a shaman, clairvoyant, spiritual healer, genius, or following a *near-death-experience (NDE)*.

A period of creativity or the surge of **syntropy energy** occurred during the **Renaissance** that was a time in European history, from the 14th to the 17th century, regarded as the cultural bridge between the Middle Ages and modern history. It could be described as a period of classical and emerging syntropy in culture, knowledge development and art. It started as a cultural enlightenment movement in Italy in the Medieval period and later spread to the rest of Europe, marking the beginning of the Modern Age. This period could be contrasted with the period of the **Inquisition** that was a period of **entropy energy** characterised by official investigations, especially ones of a political or religious nature, lack of regard for individual rights, prejudice on the part of the investigators, and recklessly cruel punishments against enlightenment, free expression, and science.

The other great cycle in history where the *sun shone through* to ideas was the period called The **Enlightenment** (also known as the **Age of Enlightenment** or the **Age of Reason**). This period of **syntropy** force was an intellectual and philosophical movement that dominated the world of ideas in Europe during the 18th century: *The Century of Philosophy*. The Enlightenment

included a range of ideas centered on reason as the primary source of authority and legitimacy, and came to advance ideals like liberty, progress, tolerance, fraternity, constitutional government and separation of church and state. In France, the central doctrines of the Enlightenment philosophers were individual liberty and religious tolerance, in opposition to an absolute monarchy and the fixed dogmas of the Roman Catholic Church. The Enlightenment was marked by an emphasis on the scientific method and reductionism, along with increased questioning of religious orthodoxy: an attitude captured by the phrase *dare to know*.

French historians traditionally place the Enlightenment between 1715 (the year that Louis XIV died) and 1789 (the beginning of the French Revolution). Some recent historians begin the period in the 1620s, with the start of the scientific revolution. French philosophers during this period, widely circulated their ideas through meetings at scientific academies, Masonic lodges, literary salons, coffee houses and in printed books and pamphlets. The ideas of the Enlightenment undermined the authority of the Monarchy and the Church and paved the way for the political revolutions of the 18th and 19th centuries. A variety of 19th-century movements, including liberalism and neo-classicism, trace their intellectual heritage back to the Enlightenment.

The period from the early 20<sup>th</sup> century to the present is an interesting mix of entropy and syntropy. The quality of human life changed for the worse with the adoption of *Rockefeller medicine* in 1910 and the wide use of synthetic drugs. Also, it has been a period when the planet has been at almost constant war over increased access to natural resources, spread of religion and gaining territory for political purposes. Chemical farming and rapid industrialisation (eg. burning coal for fuel) has created massive environmental pollution of the water systems, soil, and air. Food quality has diminished with a major loss of nutrients in food and the rapid rise of sugar intake in diets. A combination of a move to prescribed pharmaceutical drugs, eating processed foods, fast foods, and radiated foods (eg. microwaved) has contributed to an increase in diseases, obesity, and earlier death. When this change is combined with the rapid introduction of compulsory government regulations on children wearing sunscreen at school, multiple vaccinations of children from birth to 18 years of age, heavy controls on the use of alternative medicines, etc. these **entropy** forces have stripped most people of their human rights, independence and urge for free speech.

During the same period there has been some **syntropy** forces breaking through the *fog of entropy*. Advances in transportation, information technology and communication have opened the door for most people to access new territories for geographic experiences, knowledge building, and modes (eg. Internet) to introduce innovations at a global scale. Also, we are beginning to see a **push back of the entropy forces**. At a micro-scale there is a resurgence of people repairing old turntables to play 33 rpm records and at a macro-scale an increasing number of people using alternative medicine approaches and focusing on diet and lifestyle as a first line defence against disease.

Perhaps we are entering a new period of Enlightenment where formal structures of government, church and large corporations will have less influence and control and people will



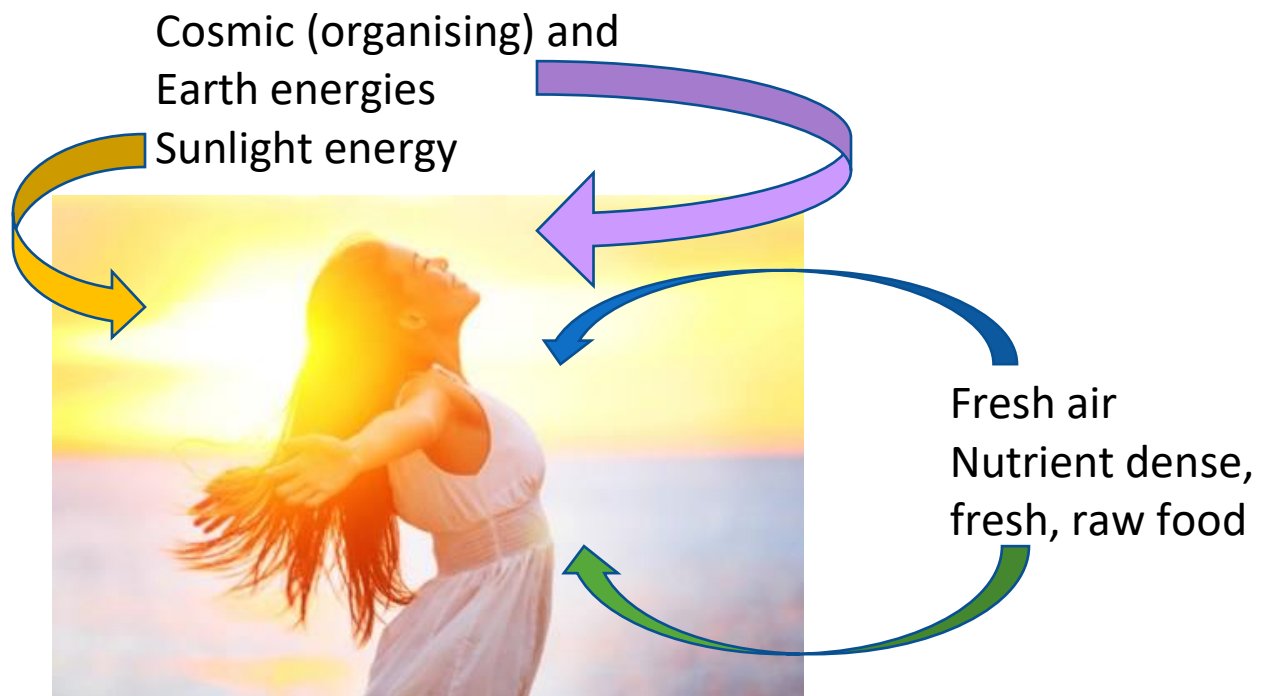
regain their lost rights, independence, freedom of speech, creativity, and control over their own wellbeing.

