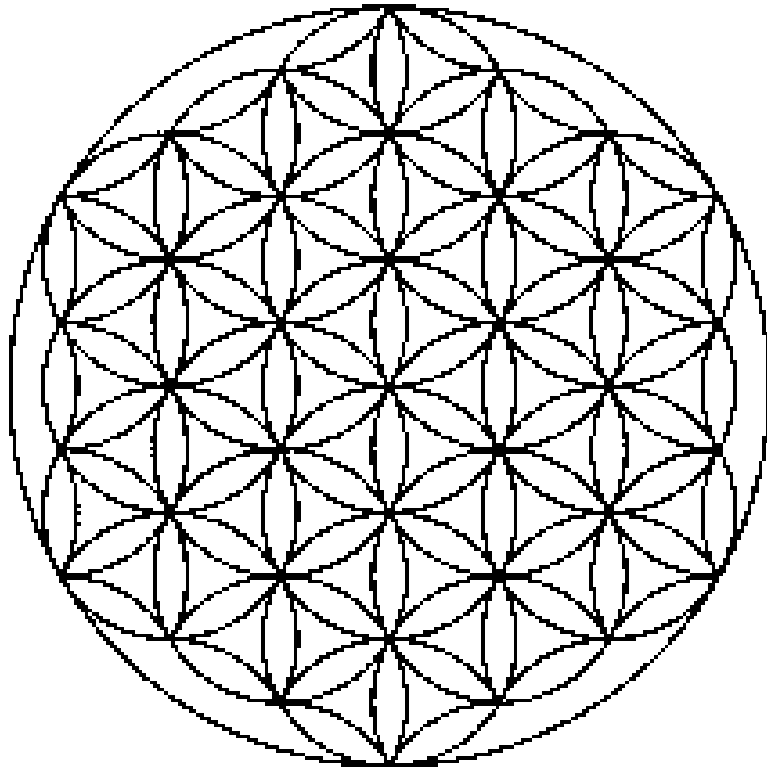


wordwaterlight

Your Biological Blueprint



Sharon Lee Rasa, D.C.

rasa health

Discover your Healing Essence.

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Author: Sharon Lee Rasa

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Dedication

For our four cherubs:

Sebastian Eley & Cecilia Grace
Brooks & Isabella

Acknowledgements

For every patient who allowed me to share a part of his or her life, I am forever grateful. You know who you are. We encouraged each other, finding common ground and believing sometimes in what seemed unbelievable. Each of you brought a new opportunity to understand how healing happens.

For my teachers: Dr. George Goodhardt, D.D. Palmer, Deepak Chopra, Bruce Lipton, Dr. Dietrich Klinghardt and Unity who have advanced my understanding of the nature of healing in so many ways. I salute their contribution to the millions they have helped.

For my parents: Vincent Sr. and Georgia. You did your best to give me what I needed even if it wasn't always what I wanted. As I typed, "for giving" I realized therein lies the "forgiving." They were my ultimate teachers.

Ms. Mary Bell. An Angel for sure. My English teacher whose edits and proper training made me look better. Her job was not an easy one...but never a whine nor a whimper did she make.

My deepest acknowledgement goes to my childhood friend, my teacher, my greatest strength and the wind beneath my wings...and without whom this project would never have been complete, my husband, Tom. You love me when I forget to love myself and you believe in me when I can't. No greater love could ever be.

To the Divine which makes all things possible.

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Chapter 1

What kind of Doctor are you?

I am often asked, "What kind of doctor are you." Until now, my pat reply "Chiropractor", "holistic practitioner", "Energy Medicine", or other never left me feeling quite satisfied. Today, I am satisfied. A Doctor is a teacher. Or as Webster calls it, "A learned man." One cannot teach what one does not know. The chapters that follow are what I know. It represents what I have learned, explored, experienced, questioned and lived. I have taught this to my patients and anyone else willing to listen even when my husband sometimes elbowed me and said, "enough." Today, I am grateful to share it with you.

This is not the book I planned on writing. I failed chemistry the first time around, and I didn't particularly enjoy applied physics. Learning the trajectory of a golf ball or how the dimples on a golf ball are there to give the ball more lift and reduced drag seemed irrelevant to what I was working on and didn't interest me much.

However, when I became exposed to energy medicine, or what some call vibrational medicine, I soon understood this was based on a branch of science known as quantum physics (the branch of science that deals with units of energy) and I had a very different reaction. Even though I struggle with a lot of what I read and often have to read one paragraph five times for a moderate understanding I found myself not only a willing student but also an able student. In doing so I became aware of a whole new way of understanding the universe and I will probably leave this planet with more questions than answers, but I know it will have been a wild and wonderful journey.

When I learned about the P.E.A.R. study done in Princeton NJ that showed how the observer could influence any outcome, there was a part of me that knew that to be entirely true, even though it was something I was never formally taught. I began to think about how that applied in my life, and how that could help my patients, and it opened up a whole new playing field ¹

Life in this new awareness began to reveal certain truths to me and my personal experience told me things were often something different than what "accepted" science was saying. I began to trust my observations and apply what I saw. I decided I would not wait until mainstream science agreed with what many already knew and I veered off in a new direction. In fact, my 25 years as a holistic practitioner has culminated in an understanding that just wows me.

Because we live in a time when special interests are more important than people's interest, and the bottom line is more important than the ethics and morality that help us achieve them, we are often slow to change. It's hard to admit, "You've been wrong." It's even harder to admit you just "don't know." For many years I have watched patients struggle with despair because they were told "it's all in your head," or "there is nothing wrong." If a doctor's only tool is a hammer, then everything that doesn't look like a nail goes untreated. Even lab tests are often not only wrong but

¹ Jahn, R.G., Dunne, B.J., Nelson R.D., Dobyans, Y.H., Bradish, G.J. Correlations of Random Binary Sequences with Pre-
Stated Operator Intention: A Review of a 12 year old program

are also inconclusive and some doctors make decisions that affect people's lives in ways that a conscious being would not allow.

Until we agree to live in concert with each other, creating an understanding that you and I are not separate but part of the same seed of creation, part of the bond, we will continue to spend more time in blame and dissention than cooperation and resonance. A musician may love to play the piano or drums, but those pianos and drums take on a whole new sound when they play in harmony with each other. After all, what we love about a symphony is the very emergence of something greater than the individual parts.

Like I said, "I wasn't planning on writing a book on wordwaterlight", but somehow it found me and now I can't sit still without sharing it with you. My intention is to provide this information so you too can use it to access health without drugs, surgery, or great financial stress. Let me say upfront, when it comes to trauma and infectious disease, western medicine is a God send. I have witnessed loved ones in life threatening accidents and broken bodies put back together by skilled surgeons and I stand in gratitude for this science. But Western medicine does not offer much for chronic disease and the conditions that plague millions.

I am also uncomfortable with the idea that only the affluent can have access to the higher levels of health care. It just doesn't sit right in my gut that people with modest incomes can't access the levels of health and healing that are afforded by the affluent.

Taking my cues from nature, I have always believed healing should be accessible for all people everywhere, no matter what socio economic, cultural or level of education. After all, the plant kingdom has it's own internal health system which knows exactly how to respond to temperature change, viral and bacterial attacks and other threats to insure it's survival. Our creator is brilliant. I figured he/she must have a plan here too. I have to believe we have access to the same guiding intelligence.

Our biological blueprint may contain the proper sequence and instruction for health but I don't believe you can abuse it without certain consequences.

What does that mean? Only yesterday I was on the motor vehicle division's website and read, "we believe having a driver's license is a privilege and not a right." "Hmmm", I thought...having good health is like that too. After all...we are not all born "healthy"...I am privileged to have good health and I may think I have a right to be healthy, but does that mean I can abuse myself and still be healthy? Just like a driver's license, if you abuse the privilege, you are penalized with points and fines and possible revocation. If we do not take care of our health, we may be penalized.

It may reveal itself as a headache, fatigue or even disease or death. Many people who do not take care of their body, mind and spirit have a limited expression of health and vitality. Just as we accumulate points with our driver's license we accumulate points in our health care over time. Disease and even death is often not the result of one insult, but the accumulated effect of many over time.

I also believe health and healing do not have to be complex. Often the best solution is the simpler one, and nature strives to evolve to a simpler and more elegant system.

What follows are the 10 major life lessons I experienced in health and healing. Along the way, I had no idea what lessons lie around the next bend, or how each teaching moment would eventually merge, but as I look back it's very clear to me that each event readied me for the next and the next and the next.

Lesson #1:

When I was 25 years old, my mother was sent home from the hospital with a "we've done all we can" diagnosis. She didn't have cancer, heart disease or any other "life limiting condition" so what was the problem?

What she did have was a long history of abuse. Her father abandoned her early on and her mother was an alcoholic. She was estranged from one sister and the caretaker of a younger one. Fast-forwarding many years and many stories later, she always had low back issues. She had had 4 children in 5 years and at least 2 miscarriages. She walked up and down 3 flights of steps to do laundry for 7 people and my father was, at times, physically abusive to her. The result: two back surgeries, which resulted in greater pain and disability than before. She became addicted to pain pills and her downward spiral began. Being only 25 at the time with no training in health care of any sort, I did what any person who loves someone who is hurting does...I "touched" her. I would often just massage her back, gently rubbing and soothing her aching body. She would always say, "that feels so good." "That gives me some relief." And, so, our sessions continued. I watched as her face etched with pain lines would soften and relax as we did our work. I had no idea how it worked, why it worked, or anything more than it helped her.

Lesson #2:

I was 28 years old and having terrible periods with regular hemorrhaging. There were times I couldn't leave the house for fear of bleeding through and at times I felt helpless. My trusted doctor told me I was in need of a partial hysterectomy and that I had uterine fibroids, which needed to be removed. I still thought I might want another child one day so the idea of surgery didn't feel like a solution. I began to do some research. My diet at that time was pretty typical for a girl in her 20's. I ate breakfast at 3A.M after a night of dancing and had lunch for breakfast. I loved carbs, and could eat a box of crackers in one sitting. Microwaves and packed T.V. dinners were a staple. I didn't think anything about it.

My diagnosis motivated me to change and I did. I began to eat "whole foods", experienced raw diets and juicing, and began to eat to nourish and feed my body instead of eating to feed my emotions

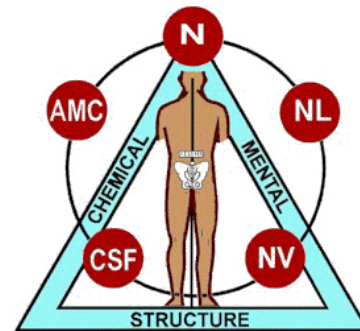
I'm happy to report one year later my M.D. asked what had I done. The fibroids were gone.

Lesson #3:

My father was diagnosed with bi-polar disorder when he was 55 years old. My father was a self-made successful entrepreneur who could sell snow to an Eskimo. He was a charming, loving dynamo who was well liked and much loved. I watched his demise as they began the endless medications hoping to find the "perfect" medical cocktail that would help him return to his "normal" self. Instead, he only got worse. One medication became two and two became four. No one could possibly know how each drug influenced the other or the impact they made on his biochemistry. His weight skyrocketed and his outbursts became more frequent. He was institutionalized and drugged even more. It was as if the medication stole his very soul. I watched him change in front of my very own eyes and I watched him die at 60 years old. I decided then that medicine was a double-edged sword. That which could help you could also hurt you. No questions asked.

Lesson #4:

I started to go to a chiropractor who specialized in "applied kinesiology." *Kinesio* (movement)...*ology* is the study of muscles and reflexes. The model for Applied Kinesiology represents the structure, the mental/emotional, and nutrition as an equilateral triangle. Testing a particular muscle, my doctor would often tell me things my body needed more of: take enzymes, or eat more protein. A reflex, which was testing weak, would soon test strong after stimulating one point. I didn't understand any of it but it worked. I went to my Chiropractor for everything including pain, but mostly for "wellness" visits, and he helped me stay that way. My doctor said, "your body has an internal and an external drive just like a computer. When one crashes so does the other and when both are booted up...well then you have full access to the divine." Chiropractic is there for us in sickness and in health.



Lesson #5:

A family member was diagnosed with liver disease, Hep C, diabetes, bi-polar and had several accidents where he suffered broken bones and concussions. His medical doctor prescribed treatment of one year on Interferon, a class of drugs called biological response modifiers. Side effects from this drug can be severe: symptoms which may mimic psychiatric disorders, depression, anxiety, insomnia, flu like symptoms, apathy, sleep disturbances, tremor, sexual dysfunction, memory loss, manic symptoms, cognitive dysfunction, and suicidal thoughts. For six months our family member stayed in bed. He was listless, tormented and estranged. He could barely make a sentence and once he spoke a few words he forgot what he just said. It was painful to watch and even more painful to feel so helpless. He was what I call “dead” awake. We needed an intervention and we needed it fast. After doing some research we decided on a clinic in West Palm Beach, Florida called Hippocrates.

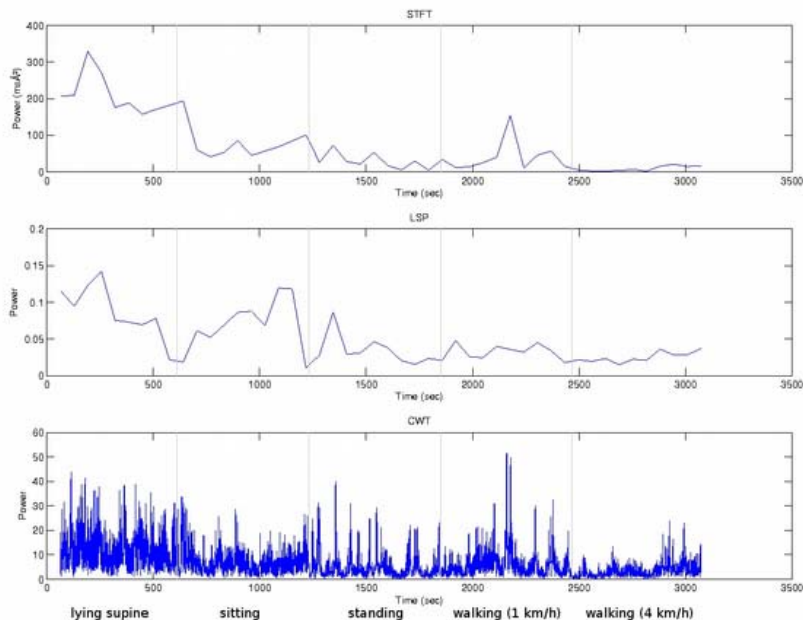
Hippocrates Health Institute is on a 30-acre woodland that offers a Life-Change Program. They use a total mind/body approach. Live organic food, wheatgrass and juice therapy, nutritional counseling, dark field cell analysis, nutripuncture (like acupuncture without needles), and electro-magnetic treatments. After only two weeks in the program, our family member not only began to form full sentences, but was able to stay awake during normal waking hours and began to become self-functioning again. It was mind-blowing to see a person go from a vegetative state to a dynamic state...from a listless body to an awake body...from no words to many words. This experience left an indelible imprint on me that I have never forgotten. The body is a self-healing self-organizing, self-regulating system that works brilliantly when not interfered with.



Lesson #6:

I was sitting in a seminar on homeopathy when I heard Deitrich Klinghardt, M.D. Ph.D speak about autistic children and how they had lost their “mirror” reflex. The mirror reflex is innate in us. When you smile at another person, the reflex is activated in them and they smile back. In autistic children they appear to not have this reflex. I have worked with many autistic and they respond to a very different stimulus. Dr. Klinghardt went on to say that he assessed patients beyond the three levels I was already using (structure, mind/mental and nutrition) and he had adapted a model he studied while in India to include the electro-magnetic/energy body, the intuitive body and spirit body. Thus, began the next six years of my life in the study of this work. I not only learned the 5 levels of healing model but I began to expand and adapt it to my own understanding of levels 4 and 5 which I call “information” and “consciousness.” I embraced and began to apply techniques such as Autonomic Response Testing, Applied Psycho Neurobiology, Energy Psychology and I became adept at using Heart Rate Variability and bio-energetic techniques. I became fully immersed and aware of family constellation work and was so deeply moved by the healing potential, I initiated the first family constellation in our community. I soon understood the dental component way beyond the structure of a tooth but to include the five-element theory and how each tooth had a systemic impact on the body and how deeply tied to our emotions and autonomic nervous system the teeth are.

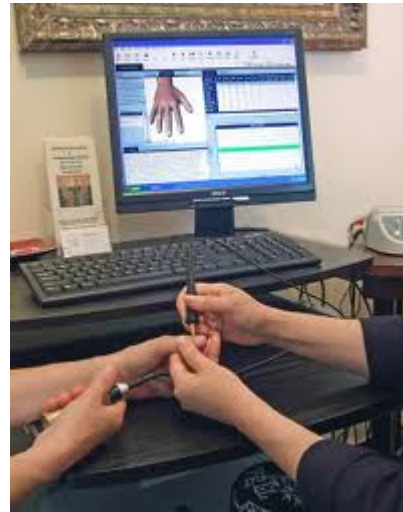
I began to understand that “lab” tests were limiting and often misleading and inconclusive. The same tissue samples sent to two or three different labs yielded completely different findings. I learned that MD’s often do not know how to read a CBC (complete blood chemistry) and because of that missed many clues that would have helped them intercept dis-ease before it became a diagnosis. I studied functional medicine and began to use CBC’s in a completely new way. I started to balance patients by balancing underlying deficiencies and excesses and patients began to heal. I was happy and I was restless.



Lesson #7:

I began to learn of “machines” that were reading galvanic skin resistance and could offer a complete print out of imbalances in the body from parasites to pyridoxamine...from fungi to family influences. I invested thousands of dollars in devices to serve those who came to me for care. We would run the analyses and patients would look at the highlighted areas of interest and shake their heads, “Yes, Yes! I had mononucleosis at 17 and my gall bladder was removed at 48 years old.” And, yes, “there has been an underlying sense of resentment in my family system since I was born.” Complete confirmation of the results we found.

They would leave with hundreds of dollars in supplements and energetic remedies and the follow up visits would show improvement that would motivate us to continue. Yet, I had a nagging sense this wasn't “it”, either. After all, how many people could afford an extra \$500/month in supplements and who had the time to take so many things several times a day. I was my own guinea pig. I would have elaborate excel sheets of each supplement with the proper dosage and proper timing. It was a bit of a nightmare for me. Keeping track of it all was overwhelming. Although, when I was active with my Lyme disease, I did stay on track. I changed my life to support the goal I was after and I did get the results I needed. But many people will not and cannot do this each and every day of their life. It is financially and emotionally impractical. Plus I was beginning to feel no different than any allopathic M.D. Instead of prescribing pharmaceuticals, I was giving them vitamins and herbs.



Lesson #8:

I learned about a program where people would send their photographs to a place that “scanned” the energetic aspects of the photo and then treated with “frequencies” that mitigated, neutralized or cancelled the offending item. At the same time, I had patients who were sending saliva samples to a place in Europe who would analyze the sample and send back detailed reports on their health including toxic burden, viruses, emotional trauma and environmental exposures along with “energetic drops” imprinted with the correct and healing signal. Often the report contained the very items I had found doing bio-energetic testing and I was bewildered how all the information regarding this person's health was being revealed through their saliva. Many patients, particularly children, were citing measurable improvement in cognitive and behavioral function.

Then I learned how Samuel Hahnemann, the founder of homeopathy, was able to treat 180 cases of Typhus-- losing only two at a time when the conventional treatments were having a mortality rate of over 30%. And when Cholera struck Europe in 1831, the mortality rate (under conventional treatment) was between 40% (Imperial Council of Russia) to 80% (Osler's Practice of Medicine). Out of five people who contracted Cholera, two to four of them died under regular treatment, while there was only a 7% mortality rate under homeopathic care. I became interested in homeopathy.

Homeopathic treatment is based on the "*Law of Similars*" or "Like Cures Like." This means that a substance capable of producing certain symptoms, when given to a healthy person, will cure those same symptoms. The idea of



homeopathic treatment is to change the body chemistry very deeply, to influence cells with an energetic imprint, possibly affecting RNA and DNA levels. Just like a tuning fork triggers a vibration on a piano string, a homeopathic remedy is used to trigger an energetic stimulation to a person's vital force.

What is particularly interesting is that, depending on the dilution, homeopathic remedies may not contain any pharmacologically active molecules and for these remedies to have any pharmacological effect violates fundamental principles of science. Modern homeopaths have proposed that water has a memory that allows homeopathic preparations to work without any of the original substance. I have personally used and benefited countless times with homeopathy and have witnessed healing in hundreds of patients.

I then began to make auto-nosodes for patients using their own saliva and body fluids, to create a healing remedy. Within hours patients would report improvement in everything from bronchitis to grief and pain to fatigue. What was happening I wasn't sure.... but we were getting results.

I had remembered reading in an old homeopathic book about a general who was familiar with homeopathic principals and whose troops were under siege from a viral plague that was spreading through the land. This general had an understanding of homeopathy and had the thought if these homeopathic principles were correct, he should be able to create a representation of the healing homeopathic and deliver it to his soldiers. He had no tools or access to anything to make the remedy so he took a big stick and drew a circle in the sand. Next he drew only the name of the remedy that was relied on for dysentery and vomiting and had the soldiers stand in the circle. The "information" alone began to relieve the soldiers from their symptoms and they went on to victory. "Information as medicine was very intriguing to me and was the catalyst for my next step.

Lesson #9:

Within days of receiving my “rife”-type device my husband noticed a “bull’s eye” rash on my behind. I had been feeling flu-like symptoms for a few days and had an unrelenting back pain that no therapy or treatment made better. Within two days I found myself at the Emergency Room in unrelenting pain and I was desperate for relief. After a diagnosis by the M.D. of Sciatica I knew I would have to take matters into my own hands. I am a Chiropractor and I knew this was no sciatica! So I did the only reasonable thing and I began to treat myself for



Lyme Disease. For the next few days I began regular treatment with the Rife device which also had light and electromagnetic therapies as well. I began to feel better and knew I was on the right track. My interest in light, frequency and electro-magnetic devices was spawned and I set out to learn as much as I could. I began to introduce these therapies into my practice. Through the years, I can only say I

don't know what we would do without them. Patients had improvement in everything from neurological impairment to parasites and brain fog to pain relief. I knew there was more to understand and there was much that traditional medicine did not know or, even worse, was unwilling to recognize.

Lesson #10:

I've always understood how important water is for our health, but I was never satisfied with any of the solutions being offered. I tried it all from distilled to ionized and reverse osmosis to our own well water. Each seemed to have their pros and cons and patients were always asking me to suggest a system for them. Making the best water was expensive for my patients. Even if you start with an R.O. unit you need to add back structure and minerals. This could get expensive. Then there was the issue about what container to store it in or what to drink it from. Whole house units were often prohibitively expensive and many of our patients were already spending money they didn't have just to get their supplements and therapies each month. Yet, we were missing the boat if we didn't have pure living water with which to nourish and replenish our bodies.

