

Chapter 11

HOW TO STRUCTURE YOUR WATER

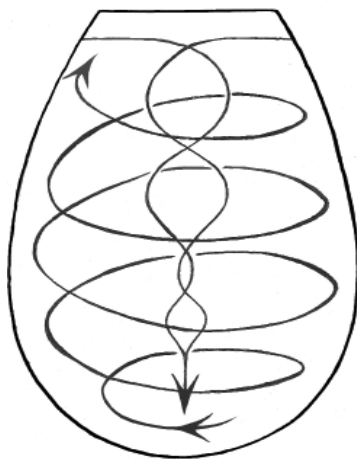


Chemically, you and I are a composition of elements. Yet it is only when the elements are organized that they become capable of conducting and storing energy. Both abilities are necessary for life to exist.¹ Coherent structure brings life force to water and even its physical properties change.^{2, 3} Though it is still difficult to document specific molecular arrangements, clues that indicate changes in water's structure are being reported using a technique known as Raman spectroscopy.⁴ Subtle changes can also be detected in how the water tastes and in how it feels. Many describe structured water as smooth or creamy.

Water's *basic* molecular structure generates a repeating hexagonal symmetry. Establishing basic structure in water is similar to learning to waltz. Once you know the fundamental pattern, you can incorporate any number of steps and you can create your own unique dance. In this chapter, you will learn a variety of ways to create water's basic structure.

Selecting a container

Viktor Schauberger selected egg-shaped containers as vessels to store and energize water. The shape of the egg creates its own energetic vortex. It keeps energy moving. Water, or any substance inside the egg shape, retains its life force and it resists becoming stale or stagnant. This is why many ancient civilizations chose egg-shaped urns to store their grain and seeds. If you have a glass or ceramic egg-shaped container, this is ideal. An egg-shaped pitcher works nicely, too. Use what you have. Even a quart jar will work.



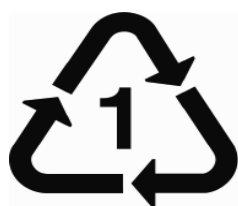
An egg-shaped container creates its own vortex, supporting continual, energetic movement inside.

Plastic containers

It is now well known that heat, detergents, and age accelerate the release of toxins from many kinds of plastic.⁵ The energy in structured water hastens the release of toxins from plastic just as it contributes to the swift release of toxins from the human body. This is especially true when the water has been energized with paramagnetic substances. Paramagnetic influences tend

to open molecular pores in plastic. Toxins are released in a manner similar to the way they are released when plastic is exposed to heat. Whenever possible, avoid the use of plastic to store water—especially structured water. Plastic also generates a *static-like* energy in water and it interferes with water’s natural electromagnetic field. Both glass and ceramic storage vessels support the free flow of energy much better than plastic.

Plastic contains numerous toxins that are gradually released in water as the plastic moves and bends. Two types of plastic commonly used for storing water are polyethylene terephthalate (PETE or PET), labeled with the number “1” inside the recycle triangle on the bottom of the container, and polycarbonate (labeled with the number “7” inside the recycle triangle). PET plastic contains and releases *phthalates* which are hormone disruptors.⁶ Polycarbonate plastic releases another chemical known as *bisphenol-A*. This is also a hormone disruptor. Both *phthalates* and *bisphenol-A* are harmful in extremely tiny amounts.⁷ Neither form of plastic should be used for the storage of water. Other forms of plastic may be less harmful but are not desirable when glass or ceramic are available.



PET



OTHER

Plastic can be identified by the recycle number on the bottom of the container.

The above symbols identify the two types of plastic (PET and polycarbonate) that are most commonly used to store water. Both leach toxins—especially when water is structured and energetically enhanced.

What water to use

From an artistic perspective, a clean canvas is required on which to paint the patterns and the colors of a work of art. Water requires a clean canvas too—freedom from the debris that would distort the expression of her full potential. Spring water from a clean spring is ideal. However, filtered, distilled, or reverse osmosis (RO) water will respond to the energy enhancements described in this book.

