

# Structured water in life

## Introduction

Much of the philosophical understanding of water comes from Taoism. Laozi was an ancient Chinese philosopher and writer, and was the reputed author of the *Tao Te Ching*, the founder of philosophical Taoism, and a deity in religious Taoism and traditional Chinese religions. He was born sometime between 6th century – 4th century BC. Laozi says that war springs from humanity's bloated desires. Conflict arises out of people's struggles to satisfy their desires, and conflict escalates into war. Therefore, Laozi's philosophy was based on **non-contention**. To him, human striving and competitive strife is the root cause of decline; desiring nothing is the natural way of life.

Laozi said: **The greatest virtue is like water**. He compared his philosophy of *non-contention* to water, to distinguish it from the law of the jungle. He said: *Water nourishes everything but contends for nothing*. To Laozi, humans tend to seek higher positions while water always flows to lower places. Driven by desire, humans like whatever they think is superior while despising whatever they think is inferior. Yet water always flows downward. As the source of life, water nourishes all living things on Earth. No life can exist without water. Water contributes to the world without regard for gain or loss. Water always remains low, level, and tranquil, embraces, and reflects everything under heaven. The way of water is completely different from the way of people with avid desires.

However, this philosophy of Laozi is by no means a sign of weakness. On the contrary, it is full of strength. He considered that water accumulates great strength in its weakness and quietude. Its strength can break down all barriers in the world. He said, **nothing in the world is weaker than water. Yet nothing is stronger than water when it comes to breaking something strong**. Water is a typical example of the weak winning over the strong. Water is invincible because it desires nothing and contends for nothing.

The understanding of water science has progressed a long way since Laozi's time. However, this philosophy about the virtues of water have not changed. The question is: how do we meld the philosophy of water with science of water.

Laozi philosophy describes water as a virtue for humanity, in that it possesses the life-force energy present in nature. In effect he was humanising water as a living or conscious force. We now know that water in its pristine, natural flowing state carries a negative (-) charge, and this charge is the natural state of structured or living water. It is the negative charge in structured water that provides its life-force energy to every cell of living beings. Albeit that the water in a living cell is in a gel form ( $H_3O_2$ ), it still has a negative charge, structure and life-force energy of flowing water ( $H_2O$ ) in nature.



Structured or flowing water is defined by its unique, six-sided (hexagonal), crystalline form (see image on the left) However, water that is still (not flowing) has a five-sided (pentagonal structure) and is de-structured (ie. a disorted or no crystalline form, or low, positive (+) charge, energy form.



Also, structured, energised water has a blue aurea that is present in wild fast flowing rivers, on the membrane of health cells and emanates from the skin of healthy humans. Destructured water does not have a blue or vital aurea.

## The role of structured water at the beginning of lifeforms

Water in nature sustains its negative charge and structured or crystalline form through a vortex action. When de-structured water starts flowing from a tap, its immediate consciousness is to vortex to reform its natural structured form. See images below.



Water does not have to be forced into a vortex, as its consciousness already has this intent and capacity to restore its life force energy. Therefore, water restructuring devices that attempt to mechanically force water into a vortex are little more than anthropocentric illusions about water. Some of the most magical moments in human life is to experience the flow of water in nature.

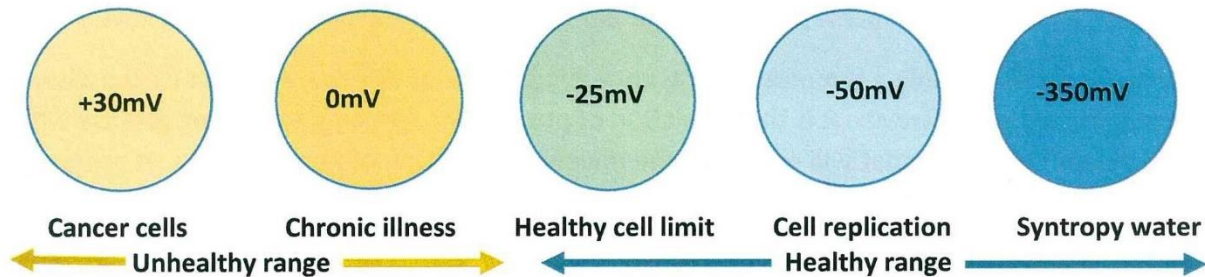


Laozi would say that water soothes and harmonises our consciousness, while carving out a form in rocks on its pathway to the ocean. Water in nature sustains the ecology of the water system, the adjoining plants and the microbes that populate the water, plants, soil, and air. Water, through its reflective properties, can mirror back to us our reflection. This aspect can also be used on a deeper level to tune your body water vibration and start a process which allows you to begin to see yourself as part of nature. For example, imagine the cell water inside of you and experience the deeper aspects of yourself. Your cell water will always give back to you a true reflection even if there are aspects that you do not wish to see. Also, when you experience water in its natural pristine form, it can be a wonderful tool for retuning your inner processes.