When I first became aware of the experiments conducted by Dr. Masaru Emoto from Japan, I could barely peel my eyes away from the images he had recorded with his microscope on water. What has put Dr. Emoto at the forefront of the study of water is his proof that thoughts and feeling affect physical reality. By producing different focused intentions through written and spoken words and music and literally presenting it to the same water samples, the water appears to “change its expression.”



After reading Dr. Emoto's book, I learned that he discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors.

The implications of this research create a new awareness of how we can positively impact ourselves, each other and everything we come in contact with which also means how we can negatively impact ourselves, each other and everything we encounter. After all, aren't our bodies comprised of 80% water? I began to think about my early years and things I had been told. "Shame on you." "Girls don't need to go to college." "You just need to have babies." "You'll always be average, you just have to accept that." I began to think how the imprinted with "words", which seemed innocuous to the person left their indelible mark. I thought of every time I unkindly to someone and how I impacted them. I felt sad.



I soon realized I needed to consider my words very carefully. Not only the words, but the *tone* and the *volume* and the *intention* behind them. This is not an easy lesson for me. I continue today to work at it and I know I'm getting better.



This began to expand beyond the words I spoke as I became aware of symbols, alphabets and patterns in other cultures and languages. After all, not everyone speaks English. Every alphabet carries the potential to heal or destroy. Even a smiley face with a down-turned smile carries a very different message.

Like many things I've learned, this next lesson came from a patient. I had been caring for this patient for over three years when he first came to me with multiple infections, lyme, heavy metal burden and depression. We worked layer by layer and began to see improvement in every area. After 3 years we were on a maintenance schedule and I saw there was marked improvement since our last visit. He reported more energy, a chronic nail fungus on his toes had finally cleared up, and his skin was smoother and healthier than it had been in years and his 88 year old mother was improving as well. "What have you added", I asked? He said the only thing different was the "structured" water he had started using two months earlier. I did some research on the company, talked to the founder and ordered my first portable unit.



It was January and two months earlier my sister had gifted me with an Amaryllis bulb, which she said would bloom in time for Christmas. Well, it did not bloom. In fact, it did not even grow. I started to feed the plant the structured water. Much to my amazement and that of my family,

the plant grew and eventually bloomed.

I used the water for my fish bowl and our drinking and cooking water, and we began to notice improved bowel function, brighter eyes and softer hair. I was impressed and I knew I had to share this with others.



I certainly didn't think I had anything to say about **wordwaterlight**. But, I was wrong!

Now that you know my "why." What follows in the next chapters is the "what" and the "how." Just how did I begin to use wordwaterlight and what results did we get?

I've always felt the answers to health were to be found in nature. I have a strong belief that natural health and healing should not cost a fortune and everyone should have access to it. This is what wordwaterlight is. Nature's biological blueprint offers solutions available to all at a price we can afford.

We each hold a piece to the mystery and we are all better served when we serve one another. So pick up your instrument. My voice is more when your voice is added. Disease is a great teacher. Sickness happens. When we stay open and available to new understanding then perhaps we will live true to the teachings "even greater things ye shall do also."

Chapter 2

Born with a blueprint

What is healing? What is its nature, and where is its origin? As a health practitioner I have sat with these questions and pondered the answers for many years.

If you are a gastroenterologist or colon therapist, all disease begins in the gut. If you are a psychiatrist or psychotherapist, all disease begins in the head. If you are a neurologist, all disease begins in the nervous system, and if you are an acupuncturist, all disease begins in the tsubos and meridians, and to be fair, if you are a chiropractor, all disease begins with subluxation.

“Here, take this Vitamin C.” “Here, take these chia seeds.” “Here, take this berry drink.” “Here, take this drug.” “Here, take this acupuncture.” “Here, have this adjustment.” “Here, take this I.V.” “Here, take this therapy.” “Here, take this food.” “Here, take this mineral.” “Here, take this massage.” “Here. Here. Here.” Since all of them work some of the time, I would have to say they are all part of the equation.

Admittedly, even as a licensed practitioner with formal training, I am often overwhelmed and confused by conflicting studies, differing opinions and the vast amount of information that flows across my desk every day. At one time, I was a seminar junky, signing up for and attending the newest conferences, touting the latest breakthroughs in natural health and healing. I was determined to be “informed” and “current” and to keep up with the ever changing landscape. After all, the next miracle cure was just around the next corner.

At some point, I came to realize a good practitioner has to stop “looking” and start “noticing.” I knew two things for sure. No one had the whole answer, and each of us holds part of the answer.

Living so close to New York City on the day of 911, I not only saw the dark skies with billows of black smoke but also personally saw people’s faces filled with shock and disbelief as they walked across the George Washington Bridge, where usually only cars travel. That day there were no cars. There were no toll collectors. There were no horns to blow. Just broken souls aching to go home and see their loved ones.

The following days were filled with reports of how things might have been different if the lines of communication had been streamlined and accessible. Stories of how the fire department didn’t know what the police department knew, and the police department didn’t know what the FBI knew, and the FBI didn’t know what the CIA knew, and the victims had no idea what anybody knew. There was no reliable central database or dispatch for everyone’s access. Everyone had a snapshot of the events as they unfolded, but nobody could see the entire picture.

I remember the anecdote. “What is the difference between us and God, you ask? Answer. We have a point of view and God has a viewing point.” This is how I saw the missed communication of 911, which led to missed opportunities that might have saved lives or led to a different outcome. The fireman and the policeman standing next to him saw the same event, but each was accessing very different information as to what was actually happening, what was needed in that moment, or what help was on its way.

I realized we have to start talking to each other. In research labs around the world scientists are working on the very same experiments, and yet there is such competition and secrecy that no one shares what he knows because no one wants someone else to gain advantage. We all want to be the hero.... we all want to make a difference. I recently asked a friend the name of the new website he was developing, and he quickly said, “Oh, I am not comfortable sharing that until I can be sure no one else can take it.” (‘nuff, said.)

At a recent lecture I was making small talk. I discovered not only was my new acquaintance also married to a drummer, but we had actually lived on the same street only four houses apart. I had no idea. Neither did she that we had this in common. I used to think small talk was a waste of time. Now I look at it as a chance to share our “connectedness.”

In Lynne McTaggart’s latest book, *The Bond*, she clearly makes the case for the importance of connection and bonding. She outlines a visionary path that moves us beyond our quest for fame fueled by predatory, self-serving and solitary acts toward partnerships that portray the dance of life not as a solo but as a duet.

Think about our chemistry. A single hydrogen atom cannot be water until it bonds with two more atoms, a hydrogen and an oxygen. A solo horn or drumbeat becomes more when it combines with keyboards and strings. Nature repeats itself. The microcosm reflects the macrocosm, and the patterns are there if we choose to see them.

Research studies on social media show one of the reasons sites like Facebook are so successful is that Facebook meets our primal need for connection. We breathe a little easier and feel a little better when we make these connections and bond through our stories, our humor and our passions. Notice when someone posts a personal experience such as “my mom was just diagnosed” or “my son just won an award,” many clicks on the “like” icon and flurry of replies occur. We acknowledge each other’s encounters with sadness and grief as well as with triumph and tenderness. We validate the emotion not only for the other but also for ourselves.

I’ve even noticed some people will share a story on Facebook more readily than they will in a face-to-face encounter. Do we find a perceived safety and anonymity shielded by our monitors and laptops? Do we really just need to be seen, heard and validated?

Keeping it together is the American way. The Whitney Houston's of the world look and sing so well while the very fabric of their being is ravaged with pain, woundedness and haunting images of perceived imperfections. Aren't we all a living experiment of life? Does any one person hold the answer, or do we each carry a piece of the truth? Only as we begin to share, compare notes and listen to each other will we find we know more than we think we do.

As a holistic practitioner for twenty-five years, I have had the unique vantage point of being in an office putting my hands on patients, listening to their hopes, while they also share their broken dreams. I am inspired by their perseverance and resilience. I have seen some common threads. I've observed we are all a little scared. A little broken. A little unsure. A little sad. We are also a little fearless. A little resilient. A little happy. A little certain that we each have a destiny path and a purpose.

When I watch shows on Nova that teach us of black holes, white holes, galaxies and more, I am awed. They talk about parallel lives and multi-dimensions, all existing at the very same moment. Heaven is for real declares a NY Times bestseller in an describing a five-year-old's near death experience, where he completely remembers seeing Jesus and describes Heaven exactly the way many imagine it to be. Which one is right? Damned if I know. But what if we're all a little right?

What if our reality IS determined by each of us and it is true we can use whatever colors, tools or shapes to weave the fabric of our experience?

After all, I have seen broken bones heal, wounds repair, immune systems under attack still win the war, and I have watched people I love transition into death, even though I had no idea why. I know one day I wasn't pregnant and the next day I was, and nine months later I was a Mommy, but all that happened was I had sex.

What is this guiding intelligence? What is it that remains constant in an ever-changing world that no matter what the weather is outside or how old I am, I know that a higher power seems to be orchestrating from a place that some call a God and others a higher power or the knowing field.

Whatever this "stuff" is...I believe it doesn't matter what we call it because "IT" doesn't give a damn. It does what it does because it knows it's purpose and it doesn't care what we think about it at all. I have seen what was said to be impossible become possible, and I believe the common ingredient is found by understanding the truth found in wordwaterlight.

Chapter 3

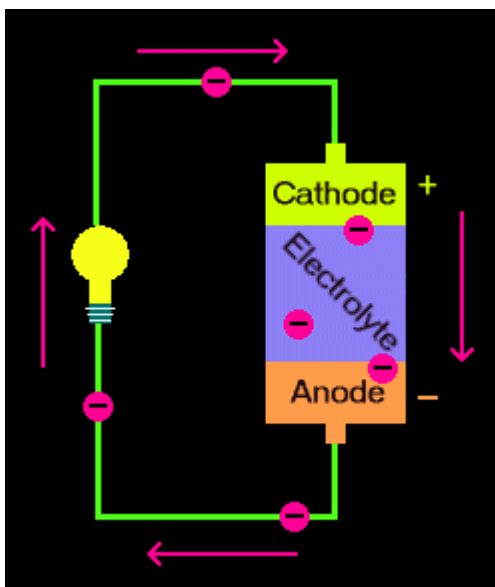
Biophysics. Biophotons. Biofield

Do we have any batteries? Around the world in many languages people repeat this question. Batteries would seem to be a universal need. Batteries for the remote, the clock, the flashlight, the radio and, of course, my grandson's Hess truck at Christmas. Many of us grew up never understanding how batteries work. In my girlhood only the boys learned battery basics. While they dissected batteries, we girls went to Home Ec to learn the baste stitch and the perfect pie crust technique.

Needing a battery always had to do with making something work. If something was off and needed to be on -- it probably needed a battery. I would often carry the "it" to the boy in the room and say, "Please get this to work." Seconds later my "it" was on.

The first time my first car wouldn't start, someone told me my battery was dead. Now, that didn't sound good. Soon my father, my hero, arrived with cables in hand, and I watched him open the hood. As he touched the sparking ends of red and black cables together, I was thinking he really knew what he was doing. I simply stayed in the car and kept my foot on the pedal. It was most impressive -- this car with a silent radio and dark dashboard was now completely turned on.

At the time, I didn't care how it worked or why it worked. I just understood we all need batteries. Watching my grandsons, I see boys are very different. They have technical minds and want to know why it works, how it works and how to build it themselves. So here is a little lesson in batteries. I promise there is relevance here.

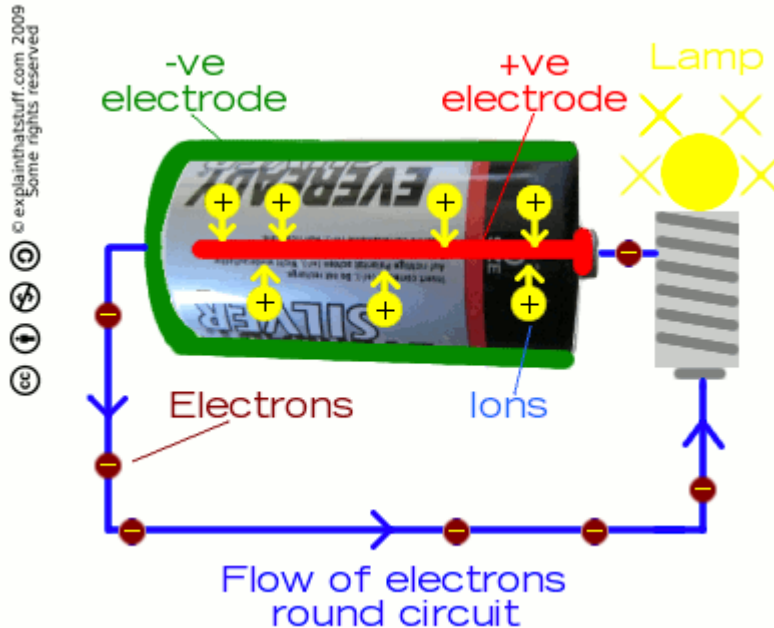


Count Alessandro Volta, whose name morphed into the word "voltage," built the first battery. He discovered the process in 1799, when he created a simple battery from metal plates and brine-soaked cardboard or paper. Since then, scientists have greatly improved on Volta's original design and now create batteries with a variety of materials and in a multitude of sizes.

Take a look at any battery and notice that it has two terminals. One is marked (+), or positive: the other, (-), or negative. In normal flashlight batteries, like AA, C or D cells, the terminals are located on the ends. On a 9-volt or a car battery, however, the terminals are next to each other on top of the

unit. If a wire connects the terminals, the electrons flow from the negative to the positive as fast as they can.

The internal parts of a battery are typically housed in a metal or plastic case. Inside this case are a cathode, which connects to the positive terminal, and an anode, which connects to the negative terminal. These components, known



as electrodes, occupy most of the space in a battery. Here the chemical reactions occur. A separator creates a barrier between the cathode and anode. It prevents the electrodes from touching but allows an electrical charge to flow freely between them. The medium that allows a charge to flow is the electrolyte. Finally, the collector conducts the charge to the outside of the battery and through the load. Whew! That's a lot of work for a battery.

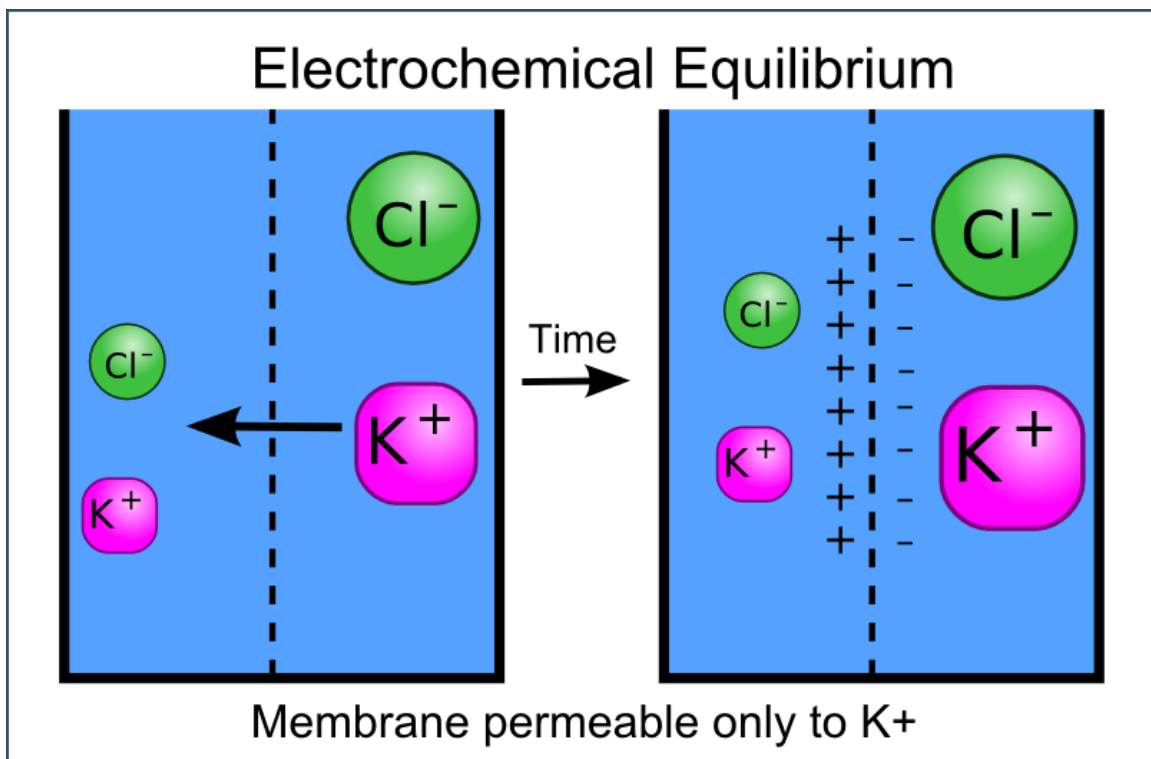
So an electric current is nothing more than a steady flow of electrons. A man-made battery is a miniature electron factory, powered by chemicals that react within the battery's walls. Batteries are handy because their electrons flow through an electrode (that nub at the top of a dry-cell battery) and from there are easily channeled into MP3 players, flashlights, toys, smoke detectors, and so on.

OK, so what makes electrochemical cells work? Different chemical reactions occur at the anode and the cathode. The reaction at the anode releases electrons and leaves behind positively-charged ions. The reaction at the cathode soaks up electrons. Choosing different materials influences the release and acceptance of electrons thus creating batteries with different properties.

At first living cells seem very different from battery cells. From a single cell, formed by the joining of the mother's egg and the father's sperm, a person emerges. That single cell contains the digital code to make thousands of other kinds of cells, from fat cells to bone cells -- from brain cells to lung cells -- or muscle cells, skin cells, vein cells, capillary cells and blood cells.... Ultimately, the human body has something like 30 trillion cells.

Each cell is a living structure that can survive indefinitely and, in most instances, even reproduce itself, provided appropriate nutrients are present. Mainly five basic substances -- water, electrolytes, proteins, lipids and carbohydrates.-- form protoplasm, the living contents of a cell.

However, each cell in our body also resembles a battery. Each requires both electrolytes and re-charging. Electrical potential exists across the membranes of almost all body cells. In addition, some cells, such as nerve and muscle cells, are "excitable"—that is, capable of generating electrochemical impulses at their membranes. In most instances, these impulses transmit signals along the membrane.



Actually, human cells act like tiny batteries, storing and releasing energy. Each cell has a measurable electrical charge. Energy flows constantly throughout the body's electrical circuitry. Damage or trauma disrupts the production of electricity and the flow through tissues decreases measurably.

This condition usually causes pain and impedes the body's ability to repair itself. Light or micro-current treatments stimulate mild electrical currents in the cells and help return them to normal electrical activity. This process may be likened to a "jump start" or "putting a charge" on the battery of a car. In this way, the treatment assists the body in accelerating the natural self-healing process.

Amazingly productive investigations of living cells have used electrical concepts and techniques. Scientists have been discovering and describing cell membranes for more than a half-century. The electrical parameters of cellular metabolism are now well-known facts. Resting potential, capacitance, resistance, conductance, impedance, polarization capacity, current density, inductive reactance, and electrical phase angle are known cell processes.

According to biophysicist Mark Biedebach, Ph.D, when the skin is broken by a wound, an ionic current flows through the path of lowest resistance. It flows through injured cells and the fluid lining the wound. Therefore, it is tempting to suppose that the current flow between normal and wounded tissue stimulates membrane repair. It follows logically that rates of repair may be accelerated by proper application of electric current from an outside source. In fact, Biedebach suggests the best way to alleviate pain and inflammation is to accelerate the repair rate with electrical application.

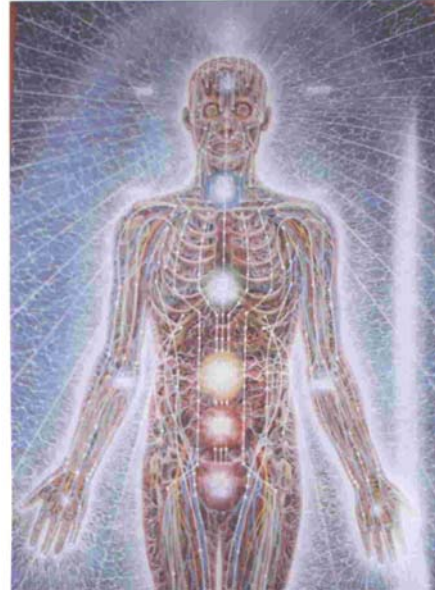
What application works best? Upon entering a cell, current alters the membrane's voltage and allows an influx of ions. This influx initiates and accelerates the biochemical processes of cellular repair. If we used only DC current, intracellular current would flow only through discrete pores. These are low resistance paths called tight junctions. However, if we use pulsed current, an additional path opens for current to enter through membrane capacitance. Current from this additional path increases the ratio of intracellular to extra-cellular current flow, making the current more effective.

Pulsed current with a rapid voltage rise-time becomes more effective when two conditions occur. (1) Pulsed voltage rises to its maximum value before membrane capacitance has time to "charge up." Membrane capacitance charges up in a fraction of a millisecond. Therefore, the pulse voltage must rise to its maximum in 50 microseconds or less. (2) Voltage sensitive Na (sodium) and Ca (calcium) channels stay open only (0.5) milliseconds. They reopen after a brief closure. Therefore, the stimulus pulse must stay on long enough for cell membrane capacitance to charge to its maximum value before turning off.

Living cells and their multi-cellular conglomerates (people) generate a slight electric current. Whether the conglomerate chooses to eat sugar or filet mignon, individual cells ultimately derive their energy by shuffling electrons, the negatively charged particles that flitter in atoms and molecules. Some molecules, with minor prompting, will readily give up electrons.

In Western culture energy healing arose as quantum physics emerged. In Eastern culture these practices have been around for centuries. Needle acupuncture is the original micro-current therapy. Needles generate measurable electrical charges when a doctor twirls them in the skin. Needles left "in situ" drain off excess electrical charge from tense or inflamed tissue. The meridian system of energy flow is a basic principle in Eastern medicine.

The meridians are a network of energy tracks, which extend over the length of the entire body. Some scientists consider them to be the biophysical manifestation of the body's internal organs -- the pattern along which the body's bio-energy moves. Along these meridians numerous acupuncture points occur.



Visionary Art of Alex Gray 1980

Reinhold Voll, a German physician, strongly influenced modern energetic medicine. In the 1950's he engineered one of the first devices for measuring electrical charges at acupuncture points. Voll discovered the difference between the electrical parameters of these points in healthy and in sick people. He also documented the changes occurring at those points after medical intervention.

While Dr. Voll treated thousands of patients with his electro-diagnostic techniques, he discovered additional acupuncture points, unknown in classical Chinese medicine. He correlated many of these points with organ systems. Then he proved that the electrical flow from them did indeed reflect the health of the correlated organ systems.

Dr. Voll also discovered that changes in readings at points after medication were stronger after homeopathic medication. This discovery allowed Voll to determine the compatibility of these substances with the patient's energy field. This approach later became known as electroacupuncture according to Voll or EAV.