In addition to selecting the best water you can find, Prills, mentioned in Chapter 8, are an excellent preconditioning treatment for any water prior to structuring. Prills erase old imprints and neutralize many contaminants. They prepare water for more thorough structuring. Prills help to ensure a clean canvas from which to begin. When water's canvas is clean and prepared, coherent structure is much easier to accomplish. The use of Prills ensures a greater degree of structure and coherence.

A 3 oz. bag of Prills will treat a gallon of water in about an hour after an initial conditioning period. During the initial conditioning, Prills should be left to soak in a gallon of water for 24 hours. Following the 24-hour conditioning, 3/4 of the gallon can be used or refrigerated. The remaining 1/4 gallon (one quart) can then be diluted to a full gallon. Another 3/4 gallon is ready within an hour when Prills are left in the water. The process can treat up to 1,000 gallons of water before Prills require replacement.

The addition of salts

Pure water does not conduct electricity. It is the salts (ions) that enhance the pathway for energy to flow through water. Minerals in their ionized form help water to conduct energy. They also help water to retain information and they support water's structure.⁸ When you add unprocessed salt to water, it is better to add it as a saturated solution rather than as a solid. This way the ions are ready to perform the above functions.

How to make a saturated salt solution

To make a saturated salt solution from natural, unprocessed salt, dissolve the salt in clean water until no more can be dissolved. This will take several hours or overnight. It does not matter if undissolved salt remains in the bottom of the container. Use the liquid from the top when you add it to your water.

Unprocessed salt contains a balanced blend of minerals and trace minerals not available in all water. The following solutions can be used to augment your existing water, regardless of whether the water already has minerals in it. If you use distilled or RO water, the addition of salts is vital. You may discover other natural salts or salt solutions that are equally good. Look for the full complement of sea minerals. NOTE: The amounts indicated below are enough to support water's structure. They do not represent therapeutic amounts for those interested in mineral supplementation.

1. **Saturated salt solution** – This can be made from Celtic Sea Salt, Himalayan Salt, Real Salt, or any unprocessed salt. (Most common sea salt has been processed in some manner.) Use $\frac{1}{4}$ to $\frac{1}{2}$ tsp. of the saturated solution/half gallon depending on the concentration of minerals already in your water.
2. **Blue Ocean Minerals** – from the Great Barrier Reef. Use 10-20 drops/half gallon. (see resources)
3. **Liquid Chi** – from a unique location off the coast of Washington State. Use 5-10 drops/half gallon. (see resources)
4. **Water Oz™ Water of Life** – from fossilized sea kelp. Use $\frac{1}{4}$ to $\frac{1}{2}$ tsp/half gallon. (see resources)
5. **Quantum Balance** – Use 5-10 drops/half gallon. (see resources)
6. **Dilute QMP** – Use 1 cup/half gallon. (see: How to make dilute QMP—page 136)

How to make dilute QMP

Quinton Marine Plasma (QMP) is available as either a hypertonic solution (3.3% salinity) or as an isotonic solution (0.9% salinity). Either one can be used to make dilute QMP. Pour one vial of QMP (10 milliliters) into a half gallon of water. Stir or spin in a vortexing device to structure the solution. This is referred to as *dilute QMP*. It can be stored for up to one month in the refrigerator. There are a variety of ways to use dilute QMP:

- As a *base* solution for structuring/programming water. (Add 1 cup of dilute QMP to every ½ gallon of water.) Dilute QMP is ideal in conjunction with laminar crystals, ANCHI crystals, and paramagnetic rock. Each augments the energy of the others.
- For ongoing health benefits. Drink ½ cup or more each morning. QMP can be instrumental in the regeneration of DNA. Clinical work in Europe for over a hundred years has documented the dramatic resolution of genetic defects.⁹ Every couple planning on having children should consider taking QMP in undiluted form for at least six months before having children.
- As a *spritz* or pick-me-up during the day. Spritz yourself, your plants, and your pets.
- As a preconditioning treatment for seeds. Spray prior to planting to activate genetic potential, especially if you intend to harvest your own seeds.
- As energetic enhancement. Spray on food prior to consumption.