Universal and global consciousness becomes more relevant during this transition phase to the new Enlightenment. This is where water's high responsiveness to consciousness will become a major vehicle for change in people's behaviour and their wellness.

Consciousness does amazing things to water; however, it is the resonance between the consciousness of the Earth (Gaia) and water consciousness (information received, stored, and transmitted by water) that provides the connectiveness of every living cell on this planet. When people finally get the importance of drinking structured water, as their ancestors did, **syntropy** will vibrate through every person's experiences. This process will fundamentally affect the entropy energies of the planet and heighten enlightenment.

### Living entities within a dynamic energy space

The diagram below illustrates a schema of the interaction between a human and the other energies of space/time for cellular assimilation and sustaining consciousness. Human **consciousness** is the centre piece of this energy exchange.



All cosmic and earth energies (including fresh air, nutrient dense food, structured water, light, sounds/music, etc.) function as an entangled or integrated force. The level of energy cohesion for any living entity is highly dependent on self-awareness, attunement and alignment to these energies. Any neglect of one of these subtle energies will adversely affect consciousness.

The cosmic (organising) energy, often called *Tachyon Energy*, is a universal, subtle wave energy that is manifested for an entity at the time when life is first formed (eg. when an egg embraces a sperm). This spirit energy gives a template form (geometry) to organs and systems. Also, this energy resonance becomes part of consciousness energy that creates our awareness for every activity of daily life. During life, the consciousness energy becomes further attuned to the cosmic energy: the process of acquiring wisdom through emotional and spiritual stability (order and coherence).

There are several ways of enhancing cellular energy and the most common are to nurture the body with:

- Exposing the body skin daily to the natural organising energies from the cosmos, sunlight energy, and the negatively charged earth energies
- Daily access to fresh air and nutrient dense, organic, fresh food to nourish cells
- Daily use of structured, negatively charged water
- Consciously drawing the above nurturing energies to yourself and embracing hope, love, joy, happiness, and optimism.

## Cell water crystalline resonance

### Energy fields

The discussion to this point is that the universal, fractal geometry of all matter is fundamental to the way that consciousness develops in an entity (*the spark of life moment*). Within an entity there are components, eg. in a human there are about 250 recognised organs and systems, whereby organs and systems have their own field of energy (*life force energy or biofield*) that enables communication between them for regulation and healing.

In biology, the term *morphogenetic field* is also used to describe a group of cells that leads to specific body structures or organs. For example, a cardiac field becomes heart cells. Scientist Rupert Sheldrake, in the early 1980s, was the first to label a *learning field* that instructs the organs and systems. He called these fields, the *energetic/subtle morphogenetic or morphic fields*.

Sheldrake suggested that there is an energy field within and around a morphic unit or the physical developmental unit (eg. cardiac field) of what later becomes an organ or system, ie. this field forms the unit (organ or system). All living organisms, from cells to people, that belong to a certain group, tune in to the morphic field and through morphic resonance develop according to the program intention within that field. Morphic resonance (within consciousness) only occurs between *consciousness forms or entities* that are the same or similar (eg. plant sub-species), so one distinct species would not take on the characteristics of another species. According to Sheldrake, these energy fields serve as a database or memory for species identity, behaviour, breeding, life-span, etc.

Sheldrake's theory seeks to explain why members of a family pass down certain behaviours and even emotions, and why species might share common characteristics and developmental patterns. For example, morphic field information is stored in the sperm and eggs of humans, but not as DNA. Various studies have also shown that even when separated, members of certain species acquire similar traits or behaviours, a puzzle that can be explained by morphogenetic fields. Subtle in nature, they are not limited to time or space. This theory would portray DNA as the recipient of information from human energy fields through the subtle body, which instructs the DNA to act in certain ways. For example, musical gifts in one person might be then carried via morphic fields from an ancestor rather than DNA. Morphic energy fields may instruct the epigenetic makeup (the effect of the environment on genes), which is the chemical storage house.

Sheldrake's morphic fields also hold *past-life memories* that could pass from lifetime to lifetime through a soul's morphic energy field. The human soul is the record or memory of every incident in a human's life and stored in cells from the very moment of life and until death. Soul memory leaves the human body at death in a sequence of unwinding over 60 hours. These memories are stored in every cell of the body's systems and organs, and therefore not anchored in the brain or an individual life, as people can recall these *past-life memories* following a near death experience (NDE).

Epigenetics is also showing us that through conscious intention we can change our quality of life from what we have been handed down epigenetically from previous generations. The science confirms that it is our individual choices, based on our degree of consciousness, that play a role, and change our cellular structure and level of DNA activation. Critical parts to this process are the environment we choose to live in (is it mostly natural or primarily constructed?), maximum time in sunlight, eating natural and organic foods, drinking negatively charged/structured water, entraining harmonising music, etc.

While we all carry forward experiences and emotions from past generations in our DNA, we are not controlled in the future by these predetermined genetic codes. Epigenetics clarifies how perceptions of our inner and outer environments shape our biology and behaviour and make us masters of our own lives, rewriting the rules of disease, heredity and wellbeing. While genes play an important part in organising us into our individualised form and uniqueness, it is still a mystery, to science, how the organisation itself happens. After all, apes and humans, fruit flies and worms are all very different, but amazingly similar, genetically. This and other discoveries made in the last hundred years have opened scientists to the possibilities that the primary components of life are orchestrated by **consciousness as a vibration**.