From EAV emerged a progressive technique, especially sensitive in reading the vital state of an individual. It detects disturbances long before the onset of clinical pathology. This field is collectively known as energy-medicine and includes bio-energetic testing. Bio-energetic testing can warn the patient of potential health hazards long before they appear. However, the results from

bioenergetic testing cannot always be immediately confirmed through clinical examination or laboratory tests. Energetic test results are not apparent in traditional tests.



Although numerous articles in professional journals prove the benefits of bioenergetics, more persuasive evidence comes from controlled experiments at universities. In 1985 in a double-blind study, researchers at USC and UCLA demonstrated an 87% correlation between EAV measurements of the lung meridian and X-ray diagnosis of patients with lung cancer. Similarly, researchers at the University of Hawaii compared diabetics tested through EAV with a control group tested conventionally. They demonstrated a 95 to 97.5% correlation between patients given EAV test and those diagnosed conventionally.

Bio-energetic testing has proved valuable alongside conventional diagnostic methods. Furthermore, the science has evolved into bio-photon and bio-magnetic therapy. The ability to detect and interpret signals from internal organs provides energy practitioners a window into the earliest imbalances in the body long before conventional methods can detect them.

Thanks to the work of cell biologist Bruce Lipton, we are no longer the victims of our genes. As it turns out, just as a battery can be turned on or off so can our genes. Recent advances in cellular science herald an important evolutionary turning point. For almost fifty years genetic determinacy has held the illusion that our health and fate were preprogrammed in our genes. Though mass consciousness currently believes that the character of one's life is genetically predetermined, a radically new understanding is unfolding at the leading edge of science. In short, we can be victorious over our genes.

Cellular biologists now recognize that the environment (external universe and internal-physiology) affects our genes. More importantly, our perception of the environment also impacts the activity of our genes.. Quantum physics provides insight into the communication channels that link the mind-body duality. Awareness of how vibrational signatures and resonance impact molecular communication constitutes a master key. This key unlocks an understanding of how our thoughts, attitudes and beliefs create the conditions of our body and the external world. This knowledge can be employed to actively redefine our physical and emotional well-being.

Deitrich Klinghardt, M.D, developer of Autonomic Response Testing, trained in both American and German universities, has observed that Germany and Russia are well ahead in understanding physics. However, the United States leads in understanding biochemistry. Eastern countries have a better grasp of religion. With clinics in both Germany and the US, he has observed other differences. His German patients are less willing to take pills; they want to be treated energetically. His American patients accept pills, but have difficulty understanding energetic healing.

What if all the countries began to talk to each other? What if they began to compare notes and cross-educate each other? Perhaps, we would be much further along in embracing not only an integral theory of health care but also its beneficial methods.

Marco Bischof of Berlin, Germany is among the leading scholars in the emerging science and holistic medicine in the German-speaking world. Asked why Germany is at the forefront of biophysics and bioenergetics research he replied that German scientists have a wider outlook, one that recognizes electromagnetic fields in the body.

Quantum theory was developed in Germany. What's very relevant is that almost all the founders of quantum theory also studied Eastern philosophies and religions. It's not so well known, but Erwin Schrödinger and Werner Heisenberg and others were very, very interested in Eastern philosophies. Actually, Eastern philosophies have influenced the development of quantum theory.

The following is excerpted from an interview with Bischof in Quantum Health Magazine:

“These Eastern systems all have a fundamental concept, which does not fit at all into the Western scientific worldview; they consider some kind of vital energy within the human organism to be a central element. This is not compatible with Western science. Even more, Western science has actually developed and defined itself in the fight against these kinds of concepts! But still, because there was such a need for understanding Eastern concepts, especially in connection with acupuncture, Western science has tried to understand and is slowly changing in this process.

It's interesting that in Chinese medicine, chi is a basic concept. It is a form of vital energy. At first it was interpreted through Western scientific concepts of energy. But the problem is that energy in Chinese medicine does not correspond to the Western concept. It corresponds more to the concept of energy in esoteric knowledge.

Really good sinologists (students Chinese culture) agree that chi is not energy in the Western scientific sense. It is rather more like information. Energy is a mechanistic concept. It is defined as the ability to do work. The Eastern concept differs, because chi doesn't use mechanistic energy for what it does in the body. Chi, like information, causes change without transmitting mechanistic energy as we in the West understand energy.

You know, I believe that what healers do is not a transmission of energy; it's the transmission of a state. Before a healer can heal, he has to go into a special state that I would call a state of 'coherence.' And what he transmits is this state of coherence. He doesn't transmit any energy—maybe a little, but that's not important. At this level everything can be considered resonating fields. This system does not have clear cut boundaries between an individual and everything in environment. We may not be conscious of this reality, but on the unconscious level we know we are not separate from nature or from other people. We are very much connected. We are very much one.¹

¹ Turner, Sarah. "Frontier Science: Past, present and future". *Quantum Health magazine*. Issue 12, 2011

Chapter 4

The Nature of Living matter

Perhaps there is a pattern in the heavens, for one who desires to see it ... and having seen it, can find it in himself!" Plato ¹

The chiropractic curriculum at Life University requires two semesters of dissection. I remember standing in a white lab coat outside the lab, feeling a bit of trepidation, not knowing what lay inside -- a large hospital-like room...gurneys with formaldehyde-soaked cadavers. At each cadaver four students, scalpels in hand, began cutting away the flesh -- exposing fascia and deep muscles. Each level revealed another.

The wonder of the body was never so apparent. I am so grateful to have learned anatomy from the outside in. A picture may be worth a thousand words, but this hands-on experience was worth ten thousand. I have great respect for people who donate their bodies to science. Eager students like me can search the inner human landscape and eventually serve others.

Our anatomy and physiology course included a history of dissection. In the fourteenth century research relied on "resurrectionists" or body snatching. Bodies stolen from graves became cadavers for scientists. Among the first to draw and record images, Leonardo Da Vinci felt truth was being excluded in the human narrative. Born out of wedlock in Vinci in 1452, he had no surname, "Da Vinci," simply meaning "of Vinci." The wealthy Messer Piero Furosino di Antonio Da Vinci fathered him with the peasant Caterina.

His early education focused on mathematics, geometry and Latin. With his apprenticeship to Andrea del Verrocchio at fourteen, Leonardo began formal training in human anatomy. As a successful artist, he gained permission to dissect human corpses at the Hospital of Santa Maria Nuova in Florence and later at hospitals in Milan and Rome. Leonardo made over two hundred pages of drawings and many pages of notes for a treatise on anatomy.

He studied the mechanical functions of the skeleton and the muscular forces that are applied to it. This work prefigured the modern science of biomechanics. While portions of Leonardo's technical treatises on painting were published as early as 1651, the scope and caliber of much of his scientific work remained unknown until the nineteenth century.

¹ Ganjavi, Reza. Ancient Wisdom Quotations. Feb 3, 2012 < http://home.datacomm.ch/rezamusik/quote_ancient.html>

As an artist, Leonardo closely observed and recorded the effects of rage and other emotions on the physiology, Anonimo Gaddiano wrote, c. 1540: "His genius was so rare and universal that it can be said that nature worked a miracle on his behalf ." ² While DaVinci was best known as an artist for his masterpieces *The Last Supper*, *The Mona Lisa*, and *The Vitruvian Man*, he also had one of the best scientific minds of his time.

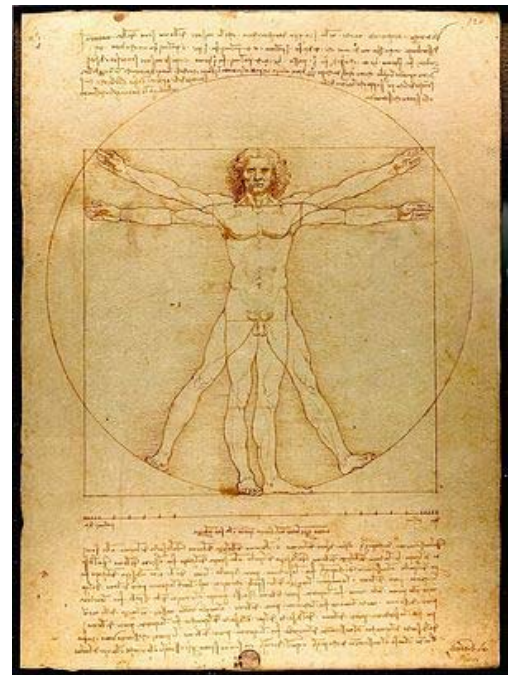


(Because I was an eager chiropractic student, who wanted to learn everything about the human body. I was fascinated by DaVinci's *Vitruvian Man*.)

Da Vinci created the drawing *The Vitruvian Man* c.1487. This pen and ink on paper depicts a male figure in two superimposed positions with his arms and legs apart, simultaneously inscribed in a circle and in a square. The drawing and text are sometimes called the *Canon of Proportions* or, less often, *Proportions of Man*. Stored in the Gallerie dell'Accademia in Venice, Italy, it is displayed only occasionally like many other works on paper.

The ancient Roman architect Vitruvius described the correlations between ideal human proportions and geometry in Book III of his *treatise De Architectura*. Also known as the divine proportion, the golden mean, or golden section, the golden ratio is a number used in calculating the ratios of distances in simple geometric figures. Da Vinci studied corpses and discovered the Divine Proportion in human bone structure.

Perhaps you are familiar with, *The Da Vinci Code*, a mystery-detective novel by Dan Brown. The main character, the symbologist Robert Langdon, investigates a murder in the Louvre. The victim, Sauniere, is found naked, posed like Leonardo Da Vinci's *The Vitruvian Man*.



Brown introduces the number Phi in discussing the works of Da Vinci. Clues in Da Vinci's work lead the way to resolving Sauniere's death. Therefore, Brown presents facts about the work to move the story forward.

² Frost, Martin February 12, 2012 <http://www.martinfrost.ws/htmlfiles/mar2008/battle_anghiarti.html>

I never studied the number 1.618, known as PHI; it was totally unfamiliar to me. However, early scientists heralded 1.618 as the divine proportion. Brown wrote "Phi is generally considered the most beautiful number in the universe."³

One way to trace the origin of Phi is through the Fibonacci sequence. The Fibonacci sequence is a series of numbers. Each number is the sum of the previous two. It starts with 0 and 1, which equals 1. Then 1 plus 2 equals 3, 2 plus 3 equals 5, and so on.

The Fibonacci Sequence is

0-1-1-2-3-5-8-13-21-34-55-89-144-233-377-610...

It is a deceptively simple series, but its ramifications and applications are nearly limitless. It has fascinated and perplexed mathematicians for over 700 years.

The Fibonacci numbers appear practically everywhere. Why are these numbers significant? Simply, they are nature's numbering system, and they give rise to the mystical PHI. It should be noted that the ratio of successive pairs from the Fibonacci series tends toward Phi or 1.618. From this ratio we derive the golden rectangle and the spiral shape, the most widespread shape in the universe.

The Phi Ratio =	1.6180339.....	Phi Ratio = 1.6180339.....
13 divided by 8 =	1.6250000.....	Phi Ratio = 1.6180339.....
21 divided by 13 =	1.615384.....	Phi Ratio = 1.6180339.....
34 divided by 21 =	1.619048.....	Phi Ratio = 1.6180339.....
55 divided by 34 =	1.617647.....	Phi Ratio = 1.6180339.....
89 divided by 55 =	1.618182.....	Phi Ratio = 1.6180339.....
144 divided by 89 =	1.617978.....	Phi Ratio = 1.6180339.....
233 divided by 144 =	1.618056.....	Phi Ratio = 1.6180339.....
377 divided by 233 =	1.618026.....	Phi Ratio = 1.6180339.....

In the petals on a flower or the arrangement of leaves along a stem, this sequence is present. The numbers also appear in certain parts of seashell formations. The ratio of each spiral to the next on a chambered Nautilus' shell is 1.618 to 1. This ratio is also known as Golden Ratio or the Divine Proportion.

³ Sinha, Sayhaton, February 13, 2012. < <http://mynethome.net/tag/dan-brown/>>



The Fibonacci sequence is present in the nautilus shell. (Image by jitze)

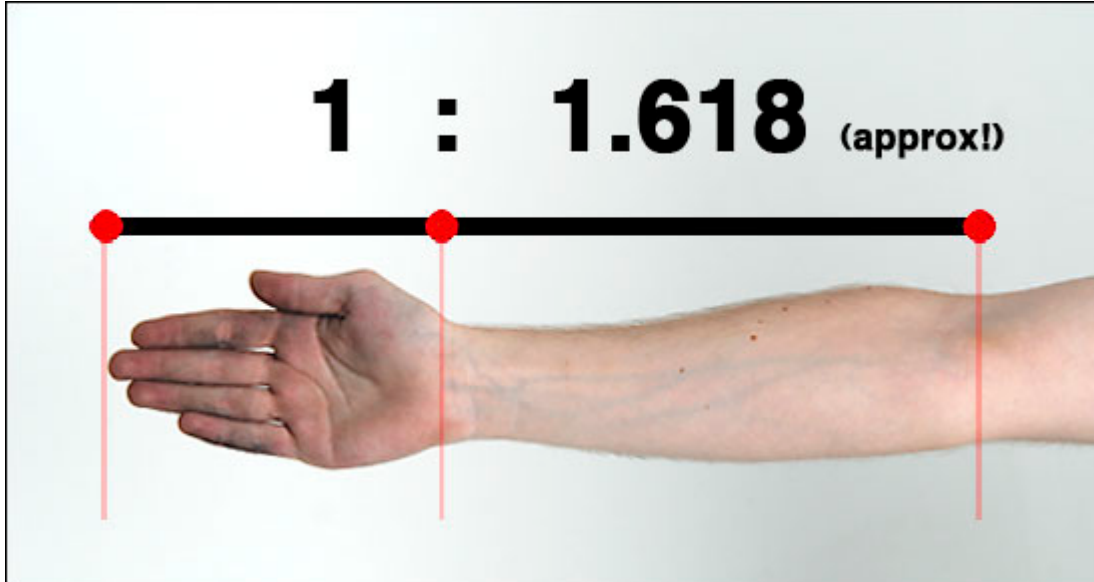
Parts of the human body also reveal these ratios, including the five fingers, and a thumb on each hand. Fibonacci also can be seen in a piano. A piano has octaves, each with five black keys (sharps and flats) arranged in groups of two and three, and eight white keys (whole tones) for the 13 chromatic musical octaves.

Plants, animals, and even humans possess dimensional properties, which adhere to the ratio of Phi to 1. In a honeybee community, female bees always outnumber the male bees. Dividing the number of female bees by the number of male always produces the same number - Phi. Even in the human population, females always outnumber the males. Sunflower seeds grow in opposing spirals. The ratio of each spiral to the next is Phi to 1. This is also true of spiraled pinecone petals, leaf arrangement on plant stalks and insect segmentation. It turns out that Phi has a role as a natural building block of nature.



Here are some of very concrete examples of Divine Proportion in our body. The distance from shoulder to fingertips, divided by the distance from elbow to fingertips always equals PHI. Hip to floor divided by knee to floor equals PHI. The distance from top of the head to the floor, compared to the distance from the navel to the floor is Phi to 1.

The length of the hand is to the length of the forearm as the length of the forearm is to the whole length from fingertip to elbow. The distance from shoulder to fingertips divided by the distance from elbow to fingertips produces Phi. The same ratio applies to hip to floor divided by knee to floor. Humans are the walking tribute to Divine Proportion!

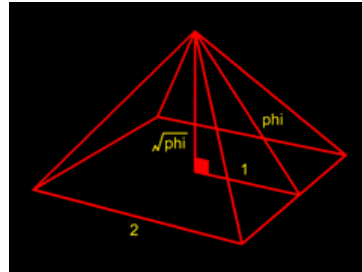


The concept of the Golden Ratio came to Brown, author of *The DaVinci Code*, through Fibonacci, but thinkers were aware of it and used it long before this medieval mathematician. When Hindus, Egyptians and Greeks became aware of PHI, they were certain they had stumbled across God's building block for the world. Nature worship flourished along with this understanding.

ART and the Divine Proportion



Phi or 1.618 was described in the past as a divine number because it signifies beauty and harmony. Egyptian architects made use of Phi relationships in the construction of temples and the Great Pyramid, as did the Greeks in their Parthenon in Athens, and the Europeans, in their Gothic cathedrals. Renaissance artists, Michelangelo, Albrecht Durer, Da Vinci and many others adhered to the Divine Proportion in the layout of their compositions.



Phi appears in the organizational structures of Mozart's sonatas, Beethoven's Fifth Symphony, as well as the works of Bartok, Debussy and Schubert. The number

Phi was even used by Stradivarius to calculate the exact placement of the f-holes in the construction of his famous violins.⁴

Everywhere you look in nature you will find these patterns of creation, crystals, tree branches, snowflakes, pine cones, honeycombs, flower petals, sea shells, a sunflower center, the spirals of our DNA, the cornea of an eye, the very galaxy we spiral within...



If you want to learn more, one site to visit is Two-dimensional Geometry and the Golden section or *Fascinating Flat Facts about Phi*, visit

<http://www.maths.surrey.ac.uk/hosted-sites/R.Knott/Fibonacci/PHI2DGeomTrig.html>

The Sacred Geometry

The secret of 'Sacred geometry' is not about geometry per se, it's about the manifestations or vibrations that take on sacred geometrical patterns!

Sacred Geometry arises out of the set of numbers from the Fibonacci series or the golden ratio.

It's been said that you do not choose to be a chiropractor but that chiropractic chooses you. This is how I feel about sacred geometry. Not everyone can see it. And many more just aren't interested. Consciously or not though, humans seem to be genetically programmed to respond to these sacred numbers, ratios, and shapes.

⁴ Brown, Dan. *The DaVinci Code*. Cpt 20 Page 80

Sacred geometry was preserved throughout history in Freemasonry circles since it was believed to be important knowledge revealing the secrets of our universe.

Was Leonardo Da Vinci a Freemason? Michael Domoretsky has spent the last four years studying the works of Leonardo Da Vinci. Domoretsky, gave his first public presentation on his research before a roomful of North Shore Masons at their lodge on Eastern Avenue in Gloucester.

“The best place to hide something is in plain sight,” said Domoretsky, who is a Mason himself. Domoretsky believes the fifteenth century artist was a Mason who incorporated Masonic symbols, like the compass and square, into his works.⁵

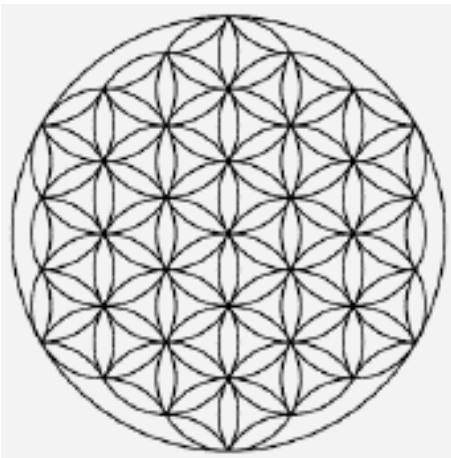


This is the symbol of freemasonry, a square and a compass, exactly the tools needed to create sacred geometry.

Where Math, Geometry and Spirituality Meet

Sacred Geometry is the structure behind reality, the emblem of reality throughout the cosmos, underlying even mathematics. Most physicists and mathematicians

feel that numbers are the prime language of reality, but it is shape that generates all the laws of physics. Sacred Geometry is sometimes called the “language of light” and sometimes the “language of silence.”⁶



The Flower of Life is an example of sacred geometry.

This geometric pattern made by nineteen interlocking circles inscribed in a sphere, is known as the Flower of Life.

⁵ Cultura Roma. February 11, 2012. < <http://www.voxita.com/english/2007/04/leonardo-da-vinci-in-ome.html>>

⁶ Timeless wisdom. <http://timeless-wisdom.blog.co.uk/2011/04/18/merkaba-flower-of-life-part-11024357/>

It is a symbol considered to be sacred among many cultures around the world, both ancient and modern. Within this symbol can be found all the building blocks of the universe that we call the Platonic solids

The Flower of Life can be found in all major religions of the world. In Egypt, the source of all the monotheistic religions, the "Flower of Life", can be found in the ancient Temple of Abydos. In Israel, it can be found in ancient synagogues in the Galilee and in Mesada.



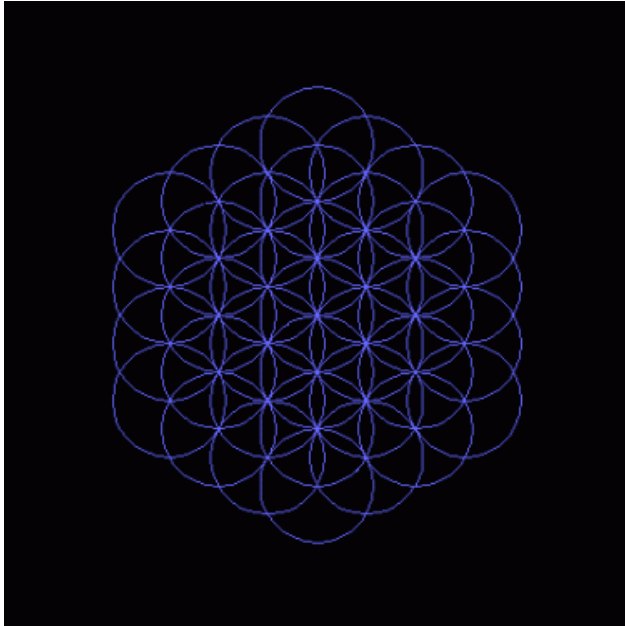
Flower of Life, Amisar, India



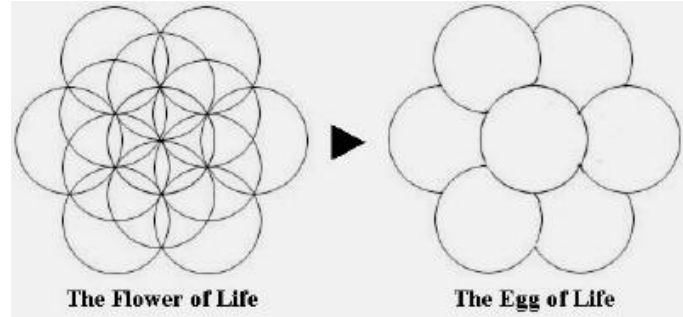
(close up Flower of Flower of Life)



Flower of Life, Turkey

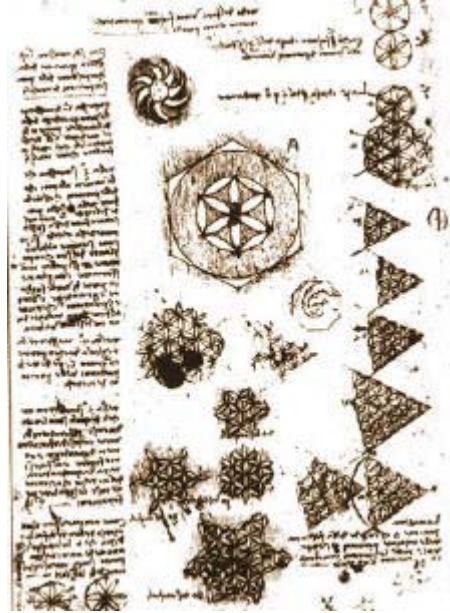
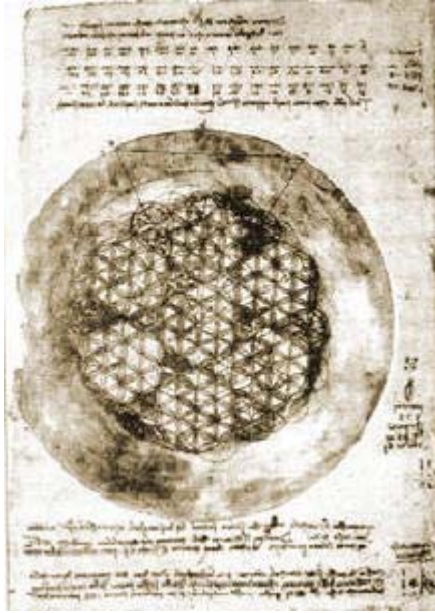


The symbol is a metaphor to illustrate the connectedness of all life and spirit within the universe. Sacred geometry appeals to the left side of the brain and the right side of the brain simultaneously. This dual appeal is very rare. Introduction to these ideas changes a person's perception of the world entirely.