If you use a vortexing machine (mentioned later in this chapter) the mineral basket in the base of the pitcher releases a variety of minerals. It is okay to add one of the salt solutions to augment the blend of minerals supplied from the mineral basket.

Energizing your salt solutions

When ions are energetically charged, they are more efficient carriers of energy. Thus, when a salt solution is energized, *before* it is added to water, the resulting water is enhanced to a greater degree. To energize your salt solutions, keep them over a copper triskelion or inside a Light-Life™ ring. Both methods will be discussed later.

Elements for creating structured water

There are two natural forces that are required for creating water's basic structure. The first is a vortex. This is Nature's way of gathering energy. The second is a form of organizing energy (magnetism, piezoelectricity, light, sound, and/or other subtle forms of energy). Magnetic and paramagnetic forces are the easiest to use. However, piezoelectric forces work too—as do light and sound. There are many ways to combine these influences to generate water's basic structure.

Necessary elements for creating structured water

Element	Purpose
Vortex	Gather energy, ionize minerals, establish coherence
Organizing energy	Establish molecular structure

Creating a vortex

If you stand at the geographic North Pole and look downward, the Earth spins *counterclockwise* as it rotates around the Sun. If you live in the Northern hemisphere, stirring water in the counterclockwise

direction is literally *going with the flow*. This is the feminine spin. It gathers creative energy and incorporates it into water. (If you live in the Southern hemisphere, stirring with the flow of the Earth will be in the clockwise direction.)

In the Northern hemisphere, stirring *clockwise* goes *against* the spin of the Earth. This is the masculine spin which tends to dispel negative energy. The masculine spin slightly reduces the surface tension of the water. It also reduces hydrogen bonding and makes water seem thinner as negative patterns are released. However, once dense energy patterns have been discharged, further movement in either direction adds structure and gradually increases surface tension. Coherent structured water has *increased* surface tension due to the enhancement of hydrogen bonding and other molecular forces. This is what gives structured water its smooth, creamy texture.

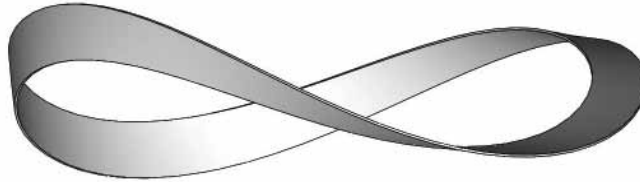
In nature, water spins in both directions—first one way, then the other. This clears and re-organizes water, continually removing dense energy and building life force with each change of direction. There are a number of ways to create a vortex—everything from manually stirring water to the use of magnets and vortex generators.

Manual stirring to create a vortex

Stirring the water yourself is a wonderful way to create a vortex; it is a superb way to dance with the water. If you stir water manually, stir it for several minutes in each direction. Speed (velocity) is not as important as connecting with the water while you stir.

After you have stirred in both directions for several minutes, you may want to further energize the water by stirring in a figure “8.” The figure 8, otherwise known as the infinity symbol or the lemniscate (meaning ribbon) is a geometric representation of the endless and eternal nature of energy. The symbol is patterned after the mobius strip—a strip of paper that is twisted and attached at the ends forming a two-dimensional surface that

can be traversed without end. The infinity symbol is used in many ways to energize and to re-pattern. When water is stirred in a figure 8, additional energy is incorporated into the water.



The lemniscate represents the eternal nature of energy.

