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The Importance of Water in the Human Form

Water plays a vital role in our lives. Not only does water make up 71% of the Earth's surface, but it also makes up 55-75% of our human body. Macro to micro. It plays a pivotal role in the survival of our species, animals and plants. Unfortunately, much of the water in the world has become polluted to some degree, some dangerously so. It's important to understand this because water impacts the human form: physically, mentally, emotionally and spiritually. The great news is that humans can play a direct role in impacting not only the water around them, but also the water living within them, leading to a healthier state.

We interact with water constantly. We consume it, cook with it, play in it, and bathe in it. It supports movement and trade along rivers and across oceans. It nourishes the Earth when it rains. It's even recommended that we consume large quantities of it daily - at least half our body weight in ounces of water each day. That means that if someone weighs 150 pounds, they should consume at least 75 ounces of water daily. While many people have heard that hydration is crucial, 75% of people in the United States are chronically dehydrated. This means that their bodies cannot function properly or optimally. Hydration is needed to regulate bodily functions, including protecting organs, flushing out toxins and waste, and transporting oxygen and nutrients to cells. By limiting the body's access to water, sodium and electrolyte levels may drop causing physical and cognitive impairments. As a result, one may have difficulty performing everyday tasks that utilize motor control, attention, and executive function. If severely dehydrated, the body may face serious consequences such as low blood volume, seizures, kidney problems and heat injury. While it is crucial to maintain adequate levels of water in your body, not all water is as healthy as others.

Pollution of our water worldwide has increased over the years. There are many causes of this that have collectively worsened the problem. These include, but are not limited to, chemicals released from manufacturing, cars, factory farming, pharmaceuticals, cigarette butts, pesticides flowing into storm drains, plastics, and toxic industrial chemicals. The most common contaminants include bacteria and heavy metals, like phosphorus, nitrogen and mercury. The results of this polluted water can be devastating. Untreated sewage, for example, kills around 2.2 million people each year due to diarrheal diseases. People are also affected with gastrointestinal illness from contaminated public drinking water systems. It is estimated that 80% of the world's sewage is untreated. Even in drinking water and freshwater sources, pollutants like micro plastics can be found in alarming amounts. This polluted water has an enormous impact on the health of plants, animals and humans. Therefore, the type of water that you put in your body should be considered. This is true for not only the water that you are drinking, but also the water that you are bathing and showering in. Dangerous toxins and poisonous chemicals in water may be consumed or absorbed into the skin. This can have a negative impact on your health and your frequency.

Fluoride, commonly found in drinking water under the claim that it will reduce tooth decay, is a common example of a pollutant that affects not only the physical body, but as a result, the spiritual body. Fluoride can accumulate and get stored in the brain at strikingly high levels, and can harden or calcify the pineal gland, creating a thick shell of phosphate crystals. The pineal gland is a very small, pinecone shaped gland that is located between the two hemispheres of the brain and is outside the blood brain barrier. One of the primary functions of the pineal gland is to synthesize and secrete the hormone melatonin, which is used to maintain the circadian rhythm (sleep wake cycle), regulate the onset of puberty in females, and help to protect the body from cell damage caused by free radicals. When a calcified pineal gland becomes inactive or underactive, it cannot produce enough melatonin to properly perform these roles. Furthermore, on a spiritual level, the pineal gland is said to connect us to other dimensions and realms, assist in astral travel, and is referred to as the seat of the soul

and the third eye. If it is calcified, one might find it more difficult to connect spiritually to higher states of consciousness and spiritual evolution.

While it can be frustrating to realize how the amount of water we drink and the purity level of it can be interfering with our body operating optimally, we have more power over the quality of water that we interact with than one might realize. Water is an energy source in different forms. It can be changed by human thoughts, words, intentions, and sound in positive and negative ways, depending on what is put forth. It truly is living water whose transformation benefits the Earth, animals, plants and our human forms. We know this to be true based off of the work of Dr. Masaru Emoto, a Japanese scientist who was a pioneer in his research of water. He presented much scientific evidence that showed that the molecular structure of water could be transformed by human consciousness. For example, when water is surrounded by kind, loving and compassionate intentions, the water molecules physically change. The formations look like beautiful, unique snowflakes. Water that is exposed to discord and fear create disconnected and strange physical molecular formations in the water. By using a Magnetic Resonance Analysis technology and high-speed cameras, Dr. Emoto was able to capture before and after photos of the molecular structure of water, showing the changes that occur through thoughts, words, actions, intention and sound.