The hexagonal arrangement of water molecules opens up gateways into other unseen and inner dimensions (consciousness/spirit and soul). It is like a vortex of energy that flows from one life dimension to the next. This water structure holds in your cells the memory of every experience in your life from the time of blastocyst in your mother's womb to the present time. Therefore, nothing is ever lost and these memories (ie. your soul) are held at the unseen level of consciousness. When these memories are strong when the clusters of water molecules are in a heightened negative charge and crystalline patterns. These water molecules hold all of the memories of everything that has ever happened to them and collectively water holds all of the memories of everything that has ever been experienced upon this planet. So, when you drink a

glass of water you are experiencing the memories of that water. This is why you need to drink water that has a permanent negative charge as it has erased any memory of water degradation (eg. chemical pollution in a de-structured form)

Body cells hold structured water, and the total weight of this water is 70% of body weight. This cell water holds all of the memories of every experience of your life. When you drink de-structured water, it energetically carries all of the memory of its experiences, eg. fluoridation, chlorination, chemical and heavy metal exposure. When you drink structured water with a permanent negative charge you cleanse *bad* (non-life affirming) memories from your system. Also, your daily thought patterns put into the water corresponding balance or imbalance. For example, the thoughts of love, joy, and hope (**syntropy** or life affirming) increase cell water balance, while the **entropy** (decay) thoughts of experiences of grief, resentment, anger, hate, etc. decrease the negative charge of the cell and if this pattern is perpetuated, then the cell moves to a positive (+) charge, and this is the zone for disease.



## Water memory

A number of high-profile scientists (eg. Benveniste, Montagnier, Emoto, etc.) have put forward the idea that water has memory. That is, water can receive store and transmit information (ie. electromagnetic exchange of information between water molecules). Of course, such theories and observations of water memory are refuted by chemists who work within a very narrow belief system of chemical molecules and generally have no knowledge of the universal energy system, water structure science, transmutation and transformation, the principles of entrainment, and quantum physics.



Scientists from Germany now believe (2018) that water has a memory, by examining individual drops of water at an incredibly high magnification, they were able to physically see that each droplet of water has its own individual microscopic pattern, each distinguishable from the next and unique.

This scientific experiment involved a group of students were all encouraged to obtain one drop of water from the same body of water, all at the same time. Then through close examination of the individual droplets, it was seen that each produced a different image. This is the effect of the water entraining information from the water molecules (cell water) of the students. This also explains why experiments by others to replicate water memory studies have failed due to the belief systems of the experimenter (particularly skeptics who want to disprove the water memory science).

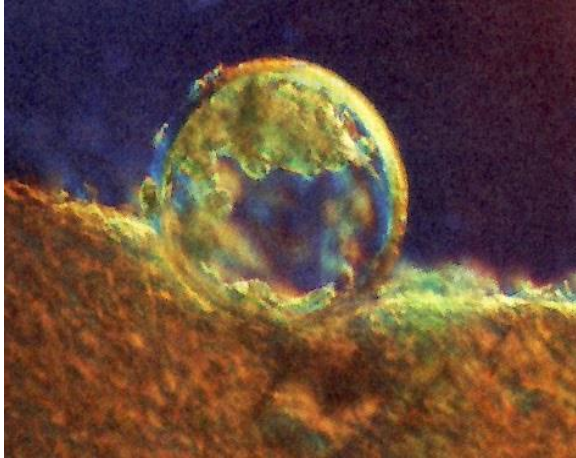
A second experiment was then carried out where a real flower was placed into a body of water, and after a while a sample droplet of the water was taken out for examination. The resulted produced a mesmerizing pattern when hugely magnified, but all of the droplets of this water looked similar. When the same experiment was done with a different species of flower, the magnified droplet looked completely different, thereby determining that a particular flower is evident in each droplet of water. Similarly, each flower species has its own energy characteristics that can be entrained to water.

Through this discovery which shows that water has a memory, a new perception of water can be formed. The German scientists believe that as water travels it picks up and stores information from all of the places that it has traveled through, which can thereby connect people to a lot of different places and sources of information when they drink this water, depending on the journey that it has been on. This is why drinking water from a pristine water stream source, or structured water (see [www.meawater.com](http://www.meawater.com)) provides the energised water (ie. water that only contains life-affirming information) for cell health.

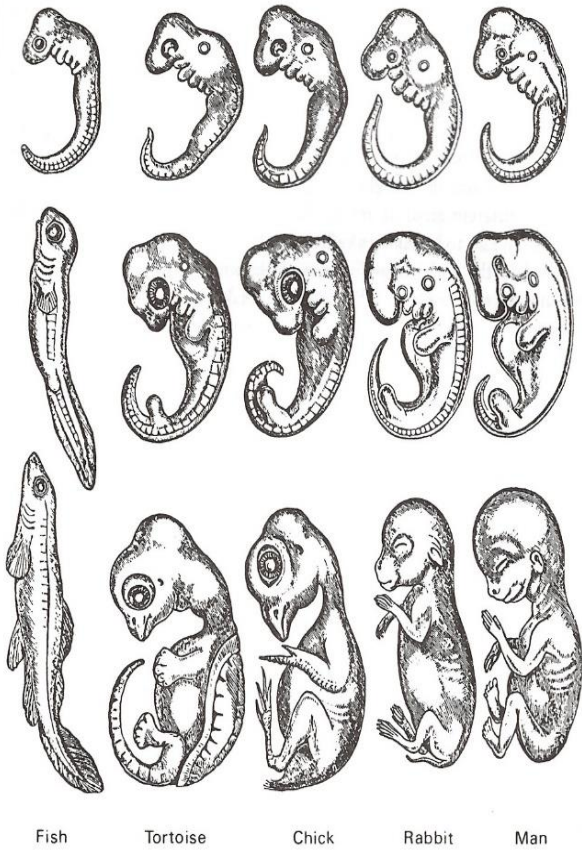
This memory transfer and storage can be compared to the human body, that is incredibly unique, and each individual has DNA unlike any other. Whilst the human body is made up of 70% water, conclusions could be drawn from these new discoveries that human tears can hold a unique memory of an individual being, through the body's store of water hosting a complete store of information that is linked to individual experience. In many respects, everyone is globally connected by the water in the human body which travels through ongoing journeys, whereby information along this water cycle pathway is accumulated, received, stored, and transmitted from cell to cell.