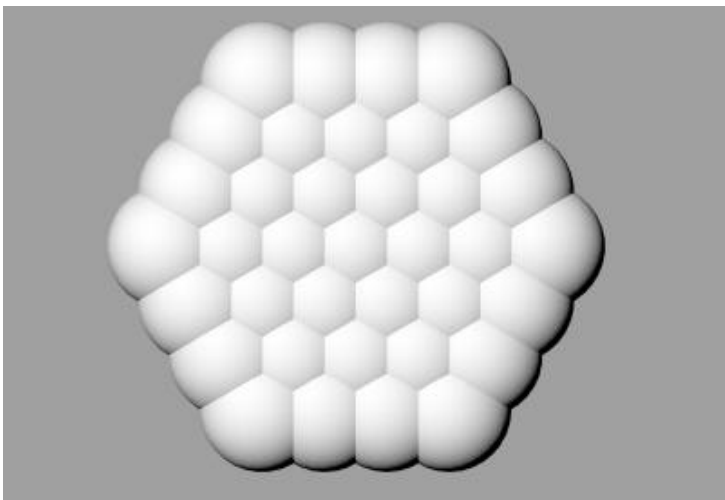


*The Flower of Life set in stone
at the Temple of Osiris at
Abydos, Egypt⁷*

⁷ http://www.world-mysteries.com/sar_sage1.htm



Leonardo da Vinci studied the Flower of Life's form and its mathematical properties. He has drawn the Flower of Life itself, as well as its components, such as the Seed of Life. He has drawn geometric figures representing shapes such as the platonic solids, a sphere, a torus, etc. All of this work may be derived from the Flower of Life design.⁸



Flower of life made of intersecting spheres instead of circles.

Published in Promise Magazine Dec/Jan 06

⁸ Wikipedia. February 12, 2012.

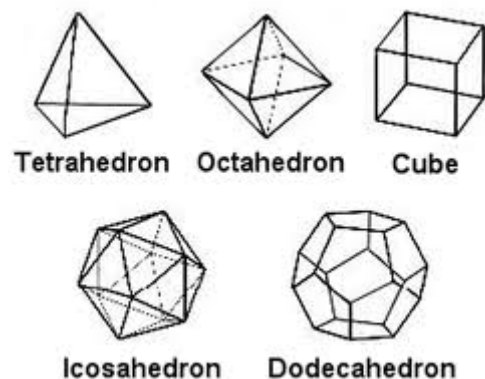
Many other sacred symbols are derived from the Flower of Life. The Tree of Life (the map of consciousness in of the Qabalah) is derived from the Flower of Life.

Furthermore, the Flower of Life is related to the five basic shapes or the platonic solids. These are the building blocks for the entire universe. They are the tetrahedron, hexahedron, octahedron, icosahedron, and dodecahedron. Everything we know forms from these five shapes. They are found throughout the entire natural world all the way down to the molecular level. They share similar geometric properties that make them so special. For example, they are all derived from another shape known as Metatron's Cube. Metatron's Cube is a special six-sided figure, created from the Flower of Life.

We can now begin to understand how all things are created out of the Flower of Life. Another important shape derived from the Flower of Life is the Egg of Life, which is another six-sided shape. This shape is identical to the form that embryonic cells take as they multiply after conception.

Another major sacred shape derived from the Flower of Life is the Merkaba (geometrically known as the star tetrahedron). This shape is composed of two interlocking three-sided pyramids. The Merkaba is known as our spiritual vehicle. It helps us to rise to new levels of spirituality. This is only the beginning of some of the mysteries of this amazing symbol.

This symbol contributes in a variety of ways to an individual's growth and healing. While meditating and entering into a relaxed state (physically and mentally), a person can focus on this symbol and begin to understand it intuitively. It is built into the fabric of our minds. It is also a powerful focus and template for sacred artwork. Just taking the time to draw this amazing symbol has powerful effects on consciousness. Give it a try, you never know what might emerge.



Drunvalo Melchizedek has spent his life studying and teaching the Flower of Life and much can be learned from his book *The Ancient Secret of the Flower of Life*. He offers teachings around the globe, and I highly recommend his work. His books sat on my shelf for five years before I was ready to receive the information within. Try as I did to pick them up and read them, my eyes glazed over the lines, and often I just fell asleep.

Tying it all together

Being grandparents, my husband and I have the pleasure of starting all over with nursery rhymes, peek-a-boo and identifying eyes, nose and ears. Didn't we all learn these basic shapes before we could walk or talk?

Circle, square, triangle, rectangle. Recognizing, processing and integrating these shapes into our lives is so important that we teach them before teaching reading. Now here we are learning later in life some other shapes that are equally, if not more, important.



One evening, I was lecturing at a Lyme support group and was demonstrating one of the products we use to shield against electromagnetic fields or EMF. I asked an audience member to come up and bring along her smart phone. Using kinesiology, we tested her without the phone; her ANS (autonomic nervous system) response was good. Then we asked her to hold her smart phone while we repeated the test. This time her ANS was clearly under stress. We then had her hold a "diode," a small gadget that shields against frequencies; her ANS once again did not show any stress.

Just then a young lady in the audience asked if I would muscle test her on her cell phone along with the shielding she was using. We repeated the kinesiology. This time we used her smartphone, testing both with and without shielding. Her shielding was clearly offering a protection against the frequencies of the phone. When I asked her what it was, she said, "sacred geometry." Apparently, she

uses it for everything: to feng-shui her home and office spaces, to treat drinking water for her and her pets. “Uhhmm”, I muttered and made a mental note to look into this further.

Returning to the discussion on EMF, EMF is a hot topic today. Whether electro-smog and dirty electricity fields impact our body is controversial and confusing. Due to the increase in cell phone towers, microwave, wireless technology and more we are all affected at a level we never imagined. Studies show how mold, viruses, parasites and bacteria respond to these frequencies by creating even more bio-toxins.

Holistic practitioners understand that often it is not the bacteria, mold or virus, which makes us feel so bad, but the effects from bio-toxins, secreted in defense against electro-smog. . Companies are developing products to protect, shield and mitigate these frequencies. People can buy underwear, sleep wear, flight wear and sleep sanctuaries to remain safe. Dr. Klinghardt says “turning off the fuses at night is the only way for many of the electro-sensitive patients to begin to get well.”

I am all too familiar with this sensitivity. I not only had a consultant come to our home and measure our fields, but I have spent \$\$\$\$ in buying devices, shields, protective clothing, diodes. I also have recommended them to my patients.

Some patients have been forced to paint their homes with metallic water-based paint. This paint should be placed under latex paints or wallpaper. In addition, patients have used plastic shielding film on glass windows to significantly block out ambient radio frequency radiation. Some have been forced to move.

After a while I realized, this “stuff” is not going to go away and I began to think to escape it there must be a better way than “living in a bubble.”

Sacred geometry is a very simple answer. But sometimes simplicity leads to incredulity. My husband told me about trouble shooting a company’s computer problems. Something was preventing their computers from receiving valuable orders. The company was losing thousands of dollars a minute. He reported, “I went in, took one look, and knew exactly what the problem was as I had seen it before. I made one quick correction, and the problem was fixed.” He added, “I also knew that if I gave them a bill of a few hundred dollars for three minutes work, they would have felt ripped off. I fiddled around and took over an hour so they would feel better about the bill.” Here is an example of someone who knew exactly which button to press, but he was also well aware of the client’s perception. He wanted them to be satisfied. So there you go. We say we want a solution to be easy...but we question when it is. And, this is how many respond to sacred geometry. “It can’t work. It’s too simple.”

I can state here without hesitation that when properly applied, sacred geometry can enhance our living space, our mental space, mind space, and spiritual

space. Once again, nature proves to be the boss. It just makes sense that change should be this easy. But simple isn't always easy. As human beings, we seem to need difficulty. We have some internal programming that says if it's too easy, too cheap or too simple, it can't be worth much.

My response. "What if it can? And What if it does?"

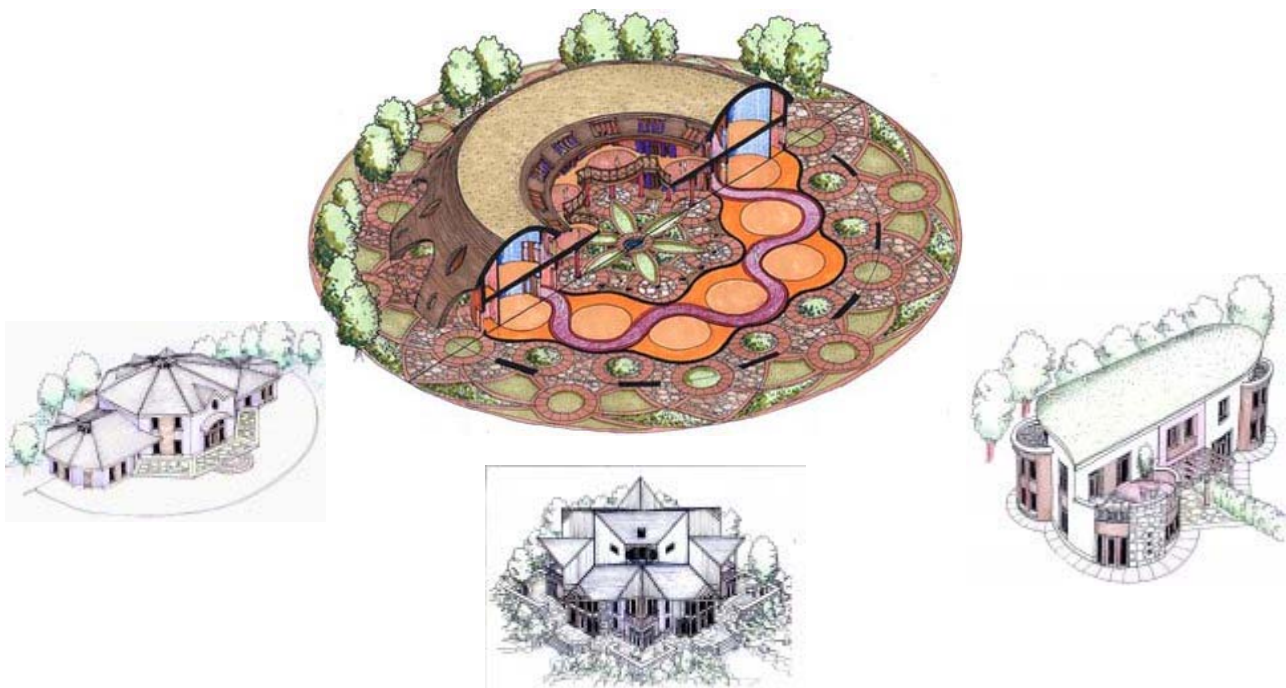
My friend Deanna T, an excellent feng-shui practitioner has gathered testimonials of improved relationships, financial prosperity, and miraculous healing after a home or business was properly feng-shuied. Sometimes it only takes her five minutes to move one painting or place a mirror to energetically correct 5,000 square feet of space. I understand Donald Trump uses feng-shui to enhance all of his properties, not only for beauty, but also for prosperity.

I have experienced this work and have felt the positive uplifting change in our home and my office when energy voids are filled, energy blockages are eliminated, and energy-enhancing figures are placed to optimize the natural flow of energy. Often, the changes are based solely on sacred geometry.

Here is an example of a company that creates properties and builds homes using the principles of sacred geometry.

<http://www.holisticouseplans.com/>.

These are some of their designs incorporating these energy-enhancing shapes.



Remember earlier I said that not everybody can see the shapes and not everybody is ready to see them? I have been walking on a certain block in our neighborhood for months. Often I pause a moment in my mind to send a blessing to those dwelling in homes I have passed.

Because my husband and I had been looking for a new home, I became even more vigilant on my walks. I wanted to notice what homes might be for sale or could be our future home. Guess what? We ended up in a home on the very street I walked for months. Yet I can't remember ever having seen the house before. How can that be possible? How is it that this home was never part of my mind's picture before? It got me to thinking how so many realities and possibilities exist in the very same visual frame, but what I see and what others see is entirely different.

Sacred geometry does require a desire and an intention to see it. It requires being in the present. It requires a willingness to see it.

Chapter 5

Word

The first verse of the Gospel of John reads, "In the beginning was the Word and the Word was with God, and the Word was God." When I looked up the definition for "word," I found

"1. a) Speech, sound or series of them, serving to communicate meaning and consisting of at least one base morpheme with or without prefixes or suffixes; unit of language between the morpheme and the sentence b) a letter or group of letters representing such a unit of language.¹ (A morpheme is the smallest meaningful unit or form in a language.²

Raised by a Presbyterian Mom and a Roman Catholic Dad, I learned early on that there is little agreement about religion. My Mom took us to Sunday school. I have favorable childhood memories -- swinging bells in the bell choir, portraying an angel in the Christmas story and kissing my first boyfriend in our church hallway. On the other hand, my husband, raised a Roman Catholic, gets very weird at the sign of the cross, the sound of Latin or anything to do with a collection plate. I have Jewish friends, Buddhist friends, and almost everything in between. Through the years I have attended nearly every type of service. I have found value in all of them. When I sit through a Latin mass or listen to a cantor in a synagogue, I am deeply moved. Surely, I feel words that have become sacred through centuries of use. I think of it as an informational experience.

My Christian friends often quote the Word or want to tell me what the Word says about a particular topic. Mega-pastor Joel Olsteen preaches to millions each Sunday and begins every service asking his followers to raise their Bibles and repeat, "This is my Bible. I am what it says I am. I have what it says I have. I can do what it says I can do. Today I will be taught the word of God. I boldly confess my mind is alert, my heart is receptive; I'll never be the same. In Jesus name, God bless you."³ I would have to say my first introduction to the concept of the Word was Bible-based. Maybe yours was too.



Fast forward many years, I found *Messages from Water* by physicist, Masuro Emoto. What this man does just fascinates me. He hypothesizes that water has a memory and a consciousness. Then he demonstrates that water picks up vibrations (negative and positive) along its route. Thus, water structure indicates what has happened to it.⁴

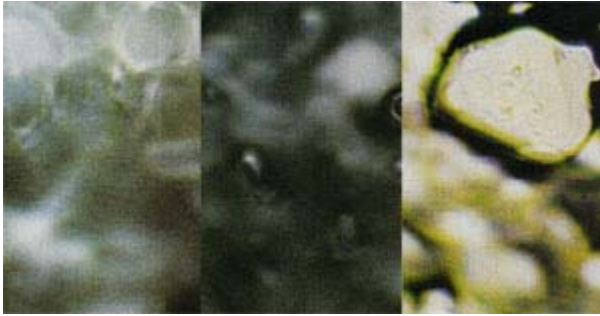
¹ Webster's New World Dictionary. 1988

² Ibid.

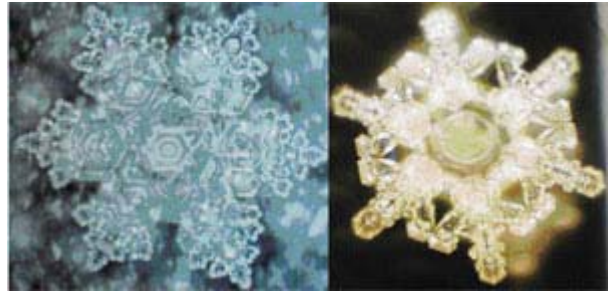
³ Olsteen, Joel. February 5, 2012. WPIX

⁴ Masuro, Emoto *Messages from Water, Vol. 1* (June 1999), Hado Publishing

Emoto and his team collected water from various sources, froze it and then looked at the crystals under a special microscope. Water from a natural spring emerging from deep within the earth's crust has very different properties from water contaminated and synthetically cleansed by man. Did you know nature's water has a built in self-cleansing mechanism? (I think of my self-cleaning oven) Water cleanses and restructures itself as it lifts, flows, bends and forms a vortex within its own molecules.⁵

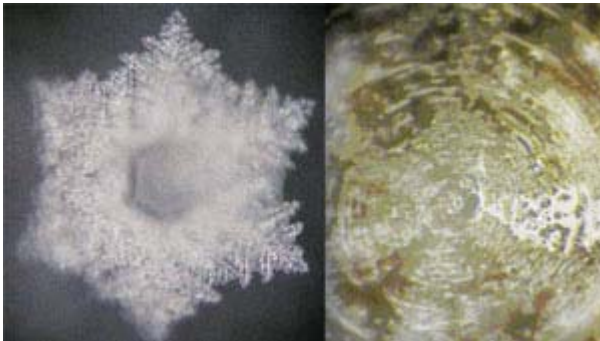


photos of tap water crystals from various places (Emoto)



Photos of spring water crystals from various places (Emoto)

After recording variation in water crystals from samples obtained all over the world, Emoto studied the effect of music on ice crystal formation. He reports that the quality and beauty of the crystals correlated stunningly with the music played during formation. For instance, the crystal below on the left occurred as Beethoven's Fifth Symphony played. The crystal on the right occurred as heavy metal music roared⁶.



Distilled Water Crystals after Music (Emoto, Messages)

⁵ Ibid.

⁶ Ibid.

Following this study, Emoto wondered if other seemingly illogical external things might affect water crystal structure, such as words written on paper. “It didn’t seem logical for water to ‘read’ the writing, understand the meaning, and change form accordingly. But I knew from the experiments with music that strange things could happen.”⁷

He began by writing phrases like “thank you” and “you fool” in various languages on paper and placing the paper under the distilled water samples. His published photos below show a surprising result. Samples exposed to “thank you” exhibited beautiful crystals, while samples exposed to “you fool” would not form crystals at all.



Distilled Water Crystals
after Written Words
(Emoto, Messages)

Encouraged by his findings, Emoto began studying the effects of prayer, blessings, and spoken words. Not surprisingly, his results indicated that water crystal formation is also sensitive to these things. Currently, he hypothesizes “Molecules of water are affected by our thoughts, words, and feelings.”



In an interview with Jon Woodhouse, Emoto stated, “I did not start out with any modern scientific background. I did not even know the limit of science to stop me from giving this research a chance.”⁸

Emoto’s work does not meet the criteria for today’s empirical scientific methodical analysis, granted. But he has opened the eyes of the world to the powerful intelligence that is water and to the impact

of words, music, thoughts and prayer on water. This unorthodox visionary has been encouraged by maverick British scientist Rupert Sheldrake, an acclaimed biochemist who taught at Cambridge University.

⁷ Masuro, Emoto *Messages from Water, Vol. 1* (June 1999), Hado Publishing

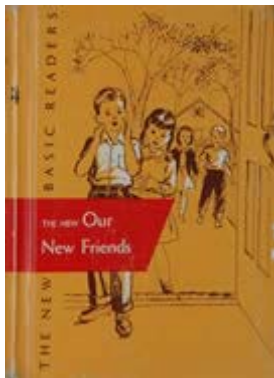
⁸ Setchfield, Kristopher. Is Emoto For Real. February 4, 2012. < <http://is-masaru-emoto-for-real.com/>>

Our words are one of the factors that influence the characteristics of water structure. Is this why prayer is so powerful? Think of the impact of this possibility. Our brains are seventy percent water. Water is the carrier of impulses through the nervous system. Our embryos are ninety-nine percent water. Water is the medium for all life. If someone of faith speaks words of healing over a patient, do you think the water molecules in him are responding? Emoto has shown that messages like love and gratitude manifest as beautiful crystals, while words like “stupid” and “you make me sick” manifest as amorphous crystals with irregular borders, much like a cancerous mole on the skin takes shape.

Words not only influence the structure of the water but also affect our autonomic nervous system. Even without science you already know this to be true. Just close your eyes and imagine yourself being held closely by someone who dearly loves you as they look into your eyes and tell you how much you matter. Experience the ease that follows. Contrast this with the opposite. Remember a time when someone was thoughtless or angry with you and said you were stupid and nobody would ever love you.

Words are electrical. Feelings are magnetic. We are inundated with popular book titles such as *Change Your Thought -- Change Your Life*, *The Power of Talk*, *How Words Change Our Lives*, *Change Your Words--Change your World*, *The Power of the Spoken Word*.

Let's also look at the impact of words from the perspective of information. Information organizes our lives and gives structure to our world. In other words, information is IN-FORMATION; it gives form to things and events. More than that it provides the reason, the purpose, the direction about what things are and what they can become. Information is the plan of past, present. In-formation creates form – creates structure.



From our earliest years, many of us started reading with books like the “Dick and Jane Series.” We learned from Sally, Dick and Jane as they played pranks, dressed up in father's and mother's clothes, played with their toys, visited grandmother and grandfather on the farm, romped with their pets, made fascinating discoveries during a spring walk in the woods. They did many other things that we healthy, wide-awake youngsters delighted in doing. More importantly, they taught us to read, and they made us want more. Here is a passage from early in the series.

A man came up the street.

He looked at Sally and her kitten.

He said, "Can I help you?"

"Oh, yes! I am lost," said Sally.

"My kitten is lost, too.

We want to go home, but we do not know which way to go."

"Where do you live?" said the man.

"What is your name?"⁹

Now re-read it with some missing words.

A came up

Looked and her

Said I you

My is too

We go we

Know to go

Do said the

What your

The sense of the passage has been lost with the omission of words. If words are lost, the meaning is lost.

Many things interfere with our ability to understand the information words are intended to communicate: too much information, timing and tone of information, missing information, misinformation, wrong sequence of information, effects of past experience on information.

Too much information:

⁹ Gray, Williams. Elson, William H. *Dick and Jane Series*, 1951. Addison Wesley Educational Publishers

What is water?



“Why I have no idea. Why do you ask?”

Most of us are not aware of the sea of INFORMATION we swim in everyday. Billboards, text, e-mails, snail mail, signs, TV, smart phones, I pads, movies, books, art...all of it is information. Information overload has been called the undiagnosed disease of the twenty-first century. We even have adopted the idiom TMI for too much information.