Our genes reside in our morphic field, and it plays an important role in the epigenetic control and activation of our DNA. It is a field of energy containing certain frequencies of information or resonance. All living species, human beings, animals and plants, have a **consciousness** and therefore a **morphic field** that consists of atoms and exists at a specific threshold of vibration. It is through **conscious intention we can change our quality of life from what we have been handed down epigenetically from previous generations**.

Illness occurs when these atoms comprising the human body vibrate at unhealthy frequencies. The human Morphogenetic Energy Field evolves, organises, structures and resonates from time in the womb. It is influenced by epigenetic factors that translate into vibrational frequencies generated by our environment, perception and intention, all of which influence the process of DNA activation.

When our morphic energy field resonates with lower vibrations associated with fear, conflict, chronic stress, skepticism and pessimism, the signals are picked up and passed through the cell membrane. The informational frequencies travel to the nucleus of the cell and enter the chromosome, activating a strand of DNA. Our genes then communicate instructional functions to our cells based on the information they receive. The cells then prepare to *fight or flight*. This DNA activation response represents a genetic wisdom designed to protect us from bodily harm and puts our physical and emotional health in a state of alert (excitation). In this scenario, our consciousness is focused on fear, instead of love and happiness. What is amazing is that we can either create an illness or enjoy vitality just through the focus and choices of our environments, perceptions, beliefs, thoughts, and intentions.

## Thoughts

As human beings we choose our experiences by the way we resonate or vibrate as an energy field. Our perceptions and thoughts translate into vibrational frequencies. Energy follows thought, and thereby shaping our reality. *We are guided and moulded by our thoughts*. The practice of conscious intention, combined with an energy field that is responsive by nature, can expand our gateways of awareness so we can experience our fullest expression as limitless beings. To be successful, our *intent* must be purposeful, deeply felt, and sincerely engaged. Our consciously formed beliefs, thoughts, and intentions have a much stronger effect on our lives than our genes.

Nobel Prize Laureate, Max Planck, a theoretical physicist, and originator of quantum theory, believes that all matter originates and exists as the projection of consciousness as a creative force, that brings the particles of an atom into vibration. This theory revolutionised human understanding of atomic and subatomic processes within a cell.

Our thoughts, beliefs, emotions, and intentions have a profound effect on our consciousness, and therefore affect our level of DNA activation, either in a life-affirming sense or genetic downgrading, nonlife-affirming sense.

Similarly, the quality of food we eat, the water we drink, the air we breathe, the words we speak and the ecological systems in which we live influence the switches that turn on and off the expression of our genes and DNA. We are all born with history or memories that can manifest into either healthy or unhealthy outcomes. For example, the signals generated from our perceptions of the world we live in, our thoughts, beliefs, meditations and intentions influence our inner cellular environment. This process can cause cellular changes that affect the way our genes communicate instructions between cells and therefore literally have the

effect of altering and activating our DNA and gene expression. Consequently, we have sayings like *we are what we eat, and we are what we think*.

Thoughts are an electromagnetic frequency, and **salt** is responsible for enabling the frequency to transmit commands to organs and muscles.

## Salt

Salt in its natural and complex form, has a crystalline structure that is a necessary and vital substance that Nature uses to provide structure and conductivity to all waters on the planet (eg. the oceans) and to human and animal cells. The syntropy force of salt (primarily sodium) in structured water is truly amazing. Salt can carry information to our cells through its crystalline structure and is a better information carrier than spice. Salt has a cubic structure that is unique in the way that it aligns with structured, negatively charged water. The elements and minerals trapped in the cubic structure are small enough (when dissolved in structured water) to penetrate cells and be assimilated. Human blood contains the primal concentrations as in salt, except that salt is high in sodium and blood is high in iron.

The major roles of salt in the human body are:

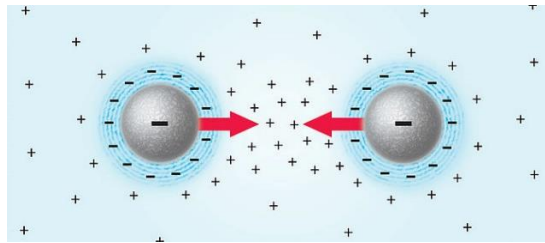
1. Sustain heart rhythm
2. Enable cells to hydrate with water
3. Enable blood to sustain an alkaline state
4. Support nerve and muscle function
5. Support digestion and elimination
6. Regularise the fluids of the body (eg. blood and lymph fluids)

The balance of structured water and salt in the human body will prevent over 70 chronic diseases. That is, this crystalline resonance between structured water and salt sustains a high and healthy negative (-) mV charge to the cell. However, modern medicine accuses salt of being the cause of heart disease, high blood pressure, and several other conditions. Salt in most kitchens has followed a similar pathway to sugar whereby its natural values have been processed away to make white sugar and white salt (common salt or Sodium Chloride: NaCl). Our ancestors never had access to these simplified versions of food. Both white sugar and white salt are poisonous to cells and treated by cells as a toxin.

Our ancestors ate salt in its natural, complex form, eg. Himalayan, Celtic or Sea Salt. These salts have the correct proportions of sodium salts, potassium salts, calcium salts and magnesium salts, and in this combination, sustain human health. Salt in a complex crystalline form has a perfect electrical resonance with the crystalline form of structured water. Besides, the complex salts have over 70 trace minerals to support cell function in regulation and healing.