However, the life-affirming memory is water can only be achieved in structured water that carries a permanent negative (-) charge, unless of course it is sourced directly from a pristine, flowing stream.

Life as we know it, would not exist without water and the memory that is stored in cell water. For example, human female eggs and male sperm carry information that can stretch back to early human life. For example, most people have DNA from other human species that preceded Homo Sapiens, eg. Homo Erectus, Floresiensis, Luzonensis, Neanderthalensis, Rhodensiensis, Devnisova Hominins, etc. The common molecule that links humans to their DNA from past human species and the cultural ancestry of Homo Sapiens is the water molecule in cells. This is a long lineage of information to be stored in the egg and sperm of humans.



**A human blastocyst in the uterus three days after fertilisation.** At the instance of fertilisation, the blastocyst gets its consciousness (awareness) or spirit (lifeforce energy), and everything else (eg. body chemistry, organ, and system development) flows in the life formation. The blastocyst can also reset the epigenetic aging effects from the mother's egg and the father's sperm. This process continues through the embryo, as a natural rejuvenation, and consciousness. process.



However, life formation from a single cell microbe in water to Homo sapiens would involve the passing of memory (environmental or epigenetic consciousness) from a foundation design for life (eg. a life program). Early life forms would have been in a mineralised, perhaps saline water and as environmental conditions changed on the Earth other species formed spontaneously, albeit with characteristics from the foundation program.

This program would also carry a series of codes for cell function, regulation and healing that would be fundamental to all life forms. These evolutionary codes or laws imply the existence of cell memory that is adapted or transformed from one species to another. In effect, the embryo (top line in left image) is a representation of the fundamental program and further development to birth codes for specific environmental adaptations.

A specific **life code** that appears in all lifeforms after death is the period that the cell retains its negative charge or life-energy. See image on next page (7).

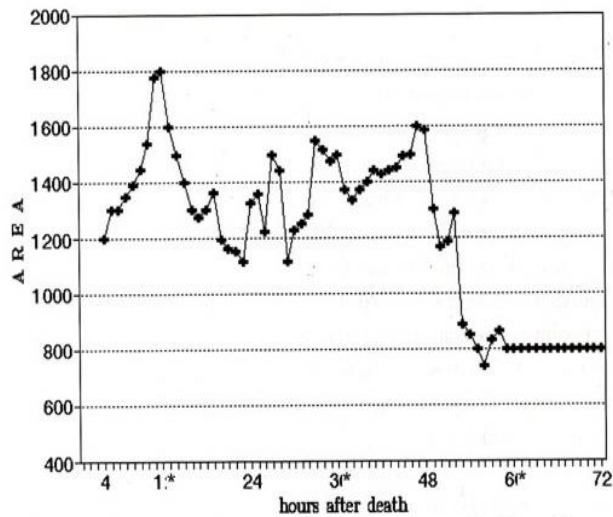


Fig. 2.6 Time dependence of Kirlian glow area of a finger for experiment N1. Vertical axis represents the area of the picture; horizontal axis represents time in hours after death. Ring finger.

In the image on the left, from a book (*Light after life, 1998*) by Konstantin Korotkov, he measured cell energy leaving a dead body, and did this on multiple dead bodies. He concluded that this cellular energy (he calls **soul**) takes about 60 hours to leave the body. Phi'on confirmed through experimentation that this 60-hour phase also occurs when a fruit or vegetables are detached from their life support system (eg. apple plucked from a tree) Therefore, organ transplants need to occur within hours after death and while the organ cells still have a negative charge, and hence cell memory in the water of the cell.

## Memory transference in organ transplant recipients

Organ transplantation is incredible because the very idea that you can remove an organ from someone's body, and put it in or on someone else's, and that organ becomes part of the second person. Surgeons are doing this to allow the recipient to heal and survive whatever trauma or disease brought them to a position of need in the first place.

There are reports in books and articles of organ transplant receivers claiming that they seem to have inherited the memory, experiences, and emotions of their deceased donors, and which are causing quirky changes in their personality. This may be explained by cell memory that permeates consciousness. Also, consciousness pervades everything. For example, food contains the consciousness of the grower and the cook. Plants are conscious and can communicate information to humans and animals. That is, when humans swallow plants or animal foods, they take on the consciousness of that plant or animal.

The theories of cellular memory transfer are not new to modern times: *Sri Aurobindo* (1872-1950) an Indian philosopher, yogi, maharishi, poet, and Indian nationalist. The objective of his thesis was to explore the genealogy and hybridity in the collective representations of *the Divine Mother* (Mirra Alfassa, 1878-1973) during the *Mother Aurobindo* movement. Firstly, this comparative case study comprises an intertextual reading of Sri Aurobindo (Aravinda Ackroyd Ghose, 1872-1950) and the *Mother*. He said, *Memory is everywhere. All that one is conscious of or not, is recorded in the Prana, the basic stuff of consciousness. But one remembers only that which one has attentively heard and fixed in his mind. But generally, these impressions are received by the Prana and immediately they sink into the subconscious, or the subliminal consciousness, or whatever you like to call it...Even the soles of our feet have got a memory of their own... we have divided the being into the mental, vital, and physical. But when we speak of*

*the mental, we take the mind working on its own plane, so to say. But all the parts are interconnected, and the mind is working from above down right up to the lowest plane of consciousness and so it is with every principle.*

It was known in ancient India that food is imbued with the consciousness of the cook, which later became the basis for the discriminative orthodox practice of not eating food cooked by people of lower caste. Similarly, the *Mother* remarked that **in a greater or lesser proportion, you swallow along with the meat a little of the consciousness of the animal you eat.**