Timing and Tone

Information is also timing and tone dependent. Asking someone to autograph an album while he is in the middle of a solo is not a good idea. A wife knows not to ask for a new kitchen when her husband is in a grouchy mood. The answer will be better after his favorite team just won the World Series. Screeching the words, “I love you,” may not get the same result as whispering, “I love you.”

Missing information:

1. You have an airline ticket with a confirmation # ABC123456-5678: I FLY Airlines: Departure 4/13/2012 at 6:00 EST. You arrive at the airport at I Fly Airlines at 6:00 in the evening and find the flight left twelve hours earlier at 6 A.M. (Omission of A.M. or P.M. makes a huge difference)
2. You tell a friend “Let’s have lunch.” Your friend says, “Yes!”

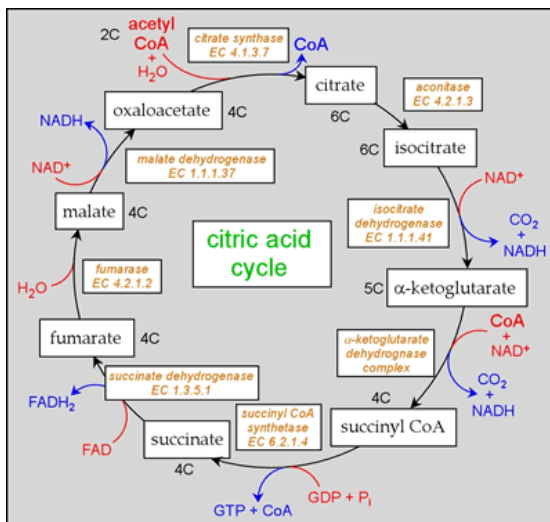
If you don’t provide the place, day, time and address it is unlikely you will both be in the same place at the same time.

Misinformation:

1. I can think of several experiences when I thought I was to meet people at 1 Park Street but they meant 1 Park Avenue.
2. My husband has a yearly “jam” at our home. Last year the day after the party a couple friends showed up all ready for the party that had taken place the day before. They obviously had the wrong information.

Wrong sequence of information:

The citric acid cycle in chemistry shows the importance of sequencing information. Only a specific sequence of information will produce ATP. It is not enough to have the correct information, the correct timing is also necessary.

**Citric Acid Cycle****Effect of past experience:**

1. Words that appear to be innocuous to most can be critical to another. This difference often appears when I am using neuro-emotional technique (N.E.T.) -- an energy psychology using muscle testing to identify a hidden trauma. Once when we were muscle testing a patient, her body went into a stressed state when we used the phrase “tow truck.” I was hesitant to continue because I couldn’t imagine how the phrase would tie into her healing. But, I have learned to take myself out of the equation and just trust the process. As soon as I said phrase “tow truck” again, the patient’s eyes began to well with tears. She said, “My daddy died when I was only eight years old. He went to work and was hit by a car. He never came home. He was a tow-truck driver.”
2. Another time when we were using N.E.T, a similar thing happened. A patient tested stressed when we said the phrase, “black fish.” When I asked her why, she sobbed and said, “When I was a little girl, I had a tank of black fish in my

bedroom. One day our house caught fire and I was not able to save any of them. I never forgot it.”

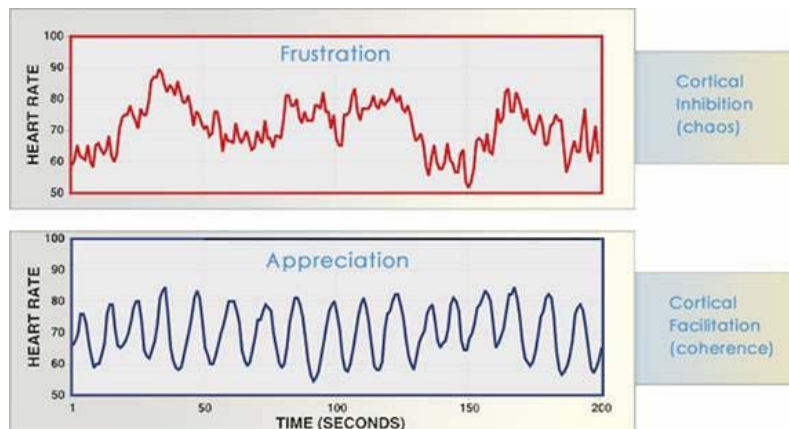
Phrases like “tow truck” and “black fish” are innocuous unto themselves. However, for these individuals each contained a personal message, strong enough to create an involuntary nervous response. There is nothing we can do to stop it. The phrases have gained power from their memories. For these two people the information they sought was within. The keys were being silent and listening.

The information you seek is already within you. Be silent & listen

Heart math

Doc Lew Childre established HeartMath in 1991. Childre had made a name for himself as a researcher and advisor to companies and scientific institutions. With the founding of HeartMath, he embarked on his mission to demonstrate how the heartbeat is central to human health. He sought to prove it doesn’t matter how many times a heart beats per minute; it’s the rhythm of the heartbeat that counts.¹⁰

With every heartbeat, **information** is supplied that affects our emotions, our physical health and the quality of our lives.” In This means that feelings of compassion, love, care and appreciation produce a smoothly rolling “coherent” heart rhythm, as HeartMath calls it. However, feelings of anger, frustration, fear and danger emit a jagged and capricious, “incoherent” rhythm. But this is more than a statistical difference. HeartMath’s research shows that a different heart rhythm leads to other chemical and electrical, even neurological, reactions in the body.



Heart rhythm pattern during different emotional states

¹⁰ Odewire. January 21, 2007. February 15, 2012. < <http://odewire.com/58110/a-change-of-heart-changes-everything.html>>

An exercise I have used in lectures is to ask people to break up into pairs and choose an A & a B.

B says to A “I see you are writing about the impact of radiation on health again. Will you ever make any money doing that?”

B says to A – “I see you are writing about the impact of radiation on health again. Is there anybody really interested in that?”

B says to A- “I see you are writing about the impact of radiation on health again. I admire your passion and commitment. Keep it up, I know it will make a difference.”

If we were to record the heart rhythm of A for all three sentences, a different graph would occur. It behooves each of us to be mindful when we are speaking to one another. We must choose words and tone more mindfully and watch our relationships flourish. Some of us have learned this the hard way.

“The universe cannot be read until we have learned the language and become familiar with the characters in which it is written. It is written in mathematical language and the letters are triangles, circles and other geometrical figures.”¹¹

Take a moment and gaze at each of the following images.



Notice the feelings they evoked even though there were no words? What information do they carry for you? What images surround you every day?

¹¹ du Sautoy, Marcus. NewStatesman. Math is the Language of the Universe. October 14, 2010.

What do the pictures on your walls speak? What messages does the art you have in your office convey?

All of it is sending information to our bodies and our bodies are creating the physiology to match. Personally, I think this is good news. We have the power decide what words we will use and how we will use them. We can choose what to hang on our walls place on our desks. We can decide to bless our water, our meal, each other or not.

We do not speak words to make them true. The truth is true even before we affirm it. We speak not to create something that doesn't exist but to synchronize our consciousness so that we can become aware that it does exist.

Chapter 6

Water

When I began to study water, I had no idea the research would be filled with more twists and turns, conspiracy theories, cover-ups, mysteries, intrigue and drama than any spy novel ever published. Some things a person just can't make up -- so it is in scientific research on water.

One evening I was demonstrating my Natural Action water unit, my new structured water device using kinesiology. My husband, an engineer and eternal skeptic, asked how it worked, since there are no moving parts, electricity, battery or filter. He thought I was just a sucker for magic and snake oil. I defended my purchase. "It combines sacred geometry with the correct spin of molecules creating a vortex. The vortex gives water a different structure than water from a tap."

The innovative developer Clayton Nolte applies an advanced theory of the vortex phenomenon, first explored by Victor Schauberger, a water scientist and researcher. Schauberger identified two forms of motion in nature: "outward, expanding flow that is used to break down, and inward-spiraling which is used to build up and energize."

My husband said, "That's interesting. I just read about the power of a vortex and its potential applications as embraced by Nazi Germany under the direction of a guy named Gerlach. His diaries remain classified to this day due to the profound applications for weaponization and propulsion." The book he was reading suggested the Nazi's understood the potential of a vortex and the vorticular structure of the aether underlying matter and energy.¹ The basic structure of all elementary particles is vorticular. The mass and particle are preserved by means of vorticular motion. Atoms are aggregates of vortices. Alteration in either the mass or particle would seem to imply an alteration in the other.

After a little homework on Mr. Gerlach, I learned his 1921 experiments in magnetic resonance and electron spin won him the Nobel prize in physics. He headed the most secret weapons project in Nazi Germany. Having explored and used many energetic devices through the years, I was well aware the best ones seem have their roots in Germany and Russia.

¹ Hall, Alan. *Water Electricity and Health*. Hawthorn Press. 1998

Circling the drain

During my childhood summers I spent countless hours in our above ground swimming pool with its blue liner and the smell of plastic. My fingers and toes were always so wrinkly that my mother thought it safe to send me to bed without a bath. By the end of summer, my hair was the color — and texture — of straw.

Childhood memories of the pool and the symbolic nature of water combine to form a central theme in my life. As I floated on my back, I could travel to places in my mind and connect with a more primitive uninhibited self. It was as though the innocence of my soul was revealing itself. After all, water, is the source. All life came from it. In our mother's womb we incubate in water for nine months.



Whenever a lightening storm threatened to shorten our hours in the pool, we submerged ourselves, thinking Mother couldn't find us there. We chanted, "Ashes to ashes...dust to dust ...if Mommy doesn't get us...lightening must." We spun ourselves around the pool creating a vortex of energy that allowed us eventually to lift our legs and just float along on a magic water ride. We squealed with delight. I remember with a joyful smile.

Now I watch our young grandchildren spin on land. They spin and spin and spin, until they are so dizzy they fall, giggling -- only to get up and spin some more. I can't help but wonder are these young souls just mimicking the pattern of the universe.... celebrating their connectiveness and their aliveness? Does spinning somehow shake off the contamination of modern living, exposure to negative energies, and many electromagnetic fields? I chuckle when I think what if all the adults had spinning parties? The Dead-heads must know about it too because at any Grateful Dead concert, they were all twirling.

Many years later when our aunt of ninety plus years was in hospice, my brother called to tell me Aunt Mary is "circling the drain." I remember those words so vividly as I was both annoyed with his irreverence and yet somewhat in awe as to how aptly it described her final hours. Only this morning, as my beta fish surrendered his life, I watched the vortex of water in the toilet as it swirled him back to the sea. (I considered burying him.... but I thought the water was the ultimate resting place for a fish.)

Victor Schauburger (June 30, 1885 – September 25, 1958) was an Austrian forest warden, naturalist, philosopher, inventor and as one writer described a "biomimicry experimenter."² He carefully studied the patterns of nature, then mimicked its very actions in inventions, science and physics. At the beginning of the last century, Schauburger came to the conclusion that water is a living entity.

His family had been foresters for over four hundred years. He wrote "From my earliest childhood it was my greatest ambition to become a forest warden like my father, grandfather, great grandfather and his father before him."³ As a boy he showed great interest in everything to do with nature. He roamed in the almost untouched forests around Lake Plockenstein. Here Schauburger learned to trust his observations and intuitive awareness, as had his father and his grandfathers. He learned that water in shaded mountain areas produced plants and vegetation at their richest. Fields irrigated by water transported at night yielded greater harvests than neighboring sunny meadows and fields. From research in adult life Schauburger was able to explain the significance of water's properties and devise various methods for promoting and maintaining water at its optimum level of purity and vitality⁴

One writer said it this way, "He viewed water as a living entity, the 'Blood of Mother-Earth', which is born in the womb of the forest. Our mechanistic, materialistic and extremely superficial way of looking at things, however, prevents us from considering water to be anything other than inorganic -- without life. However, while apparently having no life itself, water miraculously supports life in all its forms. Life is movement and is epitomized by water, which is in a

² Grasp the Universe. February 15, 2012. < <http://grasptheuniverse.com/people/viktor-schauburger-implosion-technology/>>

³ Alexandersson, Glof. *Living Water*. p18

⁴ LightNet. < <http://lightnet.co.uk/frontier/viktor.htm>>

constant state of motion and transformation, both externally and internally.”⁵ Indeed, water can combine with more substances than any other molecule. In addition, flowing as water, sap and blood, water is the force of the myriad life-forms on this planet.

Have you ever wondered why there are no straight rivers or why bath water, when emptied, flows through the plug hole in this spiraling vortex fashion? Water always tries to follow the path of least resistance. This is what the vortex enables it to do. It reduces resistance by curving more and more inwards, thereby avoiding the confrontational resistance of straight motion. Another characteristic of a vortex is that the outside of the vortex moves slowly and the center moves fast. As water is imploded in a vortex, suspended particles, which are denser than water, are sucked into the center of flow, frictional resistance is reduced and the speed of the flow increased. This was verified through experiments conducted by Professor Dr. Franz Pöpel at the Stuttgart Technical University in Germany in 1952.



As a young girl, I remember my first hurricane. I watched my mother's anticipation and anxiety grow as she taped the windows and filled our bathtub with water. The whole neighborhood was blanketed in an eerie sense of quiet and concern. Our eyes were fastened to the TV looking at images of the storm and hearing predictions of its landfall. I learned about the Coriolis effect

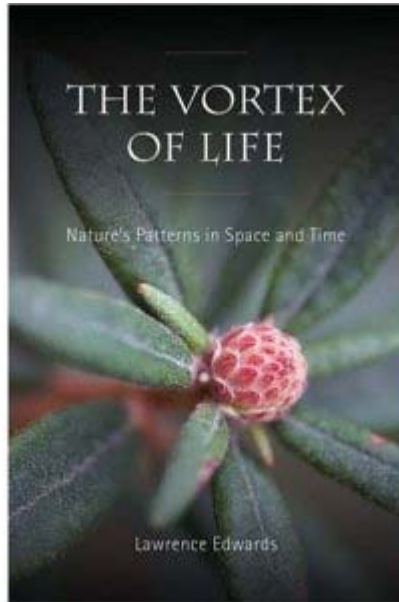
and wind flow spin in a large cyclone spins counterclockwise in the Northern Hemisphere and clockwise in the Southern Hemisphere

In his book *The Vortex of Life*, Lawrence Edwards shows how intersecting vortices generate shapes, which match very accurately the shapes of many plant buds, eggs, etc. With additional parameters vortices generate heart ventricle shapes, embryo development shapes and more. For more than sixty years, Lawrence Edwards, a mathematician and scientist from Scotland, has been studying the shape of natural forms such as plants, melons, birds eggs, the human heart and the watery vortex.



⁵ Coats, Callum . Nexus Magazine. April 1977

He used invariant curves from projective geometry known as path curves to describe natural forms.⁶



Edwards has also observed that the time of maximum shape change of a specific species of bud correlates with the alignment of the Earth, moon, and a planet. These unusual results command attention because of the meticulous care with which Edwards has carried forth this research. During his exceptionally long life (died, Jan, 2004 at 92.) he made more than 50,000 measurements of the buds.⁷

In *Water Electricity and Light*, Alan Hall described the anatomy of a vortex and the key features of its structure. Hall identified three parts of the vortex, labeled A, B, and C. A is the widest part of the vortex, B appears like a twisted rope and C is the lowest point and has the highest spin. Section B is a very dynamic form. Its twisted surface is never stable and constantly expanding and contracting. This section has a very sensitive surface for vibrations—not those mechanically generated from external physical surroundings, but those, which arise within the dynamics of the water itself and the form of its surfaces. The whole form rotates very slowly at the top outer surface but with accelerating

⁶ Kappraf, Jay Anatomy of a Bud. < <http://www.mi.sanu.ac.rs/vismath/kappraf2/index.html>>

⁷ Ibid.

speed as the water approaches the center at point C. He identified the basic properties of the water vortex as three vital elements.⁸

The overall form or shape of the vortex

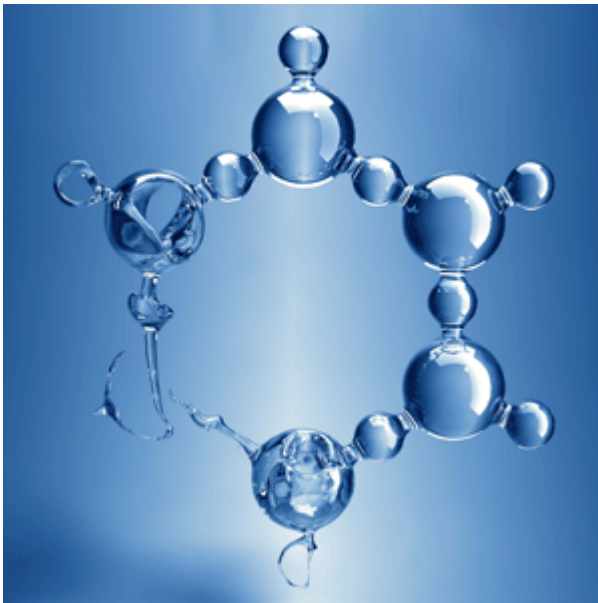
The sliding surfaces in the water

The vibrations

Hall writes that homeopathic remedies receive new information patterns during shaking, which generates turbulence, consisting of myriads of tiny vortices. These vortices in water containing a substance imprint the substance's vibrational pattern into the water.

As it turns out, the structure of water has an effect on all living organisms that need water. Water's molecular structure becomes extremely damaged in two ways: first, when it is forced, under pressure, to feed our water supply stations; second, when it is brutally pumped through metal pipes and suffocates from oxygen-stripping. Both tap and bottled water feature large molecule clusters, which cannot easily penetrate our cells and therefore do not efficiently assist our metabolism.

Everything in nature is made up of patterns, structures, and designs from the smallest atoms to water crystals to stars. Each of nature's creations reveals its nature and its own energetic vibration. Thus every creation has a unique vibratory frequency. The interaction of all the vibratory frequencies found in creation show us the intrinsic unity of the part to the whole.



Structured water is water grouped in micro-clusters approximately half the size of ordinary water clusters. It penetrates cell membranes far more efficiently and improves all our metabolic processes. The smaller clustering makes the water wetter

and more easily absorbed. It also becomes more like the water in fresh fruit and vegetables and in our human cells.

⁸ Hall, Alan. *Water, Electricity and Light*. Hawthorn Press

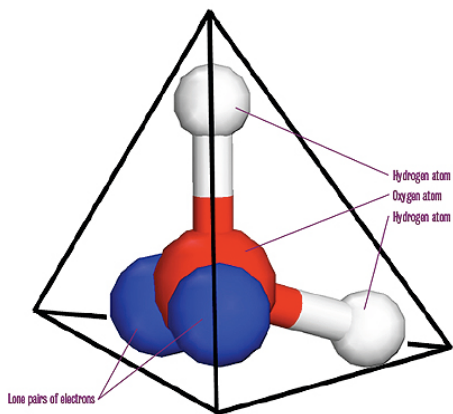
Is chlorine to water what antibiotics are to humans? Like antibiotics it can destroy the invaders; at the same time it leaves our water with a weakened eco-

system. Humans are told take pro-biotics to replenish the flora. What replenishment do we offer our water? Is structuring the answer?

How is a water molecule structured? A water molecule is made up of two hydrogen atoms bonded to an oxygen atom. The oxygen atom has two remaining pairs of electrons. These lone electron pairs and the hydrogen atoms are as far apart as possible, creating a tetrahedral arrangement. The oxygen lies at the center of a tetrahedron (a three-dimensional shape made up of four identical triangles).

A water molecule's covalent bonds are polar since the bonded atoms share electrons. However, the electrons are attracted more strongly to the oxygen nucleus than to the hydrogen nuclei. This creates a small positive charge near the two hydrogen nuclei. Clusters of water molecules form because positive charges of hydrogen atoms are attracted to the negative charge of oxygen atoms in other water molecules. It is well known that such hydrogen bonds play important roles. Water clusters are not monuments immortalized in stone; they are dynamic processes that constantly change and constantly reproduce themselves in a never-ending variety.

In spite of these facts, scientific research institutes are not even remotely aware of these phenomena and are not taking them into consideration. Not yet anyway!



The chemical composition remains the same, of course, but the structure – the physical model of the atoms in the water molecule – can change in unusual ways.

Water is essential for life on Earth, yet we take this resource for granted. It has many surprising properties that have baffled scientists for centuries. Seemingly

simple processes, such as how water freezes, are not understood because of water's unique properties. Now scientists are utilizing increased computer power and novel algorithms to accurately simulate the properties of water on the nano-scale. Thus complex structures of hundreds or thousands of molecules can be seen and understood.

Quantum physicists have concluded again and again, that the difference between life and death is found in the organization of the system. The greater the degree of organization, the greater the degree of life energy, and the more slowly the system deteriorates.

How then could water ever be considered as life-less as chemist's clinical view of water, the inorganic substance H₂O? This short description is a gross misrepresentation. As the fundamental basis of all life, water is itself a living entity and should be treated as such.

Dr. Gerald Pollack, UW professor of bioengineering, presented two important perceptions about water -- perceptions that cannot be denied without denying experimental science. First, water has an ability to organize itself into structured patterns that are electrically polarized. Second this process is affected by radiant energy along a broad band of frequencies. Dr. Pollack explains:

In your cells are multiple batteries with plus and minus charges, separated. . . . [T]he question is, how are these batteries charged?

The charge comes from incident radiant energy: light, heat, ultraviolet. All of these absorbed energies separate the charge. The energy that's coming in from outside builds this charge separation and order. This potential energy fills your cells. I think this energy is critical to an understanding of how your cells work. In terms of the water that we drink, it's really a complicated issue.

But the water inside your cells is absolutely critical for your health. If you have a pathology of an organ, it's not only the proteins inside that organ that are not working, but also the water inside that organ. That near-protein water is not ordered in the way it should be.

So what you want to do is reestablish a kind of "ordering."⁹

Energetically Dead Water

Pollack said, " 'Water' is not the chemical substance which affects the human organism when you drink this water, it is the undesirable frequencies" Water, which has once been exposed to pollutants, is dead. Even the most intensive and modern sewage treatment facilities cannot revive it. So, how can it be restored?

⁹ Mercola. January 29, 2011. The Single Most Important Element for your Health

It depends on whom you ask. My experience with Clayton Nolte's Natural Action water unit was so effective I contacted him to become a distributor. The units are built to mimic nature and integrate principals of quantum physics and sacred geometry. The result is water that is properly structured and energetically alive.