It is the presence of trace minerals in salt that contrasts salt with other crystalline structures. The atomic structure of salt is both molecular and electrical (conductive). The simple metabolic reaction (like the 6 listed above) requires salt or its inherent elements (eg. sodium, potassium, magnesium, etc.) in an ionised form (ie. a cation or anion of the elements). For example, it is

the function of our nervous system to transmit stimulation that has been recorded via sensory input to the brain that in turn passes this information back to the muscle via and Vagus Nerve. This enables us to react to stimuli (seen, felt, touch, smelt, etc.) An electrical potential occurs on the liquid crystal membrane (wall) of the cells when the positively charged potassium ions leave the cells, and positively charged sodium ions cannot enter. As a result, the outside becomes positively charged and the inside of the cell becomes negatively charged (see image below).



When a nerve cell is stimulated, its liquid crystalline membrane suddenly becomes polar-opposite and consequently is permeable to the sodium ions. In one-thousandth of a second, the electrical potential is transformed and releases, with energy nerve impulse, -90 millivolts of energy as the received stimuli are now converted into thoughts and reactions. Without the elements of potassium and sodium being readily available from salt, this process is not possible.

*You can trace every sickness, every disease, and every ailment to a mineral deficiency.*  
*Linus Pauling*

## Music

Certain music frequencies have the power to heal. For example, Native Americans have used music and chanting as a way to treat and protect against disease.



*Aristotle knew the power of music could heal the sick. Since ancient times, music has been recognized for its therapeutic value. Greek physicians used flutes, lyres, and zithers to heal their patients. **They used vibration to aid in digestion, treat mental disturbance, and induce sleep.** Aristotle (373–323 BCE), in his famous book *De Anima*, wrote that flute music could arouse strong emotions and purify the soul. Ancient Egyptians describe musical incantations for healing the sick.*



*David worked as King Saul's private musician with a musical instrument called the KINNOR, which translates as a **lyre** or **harp**. It probably had 10 strings. Each string played a different note on what is called the pentatonic (5 note) scale. It made a soft, sweet sound. David's task however was not to entertain Saul, and Saul did not choose him for his musical skills. The biblical story is that an evil spirit was badly upsetting Saul; therefore, Saul needed some quiet music to comfort him. Saul realised that he had ruined his spiritual relationship. **Saul chose a musician who had a strong spiritual relationship and played harmonising music. It is likely that the frequency was 444 Hz.***

Today we are discovering how to use music frequencies at a cellular level to heal, repair, and protect against disease. Since music has frequency, it has geometry and therefore the capacity to produce harmony and coherence at a cellular level. For example, Mozart had a genius capacity to produce music with healing effects, through his own consciousness. The consciousness used by Mozart to produce music can be entrained to your cells, just by listening to his music in a 432 Hz frequency.

### Light effects on cell water

Water provides the stage that allows massive changes to incoming light frequencies. Secondary, tertiary, and quaternary protein folding, and structure all affect absorbance of specific frequencies of light, therefore factors such as pH, ionic strength, etc. can alter the absorbance spectrum of the proteins to affect the water around the proteins to change its density. It also seems that water changes the absorbance of proteins making it the ideal molecular mirror for light interactions optically.

Specific light frequencies (including the colours of the rainbow) have their own effects on the structure of water, and therefore on the health of living entities. Humans have developed systems that incorporate light and embedded crystals. Light energy that is shone through a crystal causes stimulation of the crystal and this forms a *carrier wave*. The molecular structure (information) of the crystal is received into the carrier wave and transported to a receptor (eg. cell or body chakra's). In the case of the 7 chakras, each has a specific colour receptor through **red** (root or base: *safety, survival, grounding, nourishment from the Earth energy*), **orange** (sacral: *creativity, sexuality, and is associated with water and flow*), **yellow** (solar plexus: *symbolises mental activities, intellect, personal power and intent*), **green** (heart: the central rainbow colour that balances both warm and cool energy centres, also green is *connected with love, relating, integration, compassion*), **blue** (throat: *symbolises self-expression, expression of truth, creative expression, communication, perfect form and pattern*), **indigo** (third eye: *evokes intuition, extrasensory perception, inner wisdom*) and **violet** (crown: *associated with the universal, connection with spirituality, consciousness*). The warm colours (red, orange, and yellow) of sunlight are

predominant in the morning light, starting with red at sun-rise. Green is predominant at midday. The cool colours (blue, indigo, and violet) are predominant during the afternoon.

This cycle of rainbow colours is linked to the activation of organ and system cells. Each colour is linked to specific organs and systems, and therefore frequent exposure to some sunlight throughout the day is beneficial to health. These photons of light, with their specific frequencies are embodied in the functioning of organs and systems of all living entities. Light is also linked to the activation of the crystalline structure of water and therefore serves to sustain the structure and negative charge of cellular water.

### Sound and colour effects on cell water

In audio engineering, there's a whole **rainbow of noise colours**, each with its own unique properties, that are used to produce music, help relaxation, and describe natural rhythms like the human heartbeat. If you decompose a sound wave, you can break it down into two fundamental characteristics: frequency, which is how fast the waveform is vibrating per second (one hertz is one vibration per second), and amplitude (sometimes measured as *power*), or the size of the waves. The noise types are named for a loose analogy to the colours of light: White noise, for example, contains all the audible frequencies, just like white light contains all the frequencies in the visible range. Consequently, sound like light, can have significant effects on cellular water depending on the source and the type of frequency.

In musical sound waves, the frequencies are spaced at intervals that can be pleasing to the ear, creating a harmonic structure that gives a sound its unique tone quality, or timbre. (Timbre is what makes the same note sound different on a flute than it does on a violin.) The *human-made and natural noises* we hear every day are made up of sporadic waveforms, a random distribution of frequency and amplitude. However, some of these sounds enhance cell harmony and others cause cell water disharmony.

Sound has geometry (*sonic geometry*), and in the case of **love** (received, stored, and transmitted from cells) has a **sacred geometry** vibration. The sounds from heavy metal music have a chaotic effect on cell water as these sounds lack sacred geometry. The sounds from Mozart's original compositions and instrument tuning would have created cellular harmony, and this music is acknowledged as one of the highest capacities of any composer to produce sacred geometry vibration.