On a comparative note, the Renaissance physician, Paracelsus had noted the existence of **Mumia**, a vital essence which suffuses human parts. *Mumia: the essence of life contained in some vehicle (vitality clinging to some material substance). Parts of the human, animal, or vegetable bodies, if separated from the organism, retain their vital power and their specific action for a while, as is proved by the transplantation of skin, by vaccination, poisoning by infection from corpses, dissection wounds, infection from ulcers, etc. (Bacteria are such vehicles of life.) Blood, excrements, etc., may contain vitality for a while after having been removed from the organism, and there may still exist some sympathy between such substances and the vitality of the organism; and by acting upon the former, the latter may be affected.*

However, **cellular memory** may not explain everything, because not every organ seems to induce a memory transfer. It is known people who receive heart transplants seem to be the most susceptible to personality changes. Furthermore, the effects seem to be exacerbated after the death of the donor where the recipient began having dreams of the donor's life. Given the fact that organ transplants are always done within hours after doctors have diagnosed outer signs of physical death, it is of relevance to note the *Mother's* observation that there is a spirit of the form which persists in the body even after outer signs of death.

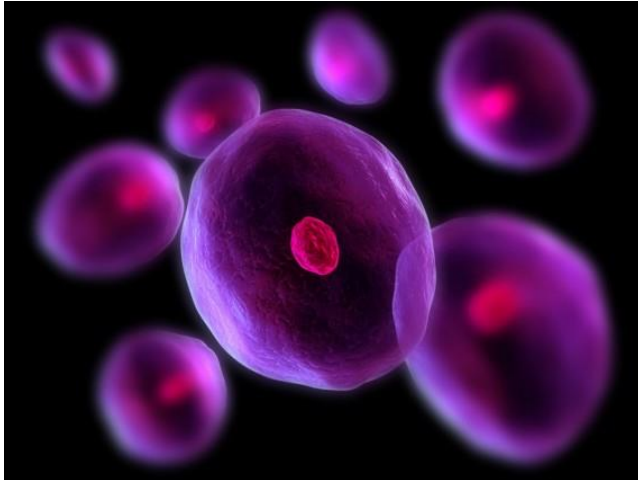
It is conceivable that it is the premature organ harvesting which is intensifying the memory transfer from the donor to the receiver. As the *Mother* expatiated on death and cremation: *(People in India) are in too much of a hurry to burn the dead, sometimes they burn them alive! They should wait for there is a consciousness of the form, a life of the form assumed by the cells, which takes seven days to come out. And that is why sometimes the body makes abrupt movements when burned, and people say it is mechanical. It is not mechanical, and I know is not. So, I do not like this habit of burning people very much.*

*I think they do it here (apart from entirely sanitary considerations in the case of people who have died from nasty diseases), here in India, mainly because they are very afraid of all these little entities that come from desires, impulses — things which are dispersed in the air and which make 'ghosts' and all kinds of things. All desires, all attachments, all those things are like pieces that break off (each one goes its own way, you see), then these pieces gain strength in the surrounding atmosphere, and when they can fasten on to someone, they vampirize him. Then they keep on trying to satisfy their desires.*



Hence, it is conceivable that these fragments of the donor's vital sheath, which are imbued with the living memories of impulses and desires, attach themselves to the heart and find a new home in the organ transplant recipient, thereby inducing the memory transfer.

There is a plethora of anecdotal accounts of people experiencing exactly what is laid out above. You will also find a strong skeptical argument refuting the idea as entirely impossible. However, what we are talking about here is **cellular memory**. It is a fairly old concept, with connections to **past life regression and reincarnation**.



Cellular memory is a theory that cells, about 40 trillion of them, contain copies of our memories (the record of all life experiences, including time in the womb). You will note that no one really knows how or where memories are stored, but it has long been thought that they were restricted to the brain. This, however, is no longer the case. Memory is stored in every cell of the body.

Through the study of epigenetics, (called cellular memory and considered pseudoscience), we now know that our cells and our DNA do contain memories. That element of memory can be passed on through generations. In the case of epigenetics, it is passed from parent to child during gestation, although it is not like handing down a *photo album* from generations past. Researchers have found that basic instincts, fears, and primal associations may be passed on this way as well.

A team of researchers from the Swedish Karolinska Institute, discovered a mechanism for cellular memory and its transfer among cells. Their paper, published in the scientific journal *Cell*, examines the interactions of proteins and DNA during cell division, isolating what is known as transcription factors. *The DNA in human cells is translated into a multitude of proteins required for a cell to function. When, where and how proteins are expressed is determined by regulatory DNA sequences and a group of proteins, known as transcription factors, that bind to these DNA sequences. Each cell type can be distinguished based on its transcription factors, and a cell can in certain cases be directly converted from one type to another, simply by changing the expression of one or more transcription factors. It is critical that the pattern of transcription factor binding in the genome be maintained. During each cell division, the transcription factors are removed from DNA and must find their way back to the right spot after the cell has divided. Despite many years of intense research, no general mechanism has been discovered which would explain how this is achieved.*

It can be assumed that each new cell needs to know how to order its transcription factors and needs to understand the order of transcription factors that existed before it was created, so

that it can maintain its identity. No one really knows exactly what information is being transferred between cells in this way, and since the cells need to have the memories of the cells in previous generations, whatever information is contained in those memories gets passed on, even if that information is superfluous to a life purpose.

Therefore, any cell in your body can at any time be converted into any other kind of cell, ie. a lung cell could be converted into a brain cell if needed, and that means that whatever memory that cell contains will then be passed on to other cells in other systems of the body. If there is more than just identity information being stored in those proteins, then that information is also being shared, and will eventually spread by entrainment.