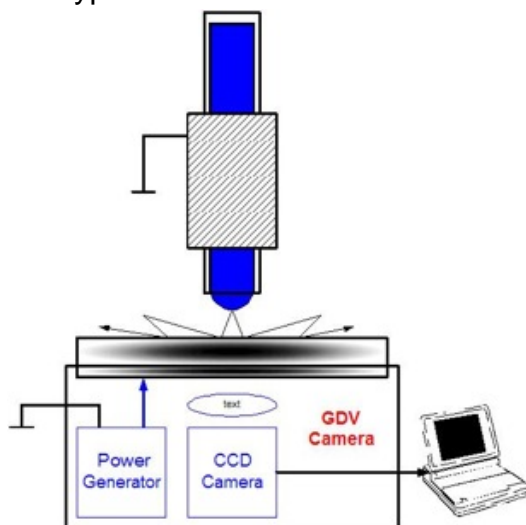
Patients have reported their chronic nail fungus is gone, their hair appears thicker, their nails are stronger, their bowels are improved and their energy is higher. Our plants and animals are testimony to these effective units as witness by their improved growth and structure. I am personally growing sprouts in half the time I used to; the only thing I changed is the water.



<http://store.rasahealth.com/index.php?route=product/category&path=84>

How do we know that?

In 1995 in St. Petersburg, Russia, visionary biophysicist Dr Konstantin Korotkov invented the EPI/GDV, (Electro-Photonic Imaging through Gaseous Discharge Visualization camera). This device enables us to see deeper into the nature of the human biofield, and into the energetic properties of water and other materials. In the US scientific researchers consider this camera a measurement device. For the last fifteen years EPI/GDV researchers have been using it to look at water, with exciting and consistent results. For example, EPI/GDV researchers the world over find that distilled water has the smallest area when compared to other types of water.



Looking at Water Utilizing the EPI / GDV technique

- The water droplet is suspended at the end of a syringe.
- A current comes through the camera, stimulating the electro-photonic information in the water.
- As it is stimulated, the water drop expresses an electron cloud.
- The camera captures an image of this cloud.

Following are the results of two water studies done this year utilizing Natural Action water units. Numerous types of water were run through several different units, to see if there were similar effects even with varying baseline waters. The environment in the study area was carefully monitored, to ensure there was always a less than 5% change in temperature and humidity. Prior to each study the EPI/GDV camera went through a careful calibration process. Each water sample was observed numerous times with the EPI/GDV. Two 24 second videos of each drop were recorded; at five frames per second. This totals 120 frames per video. Two videos of each drop gives us two series of information on each water sample, for a more complete statistical analysis. In total, 1,420 images were captured of each water sample. Six drops from each sample were observed, and then statistically compared. If there was at least a 10% increase in the area and/or average intensity of the water droplet before and after, EPI/GDV researchers considered that the water was structured, or beneficial to human and planetary health.



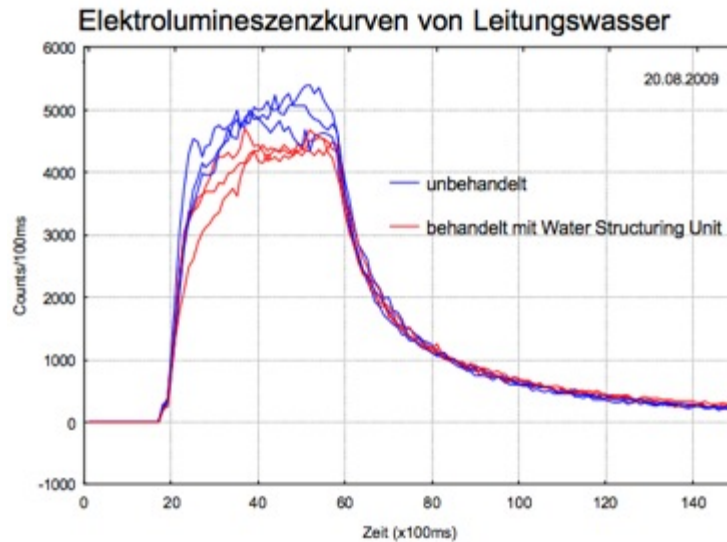
Distilled Water

Natural Structured Water

Natural Action Water

Fritz-Albert Popp from Biophotonic in Germany shows with his electro-luminescent analysis a density increase up to 20%. His laboratory works with the PMS2. This machine captures photon emissions through high sensitive Photon-multipliers and explains grid structures and their behaviors. While a current with 50 volts is applied, the water contracts and emits photons. In other words, Natural Action Water has capsuled the micro particles into clusters, so they cannot escape anymore. Strong polluted water would have a higher score, because it has more dirt (micro particles) inside, which makes the water more electrolytic. More biophotonemission means lower density!

The benefits result in the usage and show significant positive health changes, which can be measured instantly after consuming water structured through Natural Action Water Devices. The human energy field shows an increase of symmetry and density between 5 – 20 % with the first cup of structured water.



*PMS2 -
100ms; 4

interval
sec.; 50 volt

[Water has a](#)

[memory](#)

Dr. Jacques Benveniste. (March 12, 1935-October 3, 2004) was a French immunologist, a classical M.D., researcher and skeptic of homeopathy. Homeopathy is a healing remedy widely available in France but unsupported by conventional science. In 1982 (only three years after the death of Gerlach) Benveniste's research team of forty scientists were doing allergy research with anti IgE antibodies. One of his researchers was a medical doctor, also trained in homeopathy. He offered to do a homeopathic dilution on one of the reagents (anti-IgE antibody) they were testing. Thus, Benveniste saw that the homeopathic dilution created a quantifiable and measurable response in the blood they were testing. To be sure the results were no mistake, he asked a top researcher to repeat the experiment over a three-year period. Convincingly, the results showed the homeopathic dilution had proved effective. Amazed, Benveniste remarked, "There are no molecules of the reagent left in the water. In order for this to have worked it must be that the water was capable of memorizing the molecules it had seen at the beginning of the dilution."¹⁰

A major international controversy erupted in 1988, when Benveniste published a paper in the prestigious scientific journal, *Nature*. It described the action of very high dilutions of anti-IgE antibody on the degranulation of human basophils. These findings supported homeopathic principles. Biologists were puzzled by Benveniste's results, as only molecules of water, and no molecules of the original antibody, remained in these high dilutions.

¹⁰ Benneth, John. The John Benneth Journal. February 18, 2012.
<<http://johnbenneth.wordpress.com/tag/jacques-benveniste/>>

As a condition for publication, *Nature* asked for replication by independent laboratories. A week after publication of the article, *Nature* sent a team of three investigators to Benveniste's lab to replicate his results under controlled conditions. Their research reported the phenomenon described was not reproducible. "We believe that experimental data have been uncritically assessed and their imperfections inadequately reported."¹¹

Benveniste refused to retract his controversial article; he responded indignantly, accusing the inspection team of witch hunting and McCarthyism.¹²

Because his reputation was damaged, he began to fund his research himself as his external sources of funding were withdrawn. In 1997, he founded the company DigiBio to "develop and commercialize applications of Digital Biology."¹³

A decade later a skeptic and scientist, Professor Madeleine Ennis, of Queen's University Belfastlike, set out to prove Benveniste wrong. But she was in for a shock. An article in March 2001 *The Guardian* announced the team's latest results now suggest that Benveniste might have been right all along. The idea that a medicinal compound diluted out of existence should still exert a therapeutic effect is an affront to conventional biochemistry and pharmacology, based as they are on direct and palpable molecular events.

The same goes for a possible explanation of how homeopathy works: that water somehow retains a memory of things once dissolved in it. "Despite my reservations against the science of homeopathy," says Ennis, "the results compel me to suspend my disbelief and to start searching for a rational explanation for our findings." Jacques Benveniste was unimpressed. "They've arrived at precisely where we started twelve years ago!"¹⁴

2011

On March 13, 2011, one day after what would have been Benveniste's seventy-sixth birthday, French-news-online announced Luc Montaignier a Nobel Prize winner. He was founder and president of the World Foundation for AIDS Research and Prevention and a French medical hero for his HIV discoveries. Recently he said, "I can't say that homeopathy is right in everything. What I can say now is that the high dilutions (used in homeopathy) are right. High dilutions of

¹¹ Science Magazine. December 24, 2010

¹² February 20, 2012. < <http://www.ntskeptics.org/news/news2005-07-01.htm>>

¹³ February 21, 2012. < <http://www.rexresearch.com/benveniste/benveniste.htm>>

¹⁴ February 22, 2012. < <http://french-news-online.com/wordpress/?p=5036#axzz1oSvuzjMD>>

something are not nothing. They are water structures which mimic the original molecules.”¹⁵

As part of a remarkable progression in his career, the 78-year-old Montagnier, announced his research “will focus on a new scientific movement at the crossroads of physics, biology, and medicine: the phenomenon of electromagnetic waves produced by DNA in water. He and his team will study both the theoretical basis and the possible applications in medicine.”¹⁶

Montagnier’s research, writes Dana Ullman, is investigating the electromagnetic waves that he says emanate from the highly diluted DNA of various pathogens. Montagnier asserts: “What we have found is that DNA produces structural changes in water, which persist at very high dilutions, and which lead to resonant electromagnetic signals that we can measure. However, not all DNA produces signals that we can detect with our device. The high-intensity signals come from bacterial and viral DNA.”

Read more: <http://french-news-online.com/wordpress/?p=5036#ixzz1oThbyyY3>

Montagnier said, “For me Jacques Benveniste (whose work was initially decried as the Benveniste ‘heresy’) is a great scientist ... and it is really shocking how he was treated. He died in 2004 as you know, probably exhausted by all his struggles, and I think one day soon he will be completely rehabilitated.”¹⁷

In the new interview in *Science*, Montagnier also expressed real concern about the unscientific atmosphere that presently exists on certain unconventional subjects such as homeopathy, “I am told that some people have reproduced Benveniste’s results, but they are afraid to publish it because of the intellectual terror from people who don’t understand it.”¹⁸

According to a report in the *London Sunday Times*, Montagnier addressed a head-shaking audience. He reported that solutions containing the DNA of pathogenic bacteria and viruses, including HIV, “could emit low frequency radio waves.” These induced surrounding water molecules to become arranged into nanostructures. These water molecules, he said, could also emit radio waves. He suggested water could retain such properties even after the original solutions were massively diluted, to the point where the original DNA had effectively vanished. In this way, he suggested, water could retain the memory of

¹⁵ Davenas E, Beauvais F, Amara J, et al. (June 1988). “Human basophil degranulation triggered by very dilute antiserum against IgE”. *Nature* 333 (6176): 816-8.

¹⁶ February 21, 2012. <<https://srxa.wordpress.com/tag/luc-montagnier/>>

¹⁷ February 21, 2012. <<http://french-news-online.com/wordpress/?p=5036#axzz1qjyWQfYE>>

¹⁸ Extraordinary Science. February 27, 2012. <

<http://www.extraordinarymedicine.org/2011/01/14/intellectual-terrorism-in-science/>>

substances with which it had been in contact — and doctors could use the emissions to detect disease¹⁹.

Water is essential for life on Earth, yet it is a resource we all take for granted. It has many surprising properties that have baffled scientists for centuries. Seemingly simple ideas such as how water freezes are not understood because of water's unique properties. Now scientists are utilizing increased computer power and novel algorithms to accurately simulate the properties of water on the nanoscale, allowing complex structures of hundreds or thousands of molecules to be seen and understood.

Learn more: http://www.naturalnews.com/031492_water_secrets.html#ixzz1opY7AoxG

Writing this chapter turned into an experience I could not have anticipated. I soon began to fully appreciate what water is and how it impacts our lives. In order to do the subject justice one would have to begin with antiquities and review Tesla's many unsung accomplishments right through to contemporaries. To bring this book forth I focused on a very small part of what water is and on a few individuals and their pioneering insights. I do not disregard the countless others who have their names etched in the science, spirituality and consciousness of water.

I am in love with water. While writing this e-book we moved to the beach and I have been inspired by my daily walks there. I hear the whispers in the wind that say, "Become like water." Water flows. Water heals. Water loves. Water nourishes. Water gives life. Water bends. Water expresses.

¹⁹ The Australian. July 5, 2010. < <http://www.theaustralian.com.au/news/health-science/nobel-laureate-gives-homeopathy-a-boost/story-e6frg8y6-122588772305>>

Chapter 7

Light

What color is light?

Light is essential to life. Our planet revolves around the sun and all life on earth is sustained by sunlight.

Major world religions disagree on many things, but they all seem to agree that light holds many answers.

Christian Bible:

Genesis 1:3 And God said, "Let there be light," and there was light. 4 And God saw that the light was good. And God separated the light from the darkness. 5 God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day ¹

Jewish Torah:

"A mitzvah is a lamp," says King Solomon in Proverbs, "and Torah, light."² Light is a metaphor for Torah, and light, too, assumes these three forms: light as a tool of life, light as a means of connection to a higher place, and light as light. Jews celebrate Light in Three Dimensions.

These three states of light are illustrated by three mitzvot observed by the kindling of lights: the lighting of Shabbat candles, the lighting of the menorah in the Holy Temple, and the kindling of the Chanukah lights.

The purpose of the Shabbat candles is shalom bayit - peace in the home - to create a pleasant and tranquil atmosphere in the home in honor of Shabbat. Thus Maimonides rules: "If a person has [only enough money for] either a candle for his home or [wine or bread] for kiddush, a candle for the home comes first, for the sake of peace in the home."³

¹ *Holy Bible*, New King James Version, 1982 Thomas Nelson, Inc.

² Rabbi Jacobson, Simon. Meaningful Life Center. January 28, 2012. <<http://meaningfullife.com/>>

³ Ibid.

Holy Quran:

“Indeed, there has come to you light and a clear book from Allah; With it Allah guides him who will follow His pleasure into the ways of safety and brings them out of utter darkness into light by his will and guides them to the right path.”⁴
(5:15-16)

Standing at the kitchen window with the sun shining on my sink of soapy water, I found myself wondering where color came from. Each bubble sparkled with a different color of light.



As it turns out, light has the properties of both waves and particles. Part of the light hitting the surface of the bubble goes on through, and part of it bounces or reflects back. Of the light that goes on into the bubble, more is reflected when it hits the inside surface. As light waves travel through the bubbles, the waves and their subsequent wavelengths react differently. Wavelengths

vary. Red light has the longest wavelength and violet has the shortest. The colors we see in bubbles depend on the thickness of the soap itself.
(THICKNESS? VISCOSITY?)

If you have ever seen a rainbow, you know that white light is made up of many different colors. The rainbow separates the colors by bending each wave at a different angle. When the bubble bends the colors to separate them, we remove some colors, so that we see the others.

With a round bubble, the colors seem to swirl, because the curved surface means we are looking through different thicknesses, depending on the angle. When two bubbles are connected, they form a flat surface. Since it is a flat surface, the thicknesses are more even and easier to see. The film is thicker at the bottom and thinner at the top, forming bands of color. Difference in this thickness as water flows through the bubble produces swirls of color.

⁴ Islamic Society January 20, 2012. <<http://yorkisoc.com/>>

In a car accident thirty years ago, I hit my head on the dashboard. The large cut over my eye required twelve stitches. My eye was swollen shut. I went to an energy medicine practitioner, who used what looked like a wand with a quartz stone and a light source. She began to sweep the light over my closed eye. I remember lying on her table, feeling the swelling going down and the pain reducing by half. The next day I was astonished to awaken to a nearly normal looking eye. I had no idea how or why the treatment worked but my curiosity led me to seek out some answers.

I found the work of Dinshah Pestanji Ghadiali (1873-1966). Dinshah treated people by shining a light (with an ordinary light bulb) through a colored filter (or combination of filters) on a person's body in a dark room. He divided the body into sections to make it easy for people who wanted to treat themselves. He also made an extensive list of health conditions and their corresponding healing colors. An attunement (his term for a healing session) lasted at least one hour.

In 1933 he wrote a three volume *Spectro-Chrome Metry Encyclopedia*, which contained his teachings -- that all matter has emissions, or radiations, of one kind or another.

An indictment in Buffalo, New York in 1931 charged that Dinshah feloniously defrauded a purchaser by falsely representing Spectro-Chrome as a healing system. In 1947 he was convicted of "Mislabeling" but not sent to prison on the condition that he cease practicing light therapy. His books and unsold devices were destroyed, and those that had been sold were confiscated from their owners. In the 1950s he resumed his healing practice and operated quietly until his death on April 30, 1966.

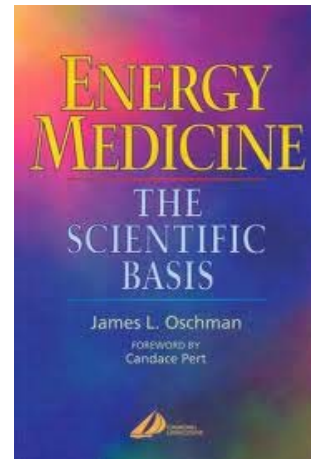
While Dinshah focused on applying light directly to the body, Harry Riley Spiter, D.O. was treating the body through the eyes. Spitler proved many patients with psychiatric illnesses could be cured or improved by looking into a specially designed colored lamp. He is credited with founding the science of syntonics. Syntonics, from the word "syntony" (to bring into balance) refers physiologically to a balanced, integrated nervous system. In optometry the use of phototherapy to treat visual dysfunctions is called syntonics.

Spitler considered the autonomic nervous system the source for many ailments. He was the first to elaborate on the function of the retinal-hypothalamic pathways. Then he proposed applying certain frequencies of light through the eyes to restore balance within the body's regulatory centers, thereby correcting dysfunctions at their source. His model suggests that red stimulates the sympathetic nervous system, that green contributed to physiological balance and that indigo activates the parasympathetic nervous system⁵

An invited speaker at a conference on "Healing the Brain," the Belgian Leona Vermeire is known as the color therapist. At this conference, Leona

⁵ Spitler HR. The Syntonic Principle, eaton, OH: College of Syntonic Optometry, 1941

demonstrated her PhotonWave Light Stimulator, originally conceived by the late John Searfoss, O.D. In 1933 John Searfoss applied for a patent for his phototherapy device. He used it to direct pulsed electromagnetic energy patterns directly into the eyes. He postulated that the high rate of blood flow through the retina along with the density and proximity of capillaries would give direct access to the neurological centers in the brain, which influence/control many regulatory functions in the body. Dr. Searfoss received the prestigious 2000 Spitler Award for his contributions in instrumentation, research and teaching in Phototherapy. That same year, he passed away unexpectedly.⁶



In April 2001, James L. Oschman, Ph.D, author of *Energy Medicine : The Scientific Basics*, dedicated his essay “Exploring the Biology of Phototherapy, to the memory of John Searfoss

James Oschman offered another perspective on how light heals. He suggests the answers lie beyond the body’s neuronal circuitry. He feels answers will come from the emerging science of the biophysical model, described by Mae-Wan Ho. She stated, “The extra-cellular, intra-cellular, and nuclear matrices together constitute a noiseless excitable electronic continue for rapid intercommunications and energy flow permeating the entire organism, enabling it to function as a coherent and sentient whole.”⁷

When two solitary energy waves meet, they form what is called a soliton wave, a special type of non-linear light wave that never changes shape or speed as it travels. A soliton can trap an electric charge and carry it along. Once the soliton is formed, this charge transfer does not require further input of energy; thus a sort of super conductor occurs. A soliton wave is very robust, continuing undistorted through objects such as fiber optics, water, air and the human body.

Japanese scientists doing fiber optic research found that soliton data can travel the equivalent of 4500 times around the earth without any loss of information. Soliton waves have been observed in nature since before the twentieth century. A striking example is the tsunami wave. In recent years, scientists have discovered solitons in many other contexts; they are involved in processes that extend from the cosmic level to the subatomic level. They are also of central importance in many diverse biological processes. Solitons resemble nerve impulses in the body. Various therapists have noted that waves resembling solitons appear from time to time in the body and seem to have beneficial effects.

⁶ January 15, 2012. < [http://www.google.com/patents/US5046494?printsec=drawing - v=onepage&q&f=false](http://www.google.com/patents/US5046494?printsec=drawing-v=onepage&q&f=false)>

⁷ Ho, M-W, 1997. Quantum coherence and conscious experience., *Kybernetes* 26:265-276



I was familiar with the relevance of soliton waves through the work of a biologic dentist, Larry Lytle DDS, author of, *Healing Light: Energy Medicine of the Future*. Dr. Lytle's passion is preventive dentistry. He spends his days and nights lecturing about preventing decay and gum disease. He has long understood the body functions as a unit, a system. Part of that system involves proprioception to the brain, which is directly related to the jaw and its relationship to the height of the teeth. He devised a laser system known as the Q1000 (Light

Amplification by the Stimulated Emission of Radiation.)

I was already well aware of the dental component of health and how root canals, mixed metal stress and amalgams could be the root cause for many ailments, but I was particularly interested in learning about his success with treating cavitations.

I worked closely with a biologic dentist -- a dentist who understands the meridian system and its relationship to each tooth. Using the principles of autonomic response testing, I often tested a tooth bio-energetically or tested the biocompatibility of dental materials. One of our big concerns was cavitation. Cavitations are not recognized by traditional dentistry and many cavitations go untreated. A cavitation is an area in the jaw bone which has become necrotic or consists of dying bone. The usual treatment is surgery. Unfortunately, surgery is a double-edged sword and can do more damage and trauma to a body that is already under high stress.

In addition, I began to use the Q1000 laser system for other tests. I spent the next ten years observing positive changes in patients from pain and inflammation to eye strain and stress relief.

Lytle believes the success of his system rests on the soliton wave. The higher amplitude soliton, created by a meeting of two solitary waves, creates a very low energy output, which harmonizes (resonates) with the human body's energy. Its subtle energy penetrates deeply into all tissues, including ligaments, joints, bones, blood vessels and organs. This energy also carries electrons that re-energize cell membranes damaged by trauma, pollutants, and other forms of stress.

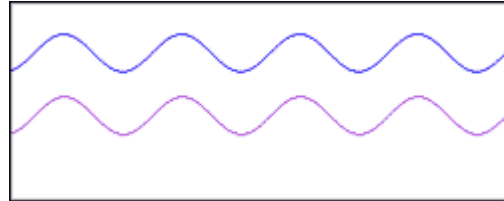
The BioPhoton Field

In 1970 Fritz-Albert Popp, theoretical biophysicist at the University of Marburg in Germany, was looking for the difference between benzyo(a)pyrene and

benzyl(e)pyrene -- two polycyclic hydrocarbons. Although their chemical structures are virtually the same, one of them is carcinogenic. He discovered the only difference between them is how they interact with UV light. The benzyl(a)pyrene is carcinogenic because the light that comes into it is changed before it is emitted again. The other one doesn't change light in the process of light absorption and emission. He performed his test on thirty-seven other chemicals, some cancer-causing, some not. After a while, it got so that he could predict which substances could cause cancer. In every instance, the compounds that were carcinogenic took the UV light, absorbed it, and changed the frequency.⁸

When he presented his findings at a conference for oncologists, they told him it was crazy. They said his results must mean light is being emitted by cells. When he said "Yes!", again they thought he was nuts.

Popp and one of his students developed a photo-multiplier that could measure light emitted by cells, photon by photon. His research showed that our own cells produce biophotons that communicate with one another. These photons are coherent, as in laser light. Coherent light occurs when the wavelengths are the same and the waves are in phase with one another.