Another simple technique for manually stirring water is also an exercise for the brain. It provides *imploding* and *exploding* (feminine and masculine) energy for the water while balancing and integrating the right and left hemispheres of the brain. This technique offers a way to engage the whole brain and to participate in the dance with water at a deeper level. Those with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder may notice an increased ability to focus after this short exercise:

1. With your left hand, begin stirring the water in large circles in a counterclockwise direction. Gradually reduce the size of the circles until you are stirring only in the center of the container. Then slowly increase the size of the circles until you are stirring large circles again at the outer edges of the container.
2. Reverse the direction of stirring so that you are making large circles in the clockwise direction. Gradually reduce the size of the circles, as before, until you are making very small circles in the center of the container—then increase the size of the circles again.
3. Switch hands and stir using large circles in the clockwise direction with your right hand. Gradually reduce the size of the circles and then expand again.

4. Reverse the direction of stirring so that you are stirring in the counterclockwise direction with your right hand. Repeat the process of reducing the size of the circles and expanding them again.

This simple exercise takes less than a minute to stir 10-15 times in each direction as you reduce and then increase the size of the circles. The resulting water has a unique energy that may help with integration and focus throughout the day.

Selecting a stirring utensil

Wooden, copper, silver, or gold stirring utensils rather than stainless steel or plastic are recommended. Copper, silver, and gold are ORMUS elements. Copper and silver conduct energy and produce an electric field that extends out for a significant distance in water. Copper acts as an interface *stepping down* etheric energy to a manageable level on the physical plane. You can make your own stir rod from electrical wiring by intertwining two or three strands of copper electrical wire. You may also intertwine silver filaments or use a combination of copper, silver, and gold. Appendix B includes some ideas for making your own stirring rods.

Vortex Generators

Technically, the creation of a vortex also satisfies the requirement for a source of organizing energy when the water includes salts. Vortexing spins ions which induce tiny magnetic fields. The addition of magnetic, piezoelectric, light, or sound energy amplifies the organizing function of a vortex.

An inexpensive coupler called a Vortex Magnetic Energizer is available on the Internet. It connects two bottles as shown. Swirling the water in the bottles creates a vortex. Spinning water passes through a magnetic field created by four strong neodymium

magnets positioned in the coupler. As the water swirls through the coupler, it releases negative energy and acquires structure. The device is meant to be used like an egg timer. With each cycle, the water becomes more energized and more coherent. Aligning the magnets with the magnetic North Pole further enhances the process. Since the coupler currently works using plastic bottles, be sure to store the energized water in a glass or ceramic container—or drink it right away. (see resources)



The Vortex Magnetic Energizer connects two bottles with a magnetized coupler—an inexpensive way to create a vortex.

Another type of vortex generator completely automates the structuring process. This type of device is about the size of a kitchen blender. It spins the water counterclockwise within a magnetic field. Beneficial ions are released from a small mineral basket in the base of the pitcher as the water spins. The velocity is significant enough to remove lower vibrations from the water—even though the machine spins in only one direction, yet it is not so fast that it disrupts the electromagnetic field around water molecules. Two similar machines are shown on the following page. Both are capable of creating coherent structure that will last for a long time. (see resources)

How to Structure Your Water



The Vitalizer Plus™ (left), and the Optimizer II™ (right), are premier tools for creating basic molecular structure in water.

Combining vortices with magnetic fields can also augment/stabilize the structure of the water in juices. This is the concept behind the Green Star juicer made by Tribest. (see resources)

Adding magnetic energy

Magnets alone cause molecules to spin. Water that is placed in an egg-shaped container within a magnetic field will become structured on its own, in time, even without stirring. In this case, the vortex is created by the shape of the container. If you do not have a vortexing device, you can add magnetic energy to an egg-shaped container by placing magnets around it. Place magnets (the stronger the better) on each of four sides of your container at the top and bottom so that they oppose each other as shown on the opposite page. At the bottom of the container, tape the north magnetic pole facing into the container. Directly across from this magnet, tape the north magnetic pole of another magnet so that it also faces into the container. At the top, immediately above these magnets, tape magnets with their south poles facing into the container. Turn the container one quarter turn and

place four more magnets, top and bottom, so that they alternate between north and south poles facing into the container. This same type of magnetic arrangement can be used on a blender for a more powerful effect. It is similar to the Volixer blender developed by Dr. Ron Cusson.