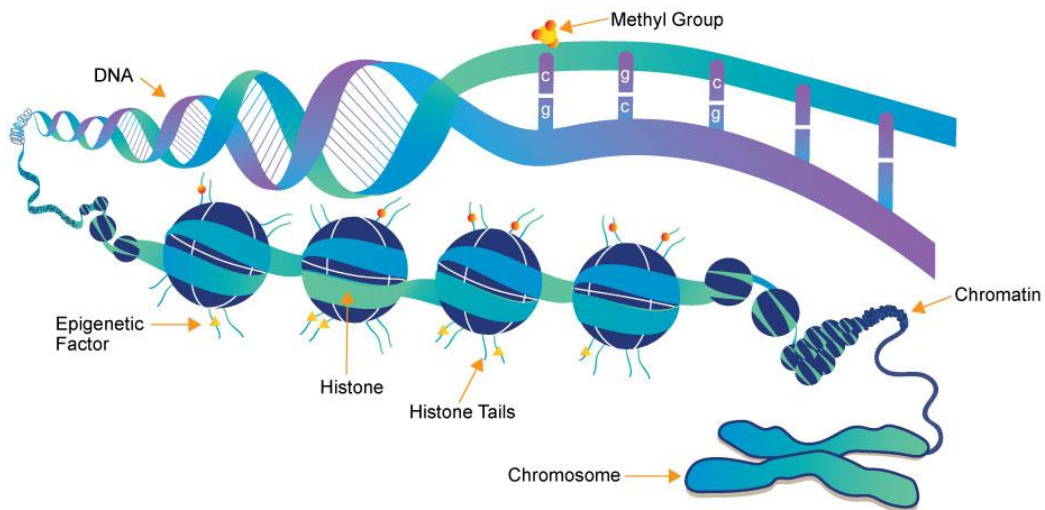
It is the process of cellular memory that uniquely keeps you who you are over the years of your life. All of your cells are replaced by new ones regularly, and without cellular memory, those new cells would not know how to make you be you. We do not yet know how far cellular memory theory goes, the extent to which information can be passed between individuals, animals, plants, and microbes in this way is known as entrainment.

### Epigenetic and entrainment

Epigenetics and entrainment are essentially the same process. Epigenetics is the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.

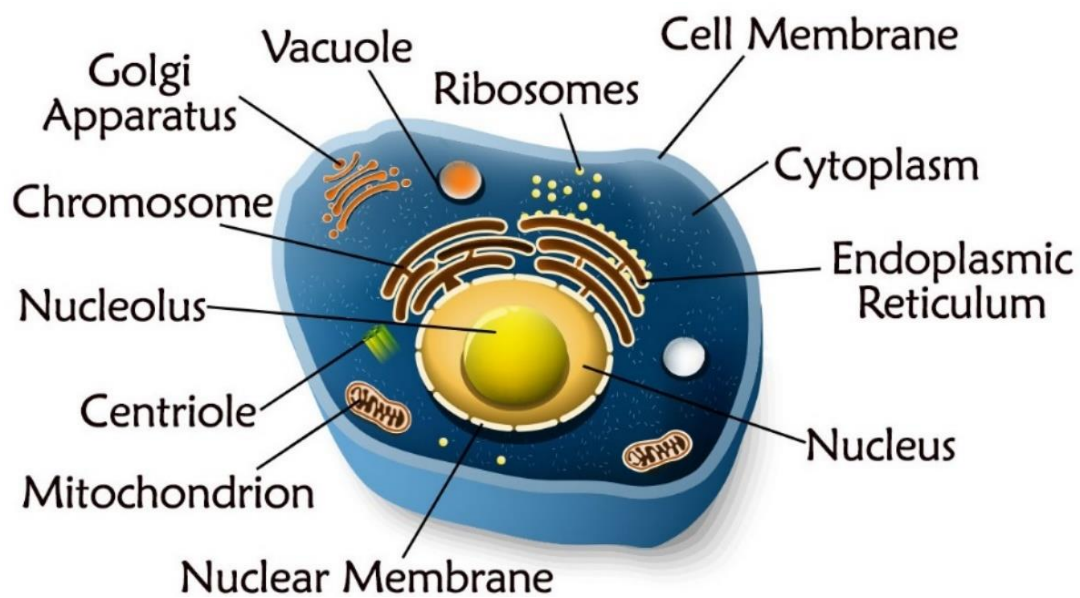
Epigenetics also involves the study of heritable changes in gene expression (active versus inactive genes) that do not involve changes to the underlying DNA sequence. For example, a change in phenotype without a change in genotype, which in turn affects how cells read the genes. **Epigenetic change is a regular and natural occurrence** but can also be influenced by several factors including age, the environmental factors (eg. pollution, lack of contact with nature, lifestyle practices (e. city v. rural environments), and effects of disease states.

Epigenetic cell modifications (eg. loss of maximum negative charge) can manifest as commonly as the manner in which cells terminally differentiate to end up as skin cells, liver cells, brain cells, etc. Also, epigenetic change can have more damaging effects (eg. exposure to a toxic environment) that can result in diseases like cancer. At least three systems including DNA methylation, histone modification and non-coding RNA (ncRNA) associated gene silencing are currently considered to initiate and sustain epigenetic change. Research is continuously uncovering the role of epigenetics in a variety of human disorders and fatal diseases.