In one experiment, Dr. Emoto placed kind, loving words under the distilled water samples and then photographed drops of the water. Beautiful, symmetrical structures formed in the water. These loving words included “love and gratitude,” “eternal,” “peace” and “thank you.” When unkind words were placed under the distilled water samples, like “you disgust me” or “evil,” the formations in the water molecules looked disconnected, chaotic, discordant and unsymmetrical. This could be a beneficial practice for those wanting to drink or bathe in water that is more harmonized.

In another experiment, Dr. Emoto showed how polluted and toxic water can be transformed with positivity, prayer and intention, restoring the water and forming

symmetrical geometric crystal molecules found in clean, healthy water. This study was performed at Fujiwara Dam on the Tone River in Gunma Prefecture, Japan. The water crystals photographed at the beginning of the experiment were unsymmetrical with random looking forms. Reverend Kato Hoki, chief priest of Jyuhouin Temple, then offered a prayer over the water for an hour. The water molecules were then rephotographed and had transformed. The crystals looked like unique, symmetrical, light-filled snowflakes. This gives much reassurance and hope in aiding those living where the water is highly polluted. There is room for all of us to help make changes for the betterment of others, if we make the time and energy to do so.

Sound and its affect on the structure of water molecules also played a notable aspect of Emoto's work. Water can absorb and store sound and frequency. Emoto found that water exposed to classical music produced beautiful crystalline snowflake patterns, while harsher music like heavy metal, death core, and black metal created distorted, unsymmetrical crystalline formations. Greg Braden talks about a similar phenomena. He has shown how a frequency, pumped into a water droplet, changes the geometric patterns in that droplet. In lower frequencies, the patterns in the water droplets are less complex. In higher frequencies, the patterns are more complex. Patterns of energy in the water droplets change as the frequency changes to respond to the pulse of energy. At some point, you reach a key threshold resonance in which the pattern morphs into a more complex expression of itself. As the vibrations increase, the patterns become even more and more complex. Much like the changing of the water in the Fujiwara Dam, the ability to improve the water not only that you consume, but that is already in your body, could be transformative to your emotional, physical, mental and spiritual body.

Another example of how sound can positively affect polluted water is a study that was conducted by Canadian researcher and electromagnetic energy expert, John Hutchinson and his partner, Nancy Lazaryan. Test samples of oil polluted water from the Gulf of Mexico showed deadly petrochemicals clear up when exposed to a selection of sounds. These included the “sound of Jupiter” that was recorded by NASA

and vibrated close to 528 hertz. Some say that 528 hertz is a “miracle note” in the Solfreggio musical scale, often referred to as a healing frequency that can even repair damaged DNA. Ancient Solfreggio sounds and Gregorian chant frequencies were used, as they often are for healing, applied to several polluted samples using audio and radio waves. When Hutchinson and Lazaryan saw the positive results from the samples, they headed to the Gulf Of Mexico to experiment with sound on the polluted water in person which was likewise successful. They were able to see oxygen bubble up heavily from the bottom of the oil soaked water.

Vibration, much like water, is integral to our lives. Thought is vibration. Emotion is vibration. Feeling is vibration. Water has frequencies, and so do we. We carry vibratory patterns in the liquid crystal of our bodies. Frequencies have the power to “heal” water, and in doing so, has the power to positively affect the human form. Through our words, thoughts, intentions, emotions and sound, we have the ability to physically transform water, living consciousness, in ourselves and around us, to improve it for the benefit of everyone. A transformation that could be life changing to you, your family, community and the world around us.