Ideal configuration of magnets to structure water in an egg-shaped container.

Adding magnetic energy with paramagnetic rock powder

Another way to add magnetic energy to a vortex is with the use of paramagnetic rock powder. A small amount of powder is like having billions of tiny magnets interacting with the water. Placing paramagnetic rock powder underneath or around a water vessel satisfies the requirement for organizing energy as well as for a vortex. Structure can be created in the water within several hours depending on the size of the container and on the strength of the rock powder. Place rock powder (preferably one with a μCGS rating of 1,500 or more) underneath or around your water container while you stir or while you vortex the water. For another way to do this, see ORMUS from paramagnetic rock powder—Chapter 13.

Terracotta is a paramagnetic clay. Placing water in an egg-shaped terracotta vessel is an ideal way to structure water.

Adding piezoelectric energy with crystals

Quartz crystals have piezoelectric properties that will bring structure to water. They also have the capacity to structure water via epitaxy. When placed in water, nothing else is required. However, the use of an egg-shaped container will hasten the process. Depending on the size of the container and on the size of the crystal(s), it may take several hours or overnight to structure water. The longer the crystals are left in the water the better. Keeping a crystal in your water bottle will also help to maintain the structure of water when you leave home. Periodic agitation will keep your water structured and energized.

Enhydro quartz

A specific type of quartz crystal known as *enhydro* quartz works even more rapidly to structure water. These crystals contain a remnant of ancient water that has remained unchanged for eons inside the crystal. During the formation of these crystals, water was trapped. This is evidenced by tiny air bubbles in the water—formed as the water contracted. Air bubbles appear to *roll* inside a tiny cavity in the crystal as the crystal is shifted. The geometric structural pattern from the water inside enhydro crystals is maintained by the crystal and translated easily to water.

Blue topaz

Another crystal with an amazing capacity to structure water is blue topaz (non-irradiated). Unfortunately, most blue topaz on the market today is irradiated to enhance the color of this gemstone. Non-irradiated blue topaz has just the slightest hint of blue color. Its energy is very closely *tuned* to water. A tiny (1/8 to 1/4 inch) gemstone-quality piece of blue topaz will bring structure to water almost immediately. The water also becomes programmed with the frequency of blue topaz—a wonderful energy. (Using irradiated blue topaz will not structure your water. Its life force has been disrupted during the irradiation process.)

One of the few places you can purchase non-irradiated, gemstone-quality blue topaz is a company known as Gemisphere. Gemstone-quality blue topaz necklaces support the structure of the water in your entire body. When available, the company may sell individual blue topaz beads. These will structure up to a gallon of water within a few seconds. (see resources)

Laminar crystal

Although it takes longer, laminar crystal does much more than simply structure water. It draws hydrogen as well as life force energy to the water. Laminar crystal objects (called cosmic energy stones, pearls, or cupcakes depending on their source) can be placed directly in your water. Allow the water to sit uncovered for 6–12 hours depending on the size of the container and on the number of laminar crystal objects you use. If the water is already structured via one of the methods outlined previously, laminar crystal will draw in hydrogen more rapidly and it will be ready to drink sooner (for example: 6 rather than 12 hours). When used in sets of three, laminar crystal objects set up a strong resonance in the container so that the resulting water is highly energized. (see resources)

ANCHI crystals

ANCHI crystals will also structure water—rapidly. And like laminar crystal, they do much more than structure the water. ANCHI crystals transfer structural patterns to water carrying unique, life-supporting information. Their energetic field is so strong that the water is capable of holding the pattern for a long time. ANCHI crystals are small. They can be placed either *around* or *in* water. Several minutes are enough to transfer the structural and vibrational information to the water. They can also be left in their original pouches and placed around a water container to bring structure. (see resources)

Fountains of Life



Gaia's Fountain of Life

One of the most distinctive vortexing devices created to date is Gaiia's Fountain of Life. This exquisite device not only structures the water, it allows the user to connect with the water in a unique and beautiful way. Each one is individually handcrafted. Fountains of Life generate Golden Mean spirals as the water continually circulates through magnetic fields and a variety of other enhancements including ANCHI crystals and paramagnetic rock. These exquisite works of art radiate energy to the entire area; simply watching the water is an uplifting and energizing experience. (see resources)

Adding light energy with MRET technology

Research at the University of Washington demonstrated that sunlight ionizes water and induces structural organization.¹⁰ Light has both electric and magnetic components; certain wavelengths are a good source of organizing energy useful for structuring water.