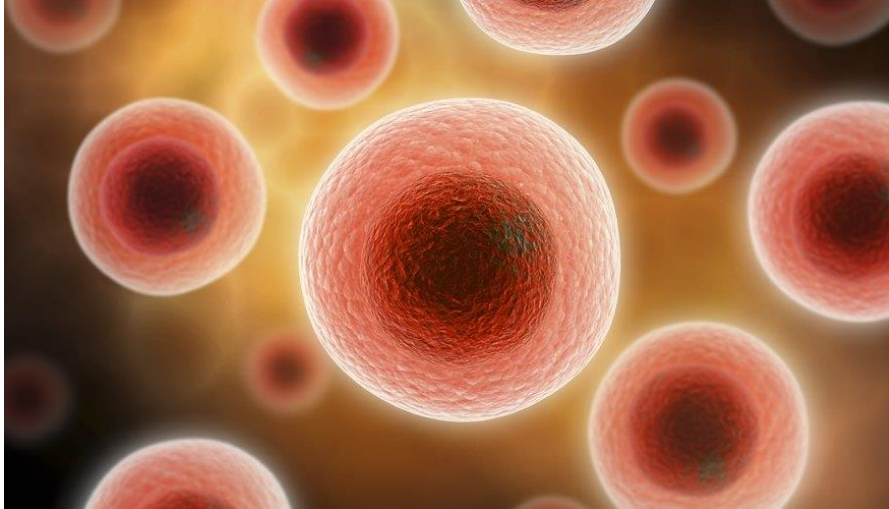


*Representation of the chromatin structure, including histones and DNA, which become available to epigenetic marks.*

In many respects, cells of organs and systems are complex and yet delicate to manmade energies (eg. radiation, chemical signatures, vaccinations, human made medications, electromagnetic exposure from electricity, etc.) An artist's illustration of a cell is below.



However, when a cell is photographed it looks like the image on the next page (12).



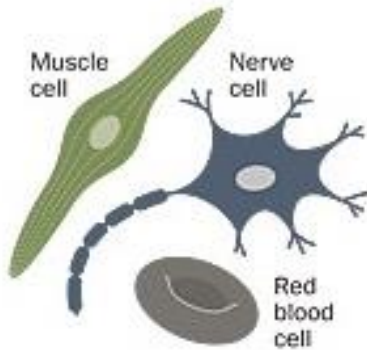
The cell in its raw state (above) shows the cell membrane (outer layer), nucleus (centre) and the cytoplasm surrounding the nucleus and contained with the cell membrane. The cytoplasm is mainly a *gel form of water* and potentially this is where information (as environmental/epigenetic and genetic information) is entrained as cell memory and modified continuously by environmental experiences. This information is then passed to the next generation to be further modified and accumulated. This is why organ transplants (particularly the heart) have such a significant effect on a recipient, and this effect is amplified in child-to-child transplants.

### [The Evolving Landscape of Epigenetic Research: A Brief History](#)

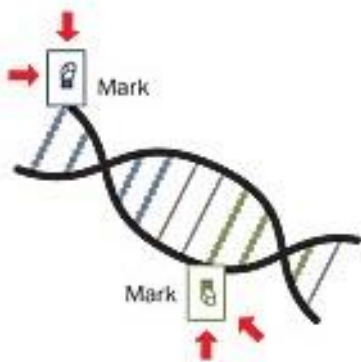
Early research focused on combining genetics and developmental biology. **Conrad H. Waddington** and Ernst Hadorn had this focus during the mid-twentieth century, however this narrow focus eventually changed or evolved into epigenetics as it is now known. The term epigenetics was coined by Waddington in 1942, and it derived from the Greek word *epigenesis* which originally described the influence of genetic processes on development. During the 1990s there became a renewed interest in genetic assimilation. This led to elucidation of the molecular basis of Conrad Waddington's observations in which environmental stress on cells caused genetic assimilation of certain phenotypic characteristics in *Drosophila* fruit flies. Since then, research efforts have been focused on unraveling the epigenetic mechanisms related to these types of changes.

Currently, **DNA methylation** (see top image on page 11) is one of the most broadly studied and well-characterised epigenetic modifications dating back to studies done by Griffith and Mahler in 1969 which suggested that DNA methylation may be important in long term **cell memory function**. Other major modifications include **chromatin remodeling**, **histone modifications**, and **non-coding RNA mechanisms**. The renewed interest in epigenetics has led to new findings about the relationship between epigenetic changes and a host of disorders including various cancers, mental retardation associated disorders, immune disorders, neuropsychiatric disorders, and pediatric disorders.

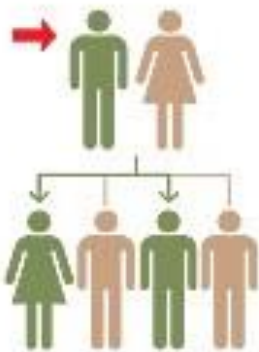
## Summary of epigenetic processes



All cell types, eg. muscle cells, nerve cells, etc., contain the exact same DNA. Epigenetic marks silence certain gene sequences and activate others so that nascent cells can differentiate. If the marks do not work properly, cancer or cell death is possible.



Stressors from a rich diet (processed, chemical, low nutrient, or fast food) can activate epigenetic marks, modifying histones or adding methyl groups to DNA strands. These changes can turn genes on or off and may affect what gets passed down to your offspring.



If you overstimulate genes for, eg. obesity, diabetes, alcoholism, or low cell negative charge, etc. your kids can inherit these cell dysfunctional markers/stresses. That could mean a lifetime of your children battling unfavourable gene expression, including Autism, ADHD, etc.

Consequently, epigenetic changes can be passed down in families because epigenetic marks are not erased when sperm and eggs form embryos. That is, some epigenetic marks are able to slip through this reprogramming process, or that there are mechanisms of epigenetic inheritance. Albeit that in the case of twins, one twin may end up with different epigenetic marks than the other twin.

It is through these daily, epigenetic process of entraining unfavourable diet and lifestyle factors to cells that a person's propensity for cancer, cardiovascular disease, obesity, diabetes, etc. will manifest in cells.