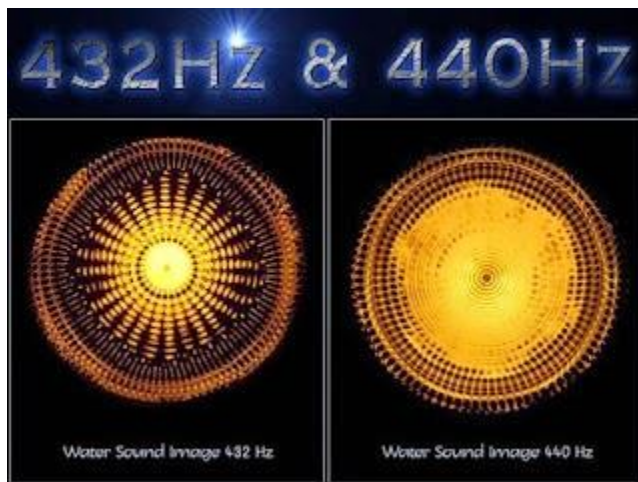
Most music worldwide has been tuned to 440 hertz (Hz) since the International Standards Organization (ISO) endorsed it in 1953. Prior to this time, and certainly prior to 1939, music was tuned to **432 Hz**. A 432 Hz, known as **Verdi's A**, is an alternative tuning that is mathematically consistent with the universe as it is a healing frequency (ie. this number can be reduced to 9, similarly other healing frequencies can be reduced to 3, 6 and 9). Music based on 432 Hz transmits beneficial healing energy, because it is a pure tone of energy, and fundamental to nature.



In Nazi Germany, the Minister of Propaganda Joseph Goebbels ordered in 1939 to replace all tuning forks to 440Hz. Before that period instruments were tuned 8 Hz lower to 432Hz. When you compare the same composition in 432Hz and 440Hz there is a difference. The tone *La* at 432Hz was intentionally hidden from the world because it's a balance point in nature. 432Hz is a vibration with roots in *The Golden Ratio: phi*, and combines the properties of light, time, space, matter and gravity into biology, DNA, and **consciousness**. Also, the Earth's frequency is 8hz. When the brain is relaxed, its alpha waves are also 8Hz. When we listen to music at 440Hz, the root tone is changed from 8Hz to 8.25 Hz, meaning the harmonics are not in tune with the Universe. Humans vibrate from 16 to 32 Hz, the same as C0 to C1 on a musical scale. Therefore, 440 Hz is not in tune with the human's vibration because the root tone is 16.5 Hz.

The recent rediscoveries of the vibratory / oscillatory nature of the universe indicate that this contemporary international concert pitch standard of 440 Hz may have generated an unhealthy effect or anti-social behaviour in the consciousness of human beings.

This is how the A=440 Hz vs. A=432 Hz patterns look like in real time, in water:



*Frequency and vibration hold a critically important yet hidden power to affect our lives, our health, our society and our world. When sound waves move through a physical medium (sand, air, water, etc.) the frequency of the waves has a direct effect upon the structures which are created by the sound waves, as they pass through that medium. The 432 Hz tuning is harmonic, and the 440 Hz tuning is chaotic to water structure.*

*If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.  
Nikola Tesla.*

The sounds of music from the earlier composer, like Mozart and Beethoven had a hidden power to affect minds, thoughts, and society in a harmonious manner. When that music is based upon 440 Hz (a tuning standard purposely removed from the 432 Hz, natural harmonic found in nature), the result may be the psychic poisoning of cellular energy, and consequently the consciousness of humanity.

*If one should desire to know whether a kingdom is well governed, if its morals are good or bad, the quality of its music will furnish the answer.  
Confucius*

Sound and light share the fundamental nature of vibration. Even though the sounds have a much lower frequency than visible light, there is a range of sound frequencies that have corresponding consonant colors.

Colour	Frequency
Violet	668-789 THz
Blue	631-668 THz
Cyan	606-630 THz
Green	526-606 THz
Yellow	508-526 THz
Orange	484-508 THz
Red	400-484 THz

*DNA can be repaired by certain healing frequencies. Therefore, 432 Hz music combined with the frequency **colours of the rainbow in sunlight** is the model for moving through chaos to a higher level of order or harmony. The 432 Hz is grounded in the symmetry of sacred vibrations and overtones that changes cellular chaos to order. On the other hand, 440 Hz is dominated by electric emissions, while 432 Hz is dominated by magnetic emissions in the order of nearly 8:1. Electric emissions from 440 Hz have an acidic effect on blood pH while the magnetic emissions from 432 Hz have an alkaline effect on blood pH. Remember, cancer thrives on acidic (low oxygen) blood pH.*



*The energy relating to each of the seven spectrum colours of red, orange, yellow, green, blue, indigo, and violet, resonates with the energy of each of the seven-main chakra/energy centres of the body. Therefore, good health and wellbeing is achieved by a balance of all these energies. Balance of the energy in each of the body's chakras can be achieved by wearing or applying these specific colours next to the specific chakra (ie. red colour underwear against the red chakra). Colour therapy can help to re-balance and/or stimulate these organ and systems linked to these chakra energies. Colour frequency is absorbed by the eyes, skin, and magnetic energy field (aura). The energy of colour affects physical, spiritual, and emotional energies. Every cell in the body needs light or colour energy to enable regulation and healing. Exposing structured water to sunlight energy and 432 Hz music over a day is a profound way to boost cellular energy.*

### Form in structured water

Structured water is the primal *life force energy* (essence) of all living cells. This is not a mystery. All ancient traditions understood water as a cosmic energy, rather than the physical characteristics of water. Many cultures viewed the universe as geometric matrix that manifested consciousness for all living entities. Therefore, water was used in a sacred manner to raise consciousness to highly structured or ordered state. They also use other forms of structured materials like gems to assist in the revelation of connection to higher forms of

consciousness. Of course, people still use these ancient traditions to unify the multiple forms of consciousness on Earth.