The following is an excerpt from an interview with Alexander Popp, the son of Fritz-Albert Popp.⁹

My father's research led him to Alexander Gurwitsch, a biologist, who discovered that cell growth is dependent on light in the UV range. He made some experiments with onions in which he showed microscopically that when two onion roots grow together, the

ones that were grown in a glass that stops UV light had only half the amount of cell separation. When the glass let through UV light, the cells grew faster. Cell division and growth seemed to depend on light. He thought that light was providing information to the roots to increase cell division, and he called this mitogenetic cell radiation. So this was really the start of the study of the radiation of photons, which suggested that photons were needed to make some chemical reactions within the cell.

Since then, we have found out a lot about what light does. Max Planck, one of the fathers of quantum physics, showed that light contains energy and information. Light sends information and energy to an atom. The atom reacts to light. Light makes electrons jump up to a higher state. Light causes a vibration, which can change the atom's condition, causing the atom to connect to other atoms. In that way molecules are formed. Thus, light changes the condition of atoms so they can connect and create molecules—and this process is dependent

⁸ McTaggart, Lynn. 2002, *The Field*. Pg 39

⁹ *QuantumHEALTH Issue 12 July/August* <www.quantumhealthmagazine.com>

on water. Water is the substance of life. It can change the chemical structure of life. So what we see is that both light and water influence cells.

In this process the light must be coherent light. Coherent means that biophotons have a high order. The order is so strong that other things that come into the influence of this light also become ordered.

Light does two things in the body. First, it changes the condition of the atoms for the order of the system. Second, it transfers information between the cells. We have 100,000 reactions per second in each cell. These reactions must be activated by a process that works much faster than enzymes can. Only light can do that—provide the information to coordinate 100,000 reactions in each cell per second! The body also uses light to make order, a special kind of order.

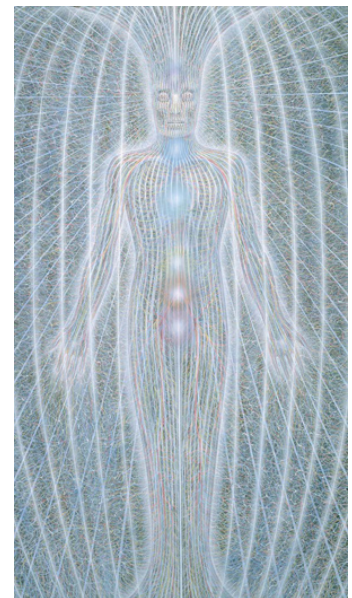
Erwin Schrödinger theorizes that the human body is in a chaotic state and tries second by second to become more ordered. Schrödinger asked a question that was very important to biologists. How is it possible that 100,000 processes can happen every second in a cell during mitosis without any mistakes?

No biologist had an answer until our current time. My father's biophoton work provides the answer. Light has the ability to give cells the information they need and put them in the condition to perform these 100,000 processes without mistakes. Light provides the information to the electron. Therefore, electrons can switch so fast.

Everything vibrates, and the special frequency of light provides information for vibrations. If the atom is vibrating, the electron has to jump state to change the condition of the atom. Everything is connected. The electron vibration is overlaid on the atom's vibration. The atom's vibration connects to other things with the same vibration, enabling communication. This is how the world creates itself. And photons are the information givers. Without light it is impossible for anything to happen. Light forms life. Atoms need light to form molecular structures.

By this time, I had established a working knowledge and gained some clinical experience using lasers. I was quite excited when I learned of a technique known as Laser Energetic Detox, developed by Lee Cowden, M.D. In my twenty-five years of practice, I have worked with patients who suffered with crippling side effects from insecticides, pesticides, environmental contaminates, heavy metals and more. It was apparent that every patient could benefit from daily detoxification therapies. How to detoxify can be confusing. It is not a one-size-fits-all process. Detoxification requires a lot of knowledge and is best done, when customized to the particular patient.

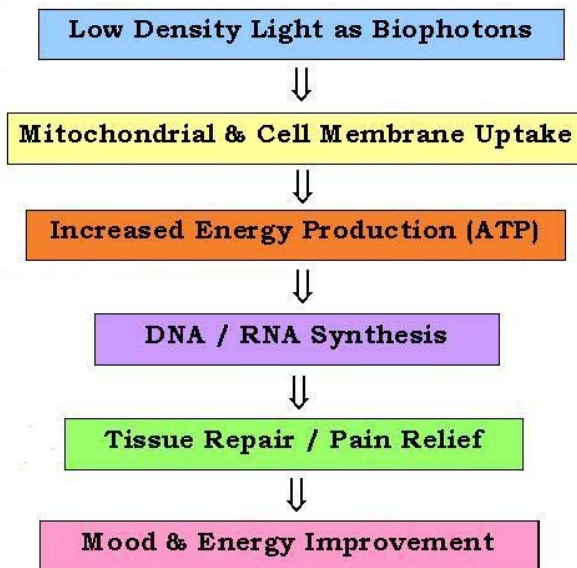
Laser energetic detox requires understanding and knowledge. Today, there are inexpensive lasers available that are relatively safe.



Visionary Art of Alex Gray 1980

But, we're skipping ahead here. Suffice it to say, I believe the day will come when a low-level laser instrument will be as important to your medicine cabinet as hydrogen peroxide and band-aids.

IMMUNOLOGICAL BENEFITS OF LIGHT



Research shows that the human organism is a set of interconnected communication networks based on light. So, how can we use this information to heal our patients and ourselves?

The Esoteric Side of Light

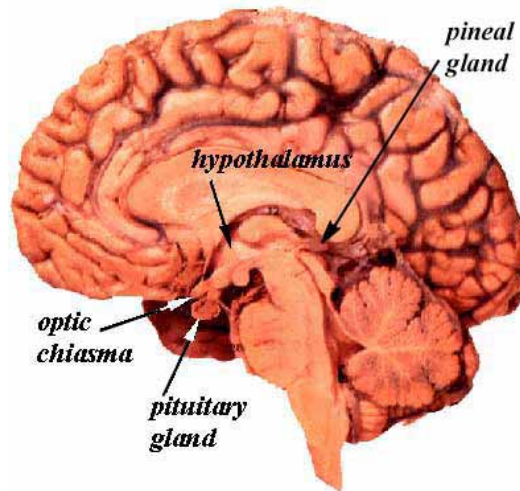
As a child, I squinted my eyes as to distort the images. I played with light and could sometimes see light emissions from certain people. Other times I would just feel the light.

As a meditator for many years, I have experienced my body beyond the physical sense and have experienced myself as pure light. Meditators and spiritual seekers have long known about the mysterious pineal gland.



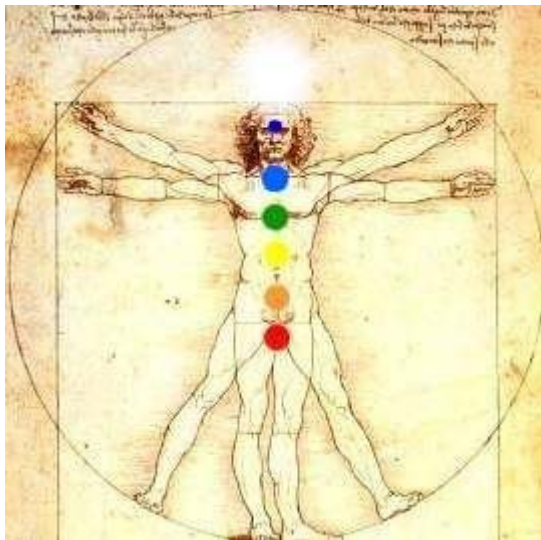
About the size of a pea, the pineal gland lies in the center of the brain just above and behind the pituitary. Its true function has been debated for centuries. The

Greeks believed the pineal gland to be our connection to the Realms of Thought. Descartes called it the Seat of the Soul and modern day anatomists see it as an exocrine gland responsible for the secretion of melatonin. I suspect one day we will learn the truth of its function lies somewhere in each of these.



Activated by light, the pineal gland controls various biorhythms of the body. It works in harmony with the hypothalamus gland, which directs the body's thirst, hunger, sexual desire and biological clock. The gland weighs little more than 0.1 grams and is larger in children.

Saskia Bosman, Ph.D, is a medical biologist and independent brain and consciousness researcher. Dr. Bosman wrote her thesis on the "*Thermal effects of Laser Light on Tissue Structure*" at the University of Utrecht. She is now leading an experimental study on the role of the pineal gland as an intermediary between the physical and metaphysical worlds of experience. The study seeks to



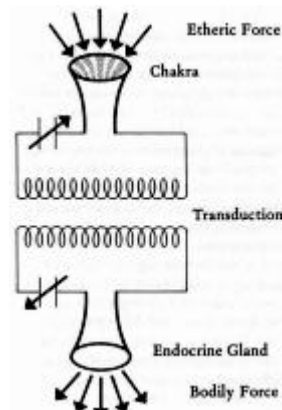
understand how the pineal gland contributes to the internal communication between our space-time and higher-dimensional worlds of experience.

Eastern religions teach the chakra system. "Chakra" is a Sanskrit word meaning, "wheel." Chakras are major energy centers in the body, according to ancient Ayurvedic texts. Each one of the seven chakras is related to an endocrine gland, as well as a nerve plexus. The second chakra is related to the pituitary gland; the third, to the thyroid; the seventh, or crown chakra, to

the pineal.

Dr. William Tiller at Sanford University was impressed with the apparent

relationship of location and function between the chakras and the endocrine glands. He wondered how these so called etheric organs might interact with the glands. Drawing from concepts used by electrical engineers, he suggested this interaction could be analogous to a process of transduction. Imagine great energy streams flowing through space and passing through our bodies, unabsorbed and unnoticed. Tiller suggests that perhaps the chakras can be tuned in to couple with this power source and transduce some of its energy from the astral or etheric levels into the glands. One can think of the chakras and glands as electrical transformer loads that will deliver maximum power if they are balanced with respect to each other¹⁰



Transduction of etheric force through the chakra into the bodily force within an endocrine gland (courtesy William Tiller)

Can chakras be photographed?

Kirlian photography began in 1939 when a Russian electrician, Semyon Kirlian was called to a university hospital to repair an instrument used in electro-therapy. He saw that when the patient received treatment with the machine, there was a small flash of light between the electrodes. When he tried to take photographs of this phenomenon, he found it was possible only by inserting a plate directly between the spark and his hand. When the film was developed, his photograph produced a glowing image of his outstretched fingers. Kirlian built his own machine to generate high frequency electrical fields with an oscillation of two hundred thousand sparks per second between two electrodes. Although inert objects showed no image, every living thing he experimented with showed its own aura. . Although the results are real, the processes were not fully understood until Russian-born physicist, Dr. Konstantin Korotkov volunteered to participate in a project on Kirlian photography at his University Academy of Sciences.

¹⁰ January 22, 2012. <www.williamjames.com>

That was more than twenty-five years ago.

In an interview with Paula Peterson, Dr. Korotkov said, "Ever since then, I have been involved in this fascinating area, where modern science and physics of the twenty-first century are correlated with spirituality, and wizards wearing jackets and ties manipulate consciousness and the energies of our world."¹¹

Dr. Korotkov is a true pioneer. His technological advances are setting innovative standards for the study of the human energy field, as well as generating a new understanding of reality.

Dr. Korotkov's research team has developed a camera that not only photographs plant (and human) energy fields, but is able to report on the effectiveness of medical remedies for specific conditions. It's called the GDV and, according to Korotkov, "makes the old Kirlian cameras look like a bicycle compared to a Mercedes."¹² Asked how he would explain and describe the energy field of living things, he said,

"The energy field is an organizing structure for the biological world. This idea was introduced in the beginning of the twentieth century by Russian scientist Alexander Gurvich, who demonstrated in his experiments that microbiological species can exchange photons and in this way regulate their activity. He proposed the idea that everything is regulated by a biological field. The biological field is a complex energy structure of different fields, different natures, and different origins. There are electromagnetic and gravitational fields, as well as fields of molecules and, to some extent, fields of unknown parameters. So the biological field of a living thing, also known as its "aura," is an invisible structure that correlates its activity to create a unique and united system. We developed GDV Technology (Gas Discharge Visualization), which measures and measures and photographs the auras of living things. The difference between GDV bio-electrography and Kirlian photography is the same as the difference between a bicycle and a Mercedes: both are vehicles and both can be used for transportation, but with different results. The camera's operation is based on the stimulation of very weak photon and electron emissions from the body. So it operates on the quantum level, and thus it can tell us about the quantum field of a human or a plant, and its biological functions.

The quantum level is very sensitive to physical, emotional, mental, and spiritual activity. This is why the GDV camera is sensitive to different levels of the functioning of an organism. The camera creates a high-intensity electrical field around a fingertip or a plant placed on the special, fibre-optic plate of the instrument. The electric field produces a visible gas

¹¹ February 25, 2012. < <http://www.spiritofmaat.com/archive/aug3/korotkov.htm>>

¹² Ibid.

discharge glow around the object. The image is captured instantly in a computer and can be processed in a variety of ways using our proprietary software.

One of the greatest benefits to date is the ability to do real-time measurements of a variety of treatments for such conditions as cancer, to determine which treatment is the most appropriate for the client. This allows researcher and client to see imbalances that may be influencing an individual's well being, and greatly facilitates the diagnosis of the cause of any existing imbalances, showing the area of the body and the organ systems involved.

The incredible implications for the diagnosis and treatment of physical, emotional, mental, and spiritual conditions with applications in medicine, psychology, sound therapy, biophysics, genetics, forensic science, agriculture and ecology — to name a few — have only just begun.

In Russia, we have always had a tradition of correlation between a philosophical approach as well as a practical approach to science. Russian science has always been open to new ideas. It became even more so after the collapse of the Soviet empire. In the United States, scientists are very restricted by the structure of how scientific work is organized. In Russia, scientific pursuits are very low paying. Scientists do not depend on payment. We have no salary — so we are free to do what we want. Having only a little money, we can organize really interesting research work.”¹³

In our chapter on water we spoke about the photon-emissions of water. The structured water unit developed by Clayton Nolte has been tested using the GDV technology and the results are worth reading at the natural action water web site.



¹³ *The Spirit of Ma'at* – Vol 3, No 1

Chapter 8

wordwaterlight

Was Jesus, Buddha, or Mother Theresa really the healer? OR did they have the knowledge that people could be transformed by the power of *their own* higher nature, and not by any special power of their earthly selves?



We are nearing the end of this journey we began seven chapters ago, and I promised you the how. How do we take this information and apply it to your daily living? Where can it make the biggest impact? What can you expect?

Having cared for thousands of patients through the years, I can see emerging patterns. Why did the same treatment on the same condition yield different results? What happened in the treatment room that one patient had not only instant relief but measurable and observable clinical results? What was the difference between the patients who got well and those that didn't? Why were some practice days filled with the joy of healing and the satisfaction of knowing something good happened and other empty, as if nothing happened at all?

Was it me? Was it my patient? Was it the stars in the heaven that day? Was it the light in the room? What was different?

Measuring the difference

When I was single, I would say, "I want a man who has tools and knows how to use them." That's also how I feel about choosing a health practitioner. A good doctor needs tools, and he need tools he can trust, apply and can use to measure. Whether those tools are hands, inner knowing or an expensive lab, result is what matters -- if the doctor has confidence in his tools and knows how to interpret what he is seeing.

One of the first things I have new clients bring me is their most recent complete blood chemistry (CBC). Often, they will say, my doctor said the lab work is fine and there is nothing wrong. Then patients ask if nothing is wrong why do they feel so bad? Trained in functional medicine, I have learned to read the lab work beyond what the acceptable ranges indicate. I look at ratios, trends and patterns

that reveal an underlying imbalance that is asking for attention. The lab work is a tool, but the tool is only as good as the person using it.

You could put a miter and saw in my hands, but I would not be able to create the fine workmanship that a skilled cabinet-maker does. I have the same tool, but I don't know how to use it!

One of the tools I work with and have come to trust is Heart Rate Variability (HRV). Deitrich Klinghardt, M.D. introduced me to it. At a conference he gave all attendees a complimentary HRV. In a six minute scan that incorporated a monitor, each attendee lay still for three minutes then stood for three minutes. Later in the weekend, the clinician who took my scan asked me to allow Dr. Klinghardt to use my results as a teaching tool. He then reviewed the results with the group.

At that time, I had never been treated by Dr. Klinghardt, nor had I ever discussed my personal health history with him. This is what happened.

I was sitting in the audience, while my heart rate variability scan appeared on the screen. Dr. K began his interpretation.

For someone of my age, I had clearly done some good work. It showed there in the peaks and valleys of the rhythm pattern. Typically, he would not see such a robust and vital scan. However, when he compared and interpreted the rhythm pattern, the SDNN (standard deviation from equilibrium), the TI (tension index) of my lying down and standing up, he became aware of some hidden patterns. My body burden was more of an emotional pattern than a body burden of infection or toxins. He guessed I had been either sexually assaulted or abused when I was in a lying down mode. I also had a pattern that he had seen in many of his Lyme patients. Finally, I was not metabolizing as well as I could. There was also a geopathic pattern; he would want to assess my sleeping location and my workplace for a negative geopathic pattern. He would recommend some APN (applied-psycho-neurobiology) to rebalance the ANS for the emotional trauma along with some "pink monkeyflower."

I left that conference with a list of suggestions for lyme and geopathic stress and instructions to use pink monkeyflower. As it turned out, pink monkeyflower is typically indicated for someone who has abandonment, acceptance or shame issues. Dr. Klinghardt, having no history on me, had been able to identify the major imbalances I was confronting at that time. Soon after, I purchased my own Heart Rate Variability testing equipment with a determination to one day read it as well for my patients as Dr. K had for me.

When I returned home, I discovered the developer of this technology lived an easy one-hour drive from my office. The down side was, he spoke little English. Nevertheless, I was determined and scheduled a personal training day with his right hand assistant, who spoke very broken English. I arrived eager and as they say "wet behind the ears." I have already mentioned that math was not my strong point. Everything my new instructor was saying had to do with

mathematical formulas, assessments and interpretation. I was beginning to get a very big headache.

Then, he moved into the more esoteric interpretation, and once again I was intrigued. I had brought several scans of my own patients. He easily interpreted the patterns and the underlying cardio, stress, structural, chemical and emotional patterns. He confirmed what I already knew to be true for these patients. *I was sold.*

Through the years I often used HRV to evaluate a patient before a treatment and then again after. After hundred's of scans I was able to see which treatments seemed to provide the greatest change to the autonomic nervous system. Let me take a few minutes to give you some background on this tool so you can better understand the scope of its impact.

Developer, Dr. Alexander Rytine, first designed this product as an objective test for the special fitness levels required of Navy pilots, Navy seals, underwater divers, and other marine personnel. Today, it is used around the world by medical doctors, institutions and practitioners of varied disciplines.

It is well known that autonomic response is the first human response to any intervention or to any physical, physiological, or psycho-emotional activity. Likewise, any pathological process will immediately provoke an ANS response. HRV is unique in its ability to assess the impact of any intervention or activity and to detect the early signs of pathological developments or functional disorders, which may not be revealed by routine physical examination

In Figure 1 we see the electrocardiographic rhythm strip or what I call rhythm graph. The graph is a fingerprint of autonomic regulatory mechanisms. The strip is made from lines, which are graphed sequentially, based on drawing the time intervals between consecutive heartbeats as straight vertical lines. The longer the interval between two heartbeats, the longer the corresponding vertical line.¹

A portion of the graph to the left is the fingerprint. It is formed with the patient lying down. In a ideal graph such as the one below there would be a u-shaped dip, which reflects the physiological changes the ANS experienced by going from a lying down to a standing position. The portion of the graph to the right represents the ANS of the patient standing.

¹ Heart Rhythm Instruments, Inc. March 23, 2012. <www.NerveExpress.com>

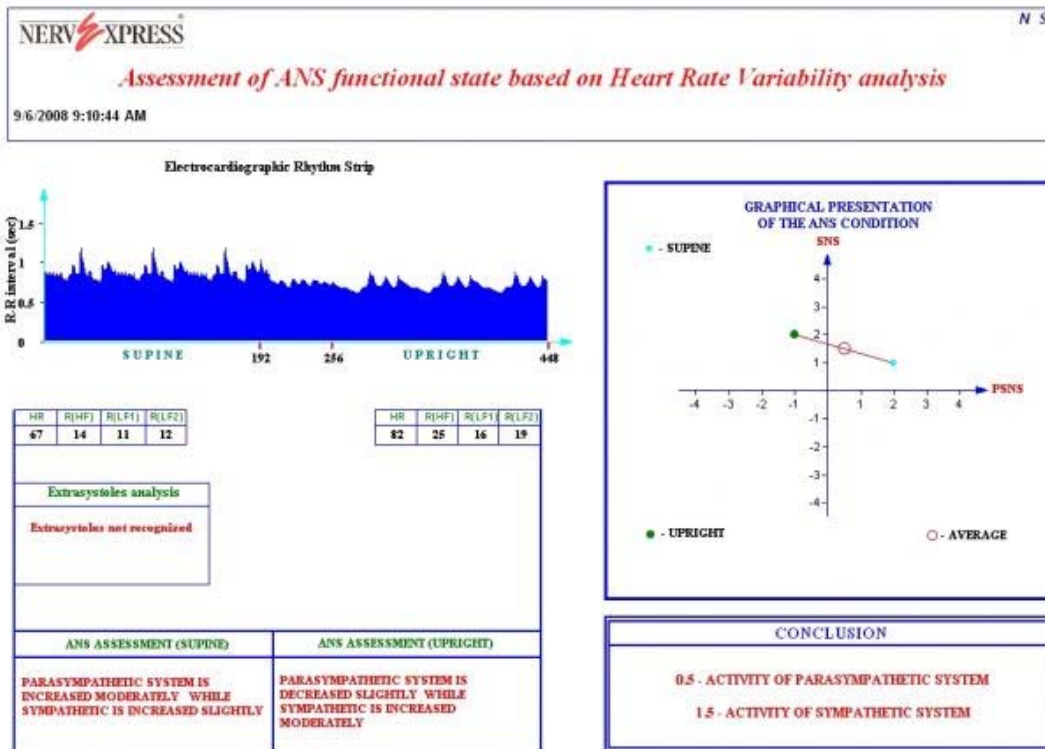
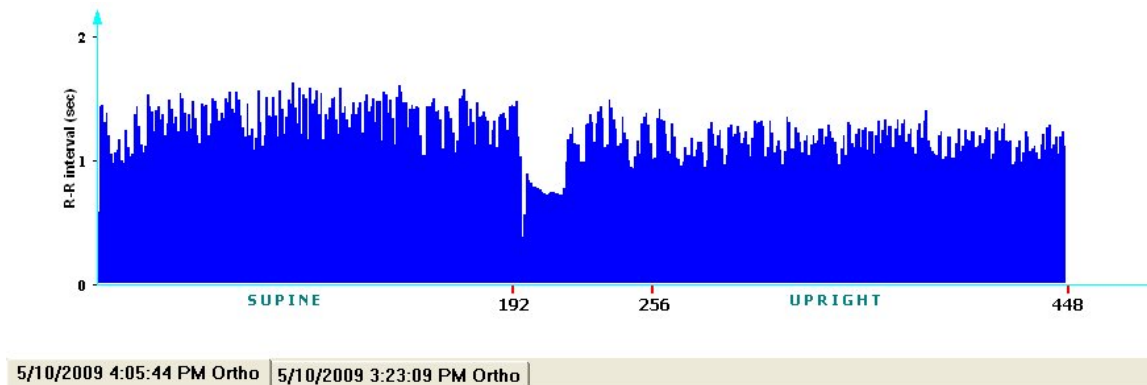


Figure 1

In addition to the rhythm graph there are additional parameters including the SDNN and the TI. Tension index determines the tension of HRV regulating mechanisms. It is an integral index of decrease in variability. Different disciplines look at different parameters contained in the findings, but these are what I recorded, tracked and interpreted.