## Epigenetics and the environment: How lifestyle can influence epigenetic change from one generation to the next

The field of epigenetics is quickly growing and with it the understanding that both the environment and individual lifestyle can also directly interact with the genome to influence epigenetic change. These changes may be reflected at various stages throughout a person's life and even in later generations. For example, human epidemiological studies have provided evidence that prenatal and early postnatal environmental factors influence the adult risk of developing various chronic diseases and behavioral disorders. Studies have shown that children born during the period of the Dutch famine from 1944-1945 have increased rates of coronary heart disease and obesity after maternal exposure to famine during early pregnancy compared to those not exposed to famine.

Similarly, the modern diet is so deficient in nutrients and the range of nutrients that people are experiencing famine like conditions, at a time when food supply is plentiful. Consequently, DNA methylation of the insulin-like growth factor II (IGF2) gene, a well-characterised epigenetic locus, was found to be associated with this *famine like* exposure. Likewise, adults that were prenatally exposed to famine conditions have also been reported to have significantly higher incidence of schizophrenia.

Research has also shown that a mother's exposure to pollution could impact her **child's asthma susceptibility** and low intake of **vitamin D (eg. sunlight exposure)** could change **DNA methylation** that influences placenta functioning. However, these influences do not stop at the health of the mother's egg, as the health of the father's sperm has a hand in his child's health and epigenetic marks as well. Exposure to radiation is a major factor in child health outcomes, along with low nutrient intake by the mother, exposure to toxic pollutants, emotional and physical stress, low sunlight exposure, and poor contact with the natural environment. This is why a potential mother needs to prepare for pregnancy and breastfeeding, including:

- Restoring gut biology with a liquid probiotic
- Detoxing (including a gallbladder and liver cleanse)
- Sustaining hydration and sunlight exposure
- Lowering stress and increasing exercise (as required)
- Adopting a clean diet of nutrient dense, organic food
- Reducing lifestyle exposure to chemical and medication pollution.

## How lifestyle can Affect individual epigenetics and health

Although our epigenetic marks are more stable during adulthood, they are still thought to be dynamic and modifiable by lifestyle choices and environmental influence. It is becoming more

apparent that epigenetic effects occur not just in the womb, but over the full course of a human life span, and that epigenetic changes could be reversed with a healthy or clean diet and lifestyle.

Environmental exposures can alter DNA and play a role in determining health and wellbeing outcomes.

*Environmental conditions* have a powerful influence on epigenetic tags and disease susceptibility. Pollution of the air, soil and water is a factor that can increase the risk for neurodegenerative disease. Interestingly, **B vitamins may protect against harmful epigenetic effects of pollution** and may be able to combat harmful cell degradation effects.



*Diet* has also been shown to modify epigenetic tags in significant ways. The field of nutria-epigenomics explores how food and epigenetics work together to influence health and wellbeing. For example, a study found that a **high fat, low carb diet could open up chromatin and improve mental ability** via HDAC inhibitors.

Other studies have found that certain compounds within the foods (eg. natural, organic foods) could protect against cancer by adjusting methyl marks on oncogenes or tumor suppressor genes. Ultimately, an epigenetic diet (ie. fresh, organic natural food) may guide people toward the optimal food regimen as scientific studies reveal the underlying mechanisms and impact that different foods have on the epigenome and health.

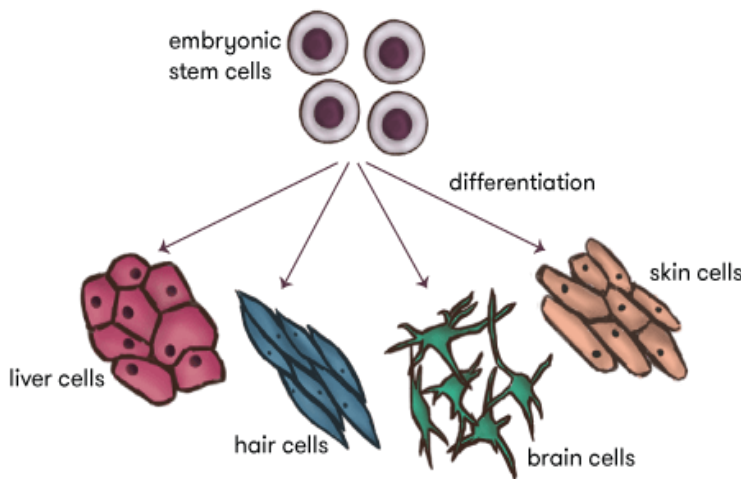
Many foods are grown with chemicals (eg. weedicides, insecticides, etc.) and these chemical toxins end up in the food and consequently affect cell function (eg. regulation and healing capacities). Most processed foods (packaged) and fast foods contain chemicals (eg. preservatives, dyes for food colouring, added sugar, Monosodium Glutamate (MSG), trans fats, sodium nitrate, Potassium bromate, etc. Consequently, many of these food additives are implicated in cancer.

## Structure or living water role in life.

The recent advances in the science of water and specifically its phase as a gel form in cells (Pollack and others) has **closed the loop** on many aspects of epigenetics and entrainment. Also, the water science relating its capacity to receive, store and transmit information, both genetic and epigenetic has advanced understanding about cellular memory.