*This Celtic symbol represents ethereal, radiating energy; and symbolises growth, birth, and expansion of consciousness. Its form is based on the spirals of nature including the water vortex. This spiral symbol is often used in the designs for labyrinths. As a spiraling labyrinth, this symbol stands for the path we all take in life. The spiral as a life symbol reminds us that our path is never from point A to point B, as every life lived takes a spiral trajectory. Each step we make winds us ever inward into ourselves, our core beliefs, and the roots of our community (the centre of the spiral). The spiral is also a symbol of the cosmos. We might also view this symbol as human awareness and/or Nature itself always moving outward to gain more broad experiences.*

The spiral symbol is the most common symbol in nature, and it is not surprising that ancient cultures adopted this symbol 10,000's of years ago, as a form of spiritual expression of radiating, ethereal energy. Like the spiral, consciousness is a radiating energy (both directions) that is fluid, ever-changing, fractal dimension; and it must be this way to interact with the growing complexity of change for not only Mankind, but with other species in the environment. Changes in the environment are challenging fundamental patterns and boundaries of time and space. These changes can lessen the contact species have with natural frequencies of the environment, and consequently this lessens or deconstructs **consciousness**; and therefore, the health and wellbeing of species.

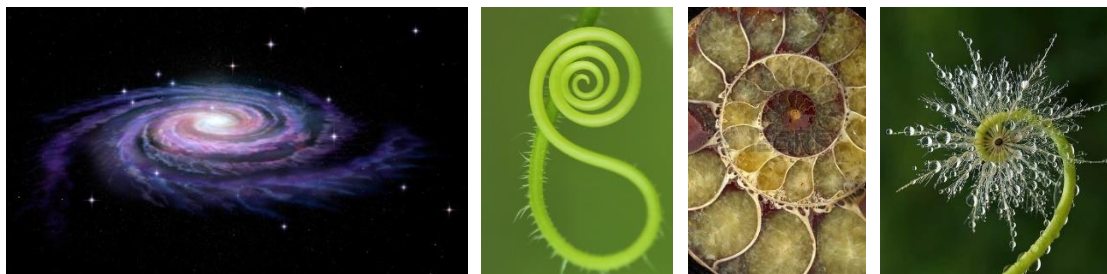
Water and the subtle energies of nature are sensitive to the changes and stresses to global consciousness. Therefore, people are increasingly turning to reforming their relationship to our primal energies, or the exposure to the natural energies that forged the genetic expression of our ancestors. Humans today, consciously yearn for reconnection with the Earth to achieve calmness and express a relationship with natural waters and the subtle energies of Nature.

Structured water provides a simple and effective way for people and animals to reconnect with their primal bio-energetic systems through bathing in this crystalline water and drinking *crystal water*. Imagine the level of microbe consciousness (within the soil, and animal and human guts) to facilitate the regulation and survival of the systems that they occupy. Also, imagine the consciousness in plants and animals to develop a karma for potential sacrifice and consumption by other animals and humans.

**Structured water has consciousness**, and this is primarily reflected in the six-sided crystalline structure, and negative charge. The six-sided crystalline structure is a consequence of the continuous current of negative charge and the vortices within the current. The numbers most obvious in a vortex are 6 and 9. The form and geometry of a vortex in water is a perpetual 6 and

9 configuration in a spiral symbol. Similarly, this is the configuration in DNA. The **6** is formed through an **anti-clockwise motion** from the 6-tail to the 6-centre. This is symbolic of drawing in cosmic and earth energies (as in the egg drawing in a sperm to the womb to **create human life**). The clockwise motion of the water vortex is **9** which is constructed in a **clockwise motion** from the 9-centre to the 9-tail. This is symbolic of transforming human life in the womb to the point of **birth**. That is, the anti-clockwise spiral in water draws in energy and the clockwise spiral stores and transmits or unfolds the energy. However, it is the 6 action that creates the negative charge and structure/energy capacity in the water, and it is this negative charge and hexagonal structure that is fundamental to the function of cell regulation and healing.

In the images below are spiral symbols that occur throughout the universe, in water vortices, plants, etc. The symbol of consciousness.



Virtually all aspects of health and wellbeing are rooted in the union and integration of the body consciousness (includes mind and psyche). In this way our animating soul (**psyche**) activates the memory, mind, breath, etc. These invisible, animating principles of life occupy and direct the physical body from every cell and group of cells. We can cultivate consciousness through the quality of thought and intuitive experiences (including creativity and inventiveness). All success, happiness and enlightenment emanate from this basic principle of harmonic energy integration. In this respect, we cannot separate health care into compartments, because it is the union of energy (cosmic and earth based) that forms the foundation of health and wellbeing. Any change in environment influences consciousness, and therefore health and wellbeing. Conversely, we can change our environment for the better to reflect our desired outcomes in **consciousness energy**, also known as the primal energy of life or the **Essence of Life**.

As discussed in earlier sections of this paper, cell water in its structured, six-sided, hexagonal form is the foundation and means for collective energies to be received, stored, transformed, and transmitted. Cell life is sustained and amplified when:

- The cell can properly receive the *subtle organising energies* (SOEF's) by harmonising to the *wave energy* of the SOEF. This harmony is essential to enable the cell to re-energise and create forms (ie. cell replication, enzymatic function, biochemical transmutations, etc.). When this SOEF energy is dissipated through poor diet and lifestyle then the capacity for SOEF's diminished, and this translates into increased aging. The SOEF is the

force that enables people with artificial limbs to sense feeling through their mechanical limbs.