This is an example of a well functioning ANS.

Once patients have their first scan, they are eager to re-scan and see how the parameters have evolved. I use HRV to track progress. Sometimes, the scans ebb and flow a bit...a little improvement with a little less progress, but often I record consecutive and measurable improvement on each patient visit.

I remember the first time I was overwhelmed by what I saw. The patient was Sally. She had been coming in for care over one year. Each scan showed measurable improvement, and her symptoms, labs, and other outcome assessment tools all pointed to improvement. One day when Sally came in for her scheduled visit, her scan went from very good to quite poor. I was bewildered. What had changed? Had she stopped her protocol? Experienced a loss in her family? Something was different, but she said that everything was fine and she was compliant with her protocol. However, she had had her annual flu shot the day before. Oh my, this is the affect a flu shot on our ANS. I vowed never to get one. Not long after, Sally's lyme disease symptoms were all exacerbated. I suggested a restrictive protocol to address it, but she wanted to get her primary care physician's approval. The M.D. sent her for a traditional Lyme panel and the results were negative or inconclusive. The doctor determined no treatment was indicated. One year later, Sally passed away.

Similar, but often less tragic examples became routine. Each scan helped me to understand and interpret how different interventions impact our ANS. I developed a trust in what I was seeing. But, it was my next patient, who taught me most when it came to interpreting Heart Rate Variability.

Elaine was referred to me by a integrative medical doctor. He wanted an assessment to help find the cause of unexplained redness and inflammatory reaction in Elaine's neck and right arm. Because the lab tests were inconclusive, the doctor was unsure what intervention was needed. He understood Autonomic Response Testing and trusted my skills. When I met Elaine, I learned she was a trained homeopathic practitioner with substantial knowledge and experience. To date, she was achieving only minimal results with her self-prescribed remedies and was concerned she might be missing something. I began with a HRV scan and the results are seen in Figure 2.

In twenty-five years, this was the only time I was certain I should send a patient to the emergency room. These results were unlike anything I had ever seen. I was certain this patient was in grave danger. I'm sad to say, Elaine, passed away only two weeks later. Her passing was sad but left me one of the most teachable moments I had had with HRV. I knew I could trust what I saw.

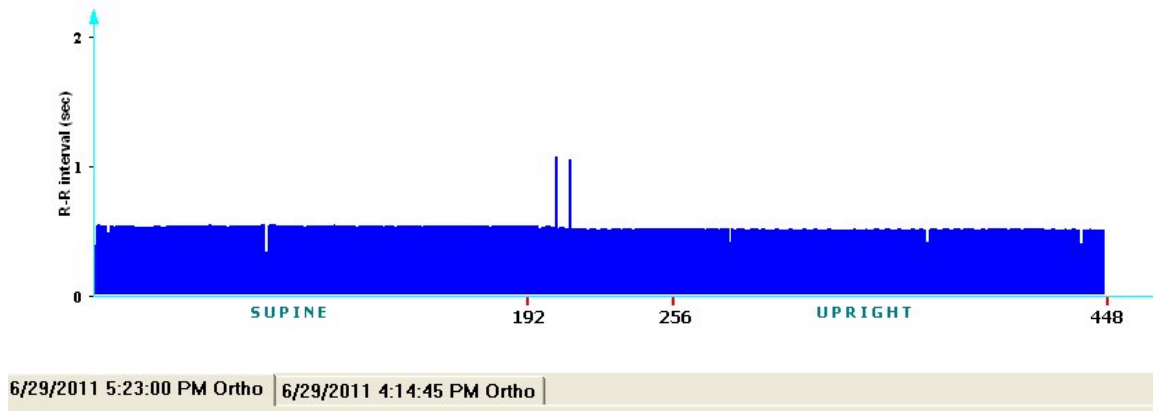


Figure 2

With an ardent determination I continued to evolve my skills and incorporate HRV as a tool for measuring my patient's care. Along the way, I began to do my own experiments so I could learn even more about how our body works.

I understood the SDNN parameters are recognized by many to represent the emotional state of the patient. Dr. Klinghardt had said, he had never seen any pharmaceutical drug lead to a positive change in the SDNN. The only way to positively impact such states is to do the emotional work.

I was on a mission to help my patients improve the emotional quality of their ANS. Therefore, I became proficient at integrating various energy psychology techniques such as neuro-emotional technique (NET), eye movement desentization reorientation (EMDR), emotional freedom technique (EFT), applied psycho-neurobiology (APN) and then came along *Ask and Receive*², a website by Sandi Randowski.

Trusting my skills and intuition, I incorporated one or more aspects from each of these systems to do an intervention with my patient. Tapping, colors, sound, colored glasses, essential oils, flower essences, imagery, eye movements -- all were used interchangeably in different sessions. I measured the outcome with

² Radomski, Sandi. March 23, 2012. <<http://askandreceive.org/aboutus.aspx>>

HRV. I truly couldn't believe the change. I did not fully understand or pretend to understand what I was seeing. I continued to challenge myself even more when I began to add laser treatments to this vibrant mix of tools. What was revealed was nothing short of alchemy.³

Sessions evolved until I would spend an entire one doing only the emotional work, integrating a variety of interventions, all energetically delivered through laser light. And as if God him/herself was guiding my every step, I found myself sitting in a lecture, listening to a doctor, whose name and clinic will remain anonymous. He delivered a clinical study, in which documented positive gene changes in patients, using only energetic interventions. My jaw dropped. Here was evidence that up until now I didn't know existed.

Through the years as a clinician and as a patient, I was overwhelmed by the number of supplements patients were asked to take. Patients would arrive with suitcases literally filled with expensive or needless products that often tested energetically as unnecessary or, even worse, as blocking to the ANS. Patients, weary with the time and expense of so many products, found themselves burdened by dosing requirements and inability to be compliant within daily routines. Let me be clear here. There are times when the biochemistry must and should be addressed. However, I don't believe I would have recovered as well from Lyme disease, if not for incorporating the correct and customized protocols we adapt through autonomic response testing. In our five levels of health and healing, the first level is the physical level and it should always be considered. I'm merely saying, supplementation may or may not be needed and often more is NOT better.

What my patients taught me

As I reviewed my clinical notes, experiences and observations throughout my career, I began to notice the common threads that were present in all cases successfully resolved. Let me share with you what they are.

1. ***My relationship with the client.*** No matter what tools or technology I had, nothing replaced my being present to the patient. I can explain it only this way. In the times my mind wandered to what to do next, how much time we had or what was for dinner -- the results were diminished. Likewise, the client sessions when I quieted the monkey mind, not thinking but being, allowing the energy to follow the awareness, there was a link-up. I could almost feel the change in the room. I knew when the bond was there, and I knew when it wasn't. I believe at some level the patient felt it too.

³ Alchemy: Webster's New World Dictionary. 1984 (al'ke. me) n. a method or power of transmutations; esp, the seemingly miraculous change of a thing into something better

What happens during these linkups is a sort of coherent field. Remember, coherence implies order. The order is so strong that the whole field becomes more ordered. I believe this is the natural result of the light emitting photons and the re-structuring of the water molecules in each of us.

2. ***The words we spoke.*** Some patients biofields contracted to some words, while they expanded to others. I often needed to modulate my words to match the patient. What is most relevant is using the patient's own informational body, or higher self, to indicate its exact needs. There are many techniques built around this idea such as Body Talk, Ask and Receive, Neuro Modulation Technique, and more. When I use muscle testing, the ANS responds to the bio-field and also changes when words are stressful to the ANS or blocking to processing information. I prefer to access this field, as it never lies, even when a result doesn't seem to be logical or applicable.

3. ***Using light in the patient's bio-photon field.*** This procedure is different than applying light directly into an organ or acupuncture point. These are effective techniques but do not appear to address the higher levels of healing we get by sweeping the bio-photon field with a laser. This method accesses the subtle energy fields. It's like deciphering a Rubik's cube, when each level unlocks another and another and another, thus revealing a completely new field of possibility, not even available before.

4. ***Informational vials.*** Glass vials filled with structured water can be used to imprint information. Here's an example. I was highly allergic and reactive to mold spores where I was living. We collected some of the mold and made a homeopathic vial out of it. We then used this imprint to desensitize my body to the mold. Actually, you can use anything...colors, herbs, toxins, urine, blood, etc. But here I want to mention the imprints of flowers. Flower essences and remedies have been used for centuries to bring about health and healing. Doesn't it just seem natural that the biological blueprint of flowers would carry information that knows exactly how to communicate with the biological blueprint inherent in our bodies?

5. **Clearing self-sabotaging hidden beliefs.** As a practitioner, I have been surprised often. One of the biggest surprises was learning how many people are programmed with self-sabotaging messages: “I don’t deserve”, “I am not worthy”, “I’m not lovable, it’s not safe for me to be well.” Time after time, I see patients whose unconscious reason for being sick is stronger than their reason recovering. People diagnosed with a life-threatening disease will say it was a turning point. Their life changed. There are reasons for getting sick and reasons for recovering. We are spiritual beings having a human experience. Sickness gets our attention. Optimal health requires us to listen to the whispers before the body starts screaming: I have cancer, I have diabetes, I have heart disease. Every diagnosis has an emotional component. Every single one. I ask. What comes first, the unhealed trauma or the diagnosis?

6. **A patient who is willing to trust.** This is essential. If the patient has been coerced to an office by his mother, wife or loved one and has no desire to be there or be cared for, I might as well give him a sugar pill, call it happy medicine, and send him home. It is the bonds that heal. If there is no bond, there is no healing. There will be no coherence. If there is no coherence, there will be no resonance. Without resonance, no new possibility can emerge. We’ll explore this in just a moment.

There are many wonderful techniques, therapies and interventions available to us. Both my patients and I myself have relied on a variety. My journey and personal practice reflect these experiences. Many colleagues around the world are reporting extraordinary outcomes with the fields of study and the tools they have embraced. It’s important to find a practitioner to bond with. I offer a fifteen minute complementary consultation for prospective patients. We both need a chance to interview each other to see if we are a match. Not every patient is right for me, and I am not right for every patient. If I feel a patient will be better cared for by another practitioner, I refer out. My belief is that if a patient is sitting in my office, the Universe must think I have something I can offer him. Sometimes that is a referral to someone or something better suited. A good practitioner builds a network of relationships with other competent people. None of us have all the answers. Remember in Chapter I, I spoke about 9/11 and the policeman not knowing what the fireman knows. We need to communicate. We need to share. We need to bond.

What does bonding mean?

Well, let me tell you.

According to Webster's definition refers to holding together, a binding or uniting force, an electrostatic attraction, arrangement in a pattern that gives strength. In masonry it is the way in which bricks, stones, are lapped upon one another. Finally, it is a contract, promise or used to create structure...

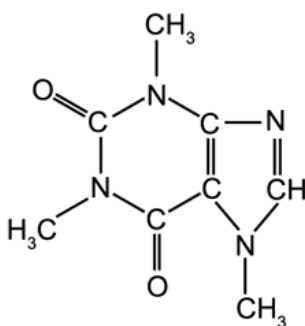
What does bonding have to do with waterwordlight?

Just about everything.

Look at health and healing from only a biochemical perspective and consider the bonds that are present. The only difference between organic and in-organic chemistry is the bond. Organic chemistry uses the carbon bond.

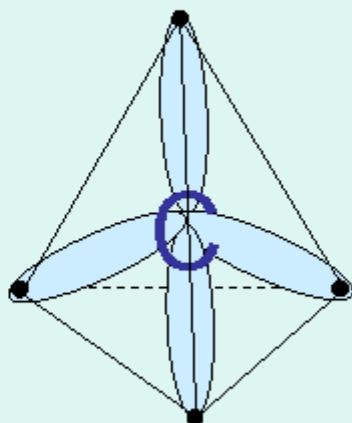
Carbon has the tendency to form a large number of bonds with itself, thus leading to the formation of long chains.. Inorganic chemistry, loosely put, involves the study of the chemical and physical properties of all the elements and chemical species, where carbon doesn't play a vital role.

What am I?



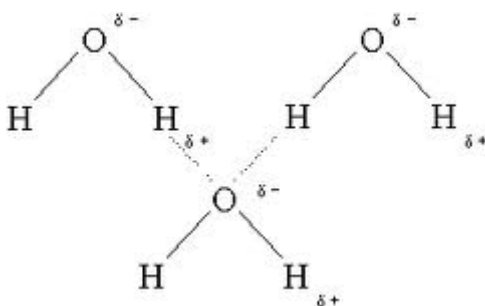
Caffeine. Notice the carbon bonds?

Organic Chemistry



The Chemistry of Carbon

What is this?



Yes. Water. There are no carbon bonds.

In chemistry there are several types of bonds. In fact, it is the bond that determines if something is going to be hydrochloric acid or sodium chloride. They both contain chlorine. (NaCl) vs (HCL). The chemical bonding in NaCl is different that that in HCL. It's the bonding that gives things different structures, appearances and properties.

Bonds are made of electrons (nature's glue). Electrons are super flexible. They are both a particle and wave. As connectors, they are mostly waves. That gives them enormous advantages. Waves can travel through each other. Think of sound from an orchestra. Each instrument is generating its own sound waves, but the different sound waves all pass through each other and coexist with each other because you hear all instruments at the surface of your ear drum. Electrons are very much like that. They cross through each other as they do their job of connecting.

Hmmm. So bonds determine the nature of things?

Yes, and it's personal.

We have family bonds, friendship bonds, social bonds, love bonds and interest bonds. In mutual attraction or in the case of romance, isn't it opposites that attract? We live in a sea of bonds -- bonding with our environment, nature, social structure and the world. The only difference between a bond and bondage is the nature of the bond.

Essentially, all life and non life is a result of a collection of electric charges interacting with other energy. The most basic property of matter, its sense of being a solid something is only and entirely due to the bond between subatomic particles and background sea of energy.

It's the particles that get into a state of coherence, lose their individuality, and behave like one giant wave. Does a drop of water in the ocean know itself as the drop or the wave? Does a water molecule in your body know itself as the H-2-O or as a part of you? Do you know yourself as self or as a part of your family? How does your family, the environment and nature influence the you think you are.

We are born to bond. Isn't the first instruction to a mom-in-waiting to bond with the baby in the womb. At birth, mother and child need time to bond. During life we create the family bond. At death it is the bond of the family we crave. Research implies that each of us is imprinted not just with the energetic signature of our mom's womb but also her mom's womb and her mom's womb. When we travel to a place of our ancestors, there is a place within us that remembers. We are connected through the bond. Maintaining the bond, challenging the bond and working within the bond is part of the mystery of life.

Back in chapter one I explained how my understanding of health and healing emerged by learning with my patients. I learned through my mother's and father's passing that western medicine has an isolated understanding of what health is. Western physicians tend to operate on the principle of I and not we. Each discipline believes it is the answer. Doctors are often competitive rather than collaborative or cooperative. They view the patient as separate parts: one doctor takes care of the heart; another, the bladder; and yet another, the liver. Don't they know the heart doesn't experience itself as a heart? It experiences itself in relation to the whole system, even beyond the boundaries of the body. It knows its connection-- its bond--to the movement of the stars, the tides, the lunar cycle, the solar flares and all living creation.

Lynn McTaggart tells us in *The Bond: Connecting through the Space between Us* that in susceptible people geomagnetic storms can bring on a heart attack. When geomagnetic activity increases, the blood gets much thicker, sometimes doubly so, and the bloodstream slows down. Heart attack rates and cardiovascular death swell whenever there are increases in solar cycle geomagnetic activity. The largest number of sudden deaths from heart attacks occurs within a day of a geomagnetic storm.⁴ And, even Dr. Oz was known to have said he never did heart surgery on a patient who didn't have a deep emotional wounding of the heart. Maybe your doctor says you need a stent. I say you need a new strategy.

Are abandonment, separation, divorce, death often the catalyst of our sickness and disease? They all are an alteration of the blueprint---a break of the bond--a reconfiguration, an alteration to sacred geometry and the pattern of life.

Therefore, I began to think about a new strategy. I didn't want to keep adjusting the same vertebra, telling patients to take a baby aspirin every day for the rest of their lives, inject them with hormones, forbid ice-cream or a cell phone, or prescribe a life-time of supplements, Zanax or insulin. These protocols just don't make sense in the pattern of life.

I drew from my studies with Native American medicine, which teaches Earth medicine. I relied on my training in Eastern philosophies, which see life in a field of forces. These philosophies understand matter in the universe, not as a set of discrete objects, but as a mutual, continuous, and interpenetrating whole. As Lynn McTaggart writes "The Eastern cultures have learned to understand things only in regard to other things. The Eastern mind and the indigenous mind has learned to see the world far more holistically from the moment of its consciousness."⁵

⁴ McTaggart, Lynne. *The Bond*. 2011. The Free Press

⁵ Ibid.

I began to think about the connectedness of all things and their influence on each other. What was happening in my treatment sessions when I applied words, water and light? What was the underpinning beneath it all? Why did supplements work sometimes and not other times? Why did some people get well and others not? If matter is made up of bonds and particles and waves and patterns, then what made them? What was the force behind the bonds and particles and waves? What is our biological blueprint? What is the inherent nature of life—my life—your life—all life? How could we access this nature more consciously?

I believe nature has revealed itself through patterns found in sacred geometry. Repeating geometric patterns are the basic building blocks of our material world, from our physical bodies, plants, animals, to planets, stars, and even galaxies. Everything in the universe follows the blueprint -- the patterns created by geometric designs that repeat over and over in an endless dance of sound, light and color. They are a matrix of grid energy created from a central source -- a source which creates the reality which we experience. The mathematical laws of sacred geometry govern every system of growth, every motion in the universe, from atomic bonds to spiraling galaxies. As these geometric laws coalesce from the sphere, they map, through a language of relationship, the consciousness of creation with numbers, angles, shapes and forms.

Sacred geometry shows how primordial forces are transformed to cosmological order. It measures the harmonic vibrations that sustain life on all levels. Sacred geometry integrates the physical, tangible aspects of creation with the spiritual essence behind them. It is an interface between the seen and the unseen, the manifest and the unmanifest, the finite and the infinite.

The structure of the human body is based upon the same set of principles that are found functioning on all levels of creation. Our body contains within it holographically all the information of the universe. We are an embodiment of sacred geometry. We are spirit and matter combined. As we commune with sacred geometry forms, we interact with their fields of informational influence. Their energetic fields emit a frequency that communes with the vibratory infrastructure of our DNA in search of a like frequency to resonate with. In this way, sacred geometry can be used to instigate an awakening in our dormant DNA.

I don't know about you but I'm not willing to live in fear -- whether it's a fear of war, electro-magnetic pollution, untamed viruses, mutating parasites or unfriendly forces. It's not in our nature to live in fear. It's our nature to love. It's natural to bond.

When we have experienced ourselves as betrayed or devalued, there is a break in the bond. There is a break in the information pathway that connects us to our source. According to Judith Thompson, forgiveness in Greek literally means, "untying a knot," Is this why an energy psychology session with a client results in a positive change in the HRV, because we have changed the bond and therefore changed the geometry? Do supplements sometimes work because unknowingly

we matched the geometry of the supplement with the exact patterning needed to complete a bond—the geometry of the patient? Does love heal most of all because it has the highest energetic blueprint, matching all we are with every particle of self and influencing every particle of all other selves?

Call it voo-doo, call it magic. Call it unorthodox science.

I call it our *biological blueprint*, a blueprint created out of love, formed by love and ultimately healed by love.

The old physics, Newtonian mechanics, describes a world of separate parts, that interact only by contact or proximity. It has no place for consciousness. Quantum mechanics is a description of a resonant world, profoundly interconnected, that has consciousness solidly at the core of experience.

How do we heal?

We know all the things that are bad for us. Eating junk and processed food, living in unnatural environments, thinking negative thoughts, exposing ourselves to EMF (electro-magnetic fields) and toxins -- all are still part of the problem. But we have a new solution.

Instead of focusing on all the things that are wrong in the world, we can turn our attention to what is right. Supporting our biological blueprint will help to build our internal chemistry, our light body, and our environment. How do we do that?

Choose your words carefully and deliver them even more carefully. Momma was right when she said, “if you have nothing nice to say, don’t say it.” Start solar gazing and let more light in. Learn to yogi breath. Engage in sacred geometry. Draw, build, and design your own models. Spend time in meditation, visualizing sacred geometry. Design your inner space and your outer space, using sacred geometry.

Drink structured water, eat life-giving structured food and speak affirming life-giving words. In Maharishi Vedic City, Iowa, the community feasts on only organic food and all houses face East to gain the advantage of the early morning light. Studies there have shown there to be less violence, sickness and disease in this town.⁶

We are born to bond. Reflect on your bonds. What bonds need to be healed? Where do new bonds need to be forged? Where do old bonds need to be surrendered? How are your bonds influencing my bonds and my bonds influencing yours? Collectively, how are we influencing our communities, our countries, our world and all other worlds?

⁶ March 25, 2012. Oprah’s Next Chapter. OWN

If I have died before, I don't remember it. But, I have heard a suggestion that at the end we have a life review --a collage of the moments, encounters, and decisions made throughout life. In that review, we get to see how each moment may not have mattered much on its own, but how they matter most as part of the whole. In each moment, we may not have seen the consequences of that choice, the impact on another's soul, the common bond shared, or the patterns created. At the end of this life review, those moments that created patterns will be very apparent. At that time we each are made aware of our actions. For some it may be joyful, for others maybe not. I don't want to wait until I get there to learn how it turned out. I want to know while I am here to live to the best of my ability. I want to be aware of the words I choose, the choices I make, and the lies I believe.

You may think you don't matter much. You may think what you say, think or do isn't relevant. I say, "*It ain't so!*"

As we become self-aware and embrace the possibilities that exist, we become empowered to make choices that better reflect our highest expression of human beings. We are not humans doing; we are humans being -- being the light, being the word, being the water.



I've recognized we're more alike than we are different. Loved ones who have passed die only when we stop sharing their stories. The pattern of life is within each and everyone of us. We not only make up the blueprint; we are the blueprint. Healing truly is the up-down-inside-out potential built into the nature of life. The instruction manual is contained in every seed, flower, season, wave and particle. Just look in the mirror....you can find it there too.

As is written in an old time favorite, *The Peter Principle*. "Often the obvious is misunderstood."⁷

⁷ Peter, Lawrence. Hull, Raymond. *The Peter Principle*. 1969 Souvenir Press Ltd.