Epigenetics is an additional layer of instructions that controls how DNA is interpreted, and how genes are controlled and expressed. Epigenetic mechanisms change the way genes are packaged in the cell nucleus and involve changes in chemical groups that can attach to DNA. It is well known in science that toxic pollution in cells changes the way RNA molecules interact with DNA. For example, some epigenetic processes can go wrong during development or cell division in the womb, resulting in disease. Diet and other external environmental influences (eg. earth grounding, adequate sunlight, etc.) can potentially play a role in controlling epigenetic processes. Also, some epigenetic marks can potentially be passed down through the generations. Genes, which are sequences of DNA, are turned on and off by small chemical tags called **epigenetic marks** (epigenetics literally means *on top of* genetics). The best-known epigenetic marks are called methyl groups, and this explains how cells in the body can perform different functions, even though they carry the same DNA instruction manuals. However, while this information is now freely published, the link between the state of cell water and gene expression is still not part of the mainstream discussion of epigenetics and entrainment.

It is likely that when the sciences of water structure, epigenetics, entrainment and the link between cell negative charge state and disease come together, there will be improved education on the link between diet and lifestyle with longevity and wellbeing. Of course, this education all starts with the fertilisation of an egg with sperm in the womb.



The process of cell differentiation is a prime example of epigenetics at work. Layers of past life information regulate DNA in cells to create different cell types, organs, and systems.

There has to be some sort of control mechanism or *life program* that *regulates* all these genes in the DNA of various cells. This mechanism can turn some genes on, and delay or switch off others in order to build functional cells, that can go on to build organs and tissues. This process is called *cell differentiation* and is one classic example of epigenetics. This is an *extra layer of information* above the actual genes and surrounding DNA, telling them which ones to switch on or off to build each of the different functional cells.



Epigenetics can be thought of as the interpretation of the genetic code by entrainment to cell water gel as information. In the same manner, a piece of music will change slightly when interpreted by different orchestras, so does an individual's genetic *score* when interpreted by the epigenetic orchestra. This genetic information or score can reach back millions of years depending on the living species (microbes, plants, animals, and humans).

What remains in epigenetic science is what relevant or functional information do we as humans entrain from microbes, plants, and animals? Also, what information is entrained at conception from universal energies, including time, day and month of birth and the universal constellation effects on personality or spirit, eg. destiny, desires, relationships, vulnerabilities, work ethic, intuition or intuition, creativity, etc.?

While it is not easy to pin down exactly the role epigenetics plays in inheriting emotional responses, it is clear our genes do not contain our entire life destiny. The additional layer of instructions provided by local to universal epigenetic influences is critical to the regulation and control of our genetic information, with implications not only in basic cell development and differentiation, but also disease and other physical conditions.

In a similar line of thought, and if we look at super determinism, a take on quantum theory that does away with randomness and free-will, nothing is independent of the cosmos, and what we refer to as *free will* is no more than the sum of our prior genetic and epigenetic influences. That is, our life direction and choices are largely outcomes of our consciousness that is underpinned by our genetic and environmental influences. Similarly, our personality traits and medical conditions are not determined by single genes, but by a constellation of genes and epigenetic marks (influences).

**It is the structure of water in cells that facilitates human consciousness (awareness) and harmony or coherence in cell vibration, including heart rhythm.** Some people have a natural high cell vibration and sensitivity, and these people often engage in clairvoyancy, vibration healing practices, divining/dowsing, etc. They are feeling a more *intimate* effect of *high vibes*, and this has an impact on their cell function (regulation and healing) and consciousness. Also, these people often understand the adverse impacts on their natural high vibration from toxic pollution, pharmaceutical drugs, vaccinations, etc.

This understanding of cell vibration and consciousness is not in the mainstream literature or media. For example, globally there is a growing community backlash against everything related to the coronavirus *pandemic*. This is, resistance against the media's focus on so called *experts* who emphasise that vaccinating people worldwide is the only way to combat Covid19 because *this is science*. However, this is *not* science, it is *against* science and the truth.

All living species are designed with strong immune systems and self-regulating and healing systems, and consequently the introduction of foreign/synthetic toxins into cells is incompatible with those cell capabilities. Consequently, these toxins jeopardise cell function

and this leads to adverse health issues and eventually earlier death. In effect, these medical toxins render living cells incoherent and dysfunctional.

That is why it is important to question government authorities and the media as to why information from medical specialists contradicts other specialists in human health. For example, on TV medical specialists say you must wear masks and socially distance, get tested for Covid19, and even if results are negative, you must get vaccinated. On the other hand, wellbeing specialists who speak on the Internet (eg. videos of Dr's Stephanie Seneff, Joseph Mercola, Thomas Cowan, etc.) explain why those requirements are damaging to health. The differences, here are that the medical specialists are sponsored by Big Pharma and the wellbeing specialists are not. In other words: **money or greed is winning over wellbeing.**

The tragedy in the manner that governments have managed Covid19 is the absence of the knowledge that natural immunity works. There is more data on natural immunity than there is on vaccinated immunity because natural immunity has been around longer and predates *Rockefeller* medicine.

The trend of adverse epigenetic impacts on human and animal wellbeing will only be reversed when governments mandate the education of wellbeing (ie. a health diet and lifestyle practices) into all levels of education for children and adults. This education needs to include the role of **structured water in neutralising toxic chemicals in water supply and reversing epigenetic marks in cells.** Also, the natural process for improving cell detoxing need to become mainstream.

The consequences of wellbeing education not becoming mainstream in education will be:

- Increasing trends in disease.
- Decreases in longevity.
- Decreases in fertility.
- Massive increases in medical and welfare costs.
- Decline in economic, social, and environmental conditions.

Therefore individuals, families and communities need to take the lead in making the necessary changes to clean up environmental conditions, including pollution of the air, water, and the soil. It is this pollution that ultimately impacts on food integrity and water quality. However, governments will only respond to people pressure. There is a saying from Benjamin Franklin, *When the well's dry, we know the worth of water*, and in many respects the *well* of economic, social, wellbeing and environmental values is almost dry.

***A drop of water, if it could write out its own history, would explain the universe to us. – Lucy Larcom***