- The cell receives adequate sunlight, natural sounds, nutrient dense food and fresh air, the cell is more open to vibrate with, and assimilate the SOEF.
- Processed food is avoided. All processed food (not in a natural form from the soil, plant, or animal) is depleted in life energy (ie. cell water in processed food is de-structured) minerals, enzymes, etc. For example, the natural sugars in foods need the natural minerals of Chromium and Vanadium to assimilate the sugar, along with Insulin (produced by the pancreas). Unless these minerals (along with over 70 other essential minerals) are assimilated in the cells, the body will deplete SOEF to compensate for the loss of the energy from these minerals. Similarly, irradiated food (eg. microwaved food and water, X-rays, mobile phones, Wi-Fi, etc.) will deplete SOEF and thereby increase aging and therefore the likelihood of disease.
- Cells of organs and systems can regenerate (eg. a removed gallbladder, spleen, tonsils, adenoids, etc.) when the SOEF is high within a body. Similarly, the cosmic energy of the universe (ie. Tachyon energy) is more capable of energizing the SOEF's when the cell vibration is at a maximum peak of negative (-mV) charge.
- When SOEF' are high in the body, the intertwined vortex structures of RNA and DNA are sustained to maximise cell replication, regrow organs, repair body systems and senses, etc.

All chronic disease, cell degeneration and increased aging effects occur when the universal and subtle organising energies are depleted in the body. At a cell level this translates into the loss of cell negative charge (ie. change of polarity towards positive). The body in this state cannot minimise or reverse the increase in entropy or boost syntropy.

It is only by changing diet and lifestyle that the body can restore syntropy. The invigorating energy from *living food*, and a lifestyle full of *love, joy, and hope*, will restore human consciousness and the internal biofields (morphic fields) that sustain cell function for regulation and healing. Similarly, human consciousness and the biofields need to be openly working in harmony with the universal energy and SOEF's.

The current and vortex energy generated by structured water is the bridge between the energies of the universe and environment, consciousness, and bio-fields of all living entities. That is, structured water and its negative charge or voltage enables entities to connect with the **rules of nature** to create the essence of life.

## Scepticism and pessimism

A major drawback and limitation to open science and expression is scepticism and pessimism in science. Alternative medicine (plant based) and the water structure science are *honey pots* for sceptics. These areas of science tend to attract people who are empowered by **dynamic chaos**

and eventually get stuck in a continuous stream of chaos, steeped in cynicism, distrust, disbelief, doubt, and suspicion of any science that deviates from classic or traditional beliefs.

In many respects, scepticism and pessimism are part of society, free speech, and open enquiry. On the other hand, both forms of expression have inherent **entropy**. They can both **suck the lifeblood out of creativity, innovation and the expression** of water structure science and alternative health science.

There is sufficient corporate and government propaganda, to convince many people that pharmaceutical drugs are the cures for disease and that investment into water structure science is not warranted to support human health. This provides the breeding ground for scepticism and pessimism about the alternative science of medicine, that existed before *Rockefeller medicine* started in 1910. However, structured water has solid science and evidence going back as far as the 19<sup>th</sup> Century.

In some respects, we are revisiting the period of the Inquisition during the 17<sup>th</sup> Century when Galileo expressed the Copernican theory, that supported a sun-centered solar system, as opposed to the church sponsored view of an Earth centered universe. Galileo was accused twice of heresy by the church for his beliefs. He remained under house arrest for the remaining years of his life. Many scientists in the areas of alternative health and water structure science feel as though they are under *house arrest* for espousing alternatives views to the belief systems that are embedded in government and corporate agendas.



*A 19<sup>th</sup> century depiction by Joseph-Nicolas Robert-Fleury of Galileo before the Holy Office in the 17<sup>th</sup> century. There is little difference today whereby beliefs and scepticism nullify the emergence of new ideas and creativity in science.*

There is increasing evidence that traditional support systems of society are in a chaotic state due to entrenched structures based on centralism, conservatism, control, and a high degree of formality. For example:

- Religious organisations (increasing proof of child abuse)
- Medical systems (increasing deaths due to prescribed drug misuse and increasing disease in society)
- Governments (increasing political, self-interest focus and regulated control over society)
- Academia (increasing control from corporations and governments and loss of objectivity in science)

Probably, the most *venomous* of the skeptics are from academics in medical schools. For example, an academic from Yale University (USA) produced a DVD that attacks all forms of alternative medicine. This included, describing the following as myths: structured water and hydration, vitamins and nutrition, natural food as better, acupuncture, probiotics, sugar risks, antioxidants, vaccination and antibiotic risks, herbalism and homeopathy, detoxing, claims about magnets, risks of microwaves and mobile phones, consciousness, and the risks of the Roundup™ chemical. It is very clear that the pharmaceutical and chemical companies *light the bushfire* of these myths, and the academics are *stoking the embers* to sustain the attack on alternative medicines and structured water. The academics live in a *closeted environment* of a belief in *Rockefeller* medicine, and *kiss the boots* of the pharmaceutical and chemical companies that *feed* their research funds. These academics have no qualifications in alternative medicine or structured water, and never read the research literature of the alternative ideas. They are driven by an ego or *religious attraction* to discrediting anything that takes profit from Big Pharma or might reduce their academic, research funding. It is a scary situation when medical academics place their medical knowledge above the alternative health knowledge that stretches back 1000's of years, and class this ancient knowledge as misinformation.

These areas of chaos in society are essentially driven by the greed, egos and sociopathic behaviours of individuals who we tolerate in positions of trust and power. In many respects, these institutions and organisations within society are unaccountable, yet intertwined and self-supporting in sustaining control over *scientific knowledge and beliefs* within society.

Fortunately, there is increasing human consciousness about the chaotic states of society, and this will be a change agent for the way we embrace alternative ideas that are fundamental to creativity and inventiveness. It will be a *light bulb* moment when societies globally embrace the simplicity of structured water as the pathway to enduring societies, economies, and ecosystems.

As a society we must find ways to add more **syntropy** (life-affirming energy) to societal processes, to improve the quality of life, freedom of choice, knowledge accountability, and the expression and promotion of innovation outside of academia, government agencies and large corporations.

## Conclusion

The Essence of Life is closely associated with the two, intertwined forces of life: entropy and syntropy, or aging and renewal. When we combine these energies, and forces they determine our genetic potential, purpose in life (intent), vitality and life span. Genetic potential of humans is prescribed in the union of the egg and sperm, and this energy is further transformed by experiences in the womb, including nourishment, breath, sounds, colour, etc. Eventually, there is a point in life after birth when environmental influences either uplift or degrade the Essence of Life. We die when we run out of the Essence of Life (consciousness energy).

The major challenges facing younger generations are the invisible beliefs, myths and boundaries placed on their lives through subtle propaganda (corporate and government driven to achieve agendas), constant exposure to 440 Hz music, increasing government controls on freedoms of choice, chronic and acute stress. These stresses lead to anxiety and depression, increasing exposure to chemical toxins (including pharmaceutical drugs), poor nutrition, etc. The *dumbing down* of societies and individuals has probable been progressive for over 1000's of years through forms of control (physical, religious, physic, etc.) However, in recent times it has become more sophisticated through the many forms of media that people access daily. When humans' loose individuality, connections with the natural *energies of life* and physical nature, they lose power in their Essence of Life. This condition is then perpetuated through generations of human eggs and sperm. There is recent scientific evidence that stressed-out men pass on this propensity for stress through their sperm. Therefore, unless humans *feed* their syntropy force with practices that transform life energy (eg. nutrient dense food, listening to 432 Hz music, sunlight energy, etc.) then their Essence of Life will be increasingly exhausted. **Music in the 432 Hz form can be accessed on YouTube.**

While many countries have democratic processes, the levels of control on society are being *ratcheted-up* with more regulation over freedoms of choice and expression. History over 1000's of years, teaches us that when control becomes excessive and freedom of movement, enterprise, debate and information dissemination are restricted or blocked, governments are overthrown or collapse, and society goes through a new era of enlightenment, creativity and innovation.

The type and level of corporate and government propaganda is becoming more subtle and sophisticated through the press and the Internet. People have increased levels of stress and less time to investigate and challenge the information that is being continuously streamed to them. **Fear** is a great motivator within the propaganda messages, and often people *bend to pressure* and just *go with the flow* of doctrine exposed by governments, corporations, and the press. Many people are losing the energy and consciousness to understand, circumvent or disengage from the propaganda. These people take the *line of least resistance*, and this usually converts to more time on social media outlets (*escapism*), eating fast food, less time in self-education, relying on the medical and social welfare system for support, and disengaging from nature.

On the brighter side of public interest in health, two of Australia's peak health bodies have called for a sugar tax to tackle rising rates of obesity. Recently, the Australian Medical Association and the Committee of Presidents of Medical Colleges each released policies on obesity, with both including calls for a sugar levy or tax. However, there is little support from the Australian Government who are heavy influenced by the lobbyist from the beverages and sugar grower's industries. A broader strategy is required for sugar including the use of grain and sugar crops to produce ethanol as a fuel source. Australia relies heavily on fuel imports and has less than 20 days of fuel held in reserve for national emergencies (including war). However, the lobbyists for the global fuel corporations would probably scuttle this idea.



While we all go through different levels of chaos every day, order can be restored by conscious balancing or harmonising the cycles of energy (eg. day and night, male and female, moon cycles, seasons, etc.) Within our bodies we experience continuous cycles of energy: heart beats, lungs breathing, glands excreting hormones, bowels and bladders excreting waste, etc. We need to be consciously aware of these cycles and make daily adjustments to embrace fresh air, light, colour and sounds that work at a cellular level to regulate body cycles.

Human potential to adapt to change and embrace the wholeness of cosmic and earth energies is a growing experience based on knowledge and reflectance on experience. In most cases, this involves taking on responsibility for all aspects of our self-health and wellbeing. Responsibility involves adaptation to the opportunities in life (choices) in a manner that embraces change. Life in the modern era is increasingly stressful. Therefore, the challenge in life is to provide self-time and space to rebalance energies and move effortlessly through chaos to order. We need to continuously embrace practices that accumulate the Essence of Life, ie. feed our syntropy force and consciousness energy.

Most of the ways to improve human health that are proposed by medical associations and governments are symptom-based and never get to the root cause of ill-health, including loss of energy, motivation (brain fog), etc. The primary cause of disease and people becoming tired and sick is gut dysfunction. The key factors leading to ill-health are:

- Lack of a daily **diversity and abundance of beneficial gut microbes** (eg. bacteria, fungi, yeast, etc.) and a predominance of pathogenic microbes in the gut system.
- Lack of **nutrient dense food** that is fresh and organic, as a source of the natural sugars that feed the microbes and provide the diversity of minerals for digestion, absorption, and assimilation to the blood for delivery to cells.
- An over-abundance of processed sugar in the diet. **Processed sugar is poisonous to cell function** and at the root cause of obesity, diabetes, and cancer.
- Lack of **sunlight** energy, fresh **air**, **structured (negatively charged) water**, exposure to the **natural energies** of the Universe and the Earth, time with **432 Hz music**, time-out for reflectance and to **coalesce thoughts**, and **release stress**, and time to experience the **natural sounds of nature** (eg. bird songs, wave action, etc.).

People who succumb to these issues mentioned above will heighten entropy (decaying or aging) energy and spiral into tiredness, sickness and then disease. People need to take the time to recover their energy and consciousness, and this can only occur through a pathway of self-healing, ie. providing the body cells with the energies, nutrients and negatively charged water to optimise body regulation and healing. When people are in a heightened state of consciousness (*high syntropy energy influx*) they make better decisions, become more creative and inventive, more social and engaging with others, and most importantly, lead a healthier, less-dependent lifestyle.

The process of moving through a prolonged state of chaos or heightened entropy energy is to understand the continuum and essence of natural, syntropy energies. This insight is the start of holistic healing. Illness can only continue from the blocked flow of natural, syntropy energy to cells. The first step to moving cells to a position of healing is to step outside of the *unreal world* and into the natural world: wonder at the stars, embrace a tree, put your feet in running water or ocean waves, and start to feel the healing. Your body and **consciousness** have always been open to this flow of syntropy energy: the structured and organising energy of life. Besides, **structured water has highly organised subtle organising energy fields (SOEF)** and therefore has the capacity for increasing energy of cells within all biological systems.