A technology known as MRET (molecular resonance effect technology) uses light, magnetic, and piezoelectric energy to structure water. MRET devices are based on the research of Igor Smirnov, Ph.D., who designed a special crystalline polymer. When activated by an external magnetic field and oscillating light, the polymer generates subtle, piezoelectric, low-frequency vibrations which are communicated to the water

without direct physical contact.¹¹ Water produced via MRET technology carries frequencies that are very similar to the Earth's Schumann resonance.¹² It also carries the full spectrum of light frequencies from the Sun. This provides a harmonious blend of life-supporting vibratory information. The resulting water retains coherent structure for a long period of time. (see resources)



MRET Technology

Water ionizers

Electrolyzing devices, otherwise known as water ionizers, use electric current to create structured water. Water ionizers are not recommended for reasons previously outlined in Chapters 5 and 6.

The Triskelion

The next time you have the opportunity to sit and watch a river, notice the spirals that often occur in sets of three. Many things in nature occur in sets of three. The number three is the epitome of balance. Three lines are necessary to form a plane. There are three dimensions (length, width, and height) required to form a solid. Many concepts in philosophy, mathematics, art, and physics are also based on the number three.

The ancient symbol called the *triskelion* or *spiral of life* is based on the number three and on the universal spiral. This symbol is found throughout ancient history all over the world. It appears on Coptic antiquities, on the rocks of Mongolia, on Tibetan rings, on Buddhist banners, on ornaments of all the Himalayan countries, and on the pottery of the Neolithic age. The symbol is drawn in one single line and represents the natural flow of the Earth in her seasons and cycles.



The triskelion represents balance epitomized by the number three.

Left and center: two forms of the triskelion or universal spiral of life.

Right: a simple copper triskelion made with electrical wire.

For instructions on making your own triskelions, see Appendix B.

When constructed of copper, the triskelion sets up a bioelectric and biomagnetic energy flow based on mathematics and sacred geometry. Placed in or around water, it creates energetic vortices that eventually bring structure and add energy to water.

One of the authors noticed that the build-up of scale on an older pan that was used to heat water began to dissolve within a week after she set her water vessel over a large copper triskelion. The dissolution of scale is a classic indicator that water is structured. Many will notice when they begin to use structured water that teapots lose their scale. When structured water is heated, thick scale does not form on the container—only a thin layer of powdery mineral residue. Hard water minerals in structured water are not attracted to each other in the same way that minerals are attracted in unstructured water. They do not form the same type of deposit. (see *Treating hard water—Chapter 14*) The authors don't recommend boiling water for consumption. If you heat water for tea, warm it just enough to infuse the tea, rather than boiling the water.

A copper triskelion will structure water within several hours. When used in conjunction with crystals and/or vortexing

devices, it can be an even more powerful tool. You can either place a triskelion underneath (or inside) your water vessel—even better, place one on one side of the vessel at the top and another one on the other side of the vessel at the bottom. This will structure the water; it will also preserve any programming in the water and it will help protect water from negative patterns in the environment.

The triskelion has an amazing ability to neutralize harmful energy in almost any setting. Both authors use triskelions in and around all their water containers. (in the refrigerator, on pitchers and water bottles, etc.)

Structuring water with triskelions

Attach a triskelion to the top of your water vessel in back. Attach another to the bottom on the front of the vessel. Used in this way, the water naturally attains a certain degree of structure. The triskelion also helps to protect water from harmful negative energy.

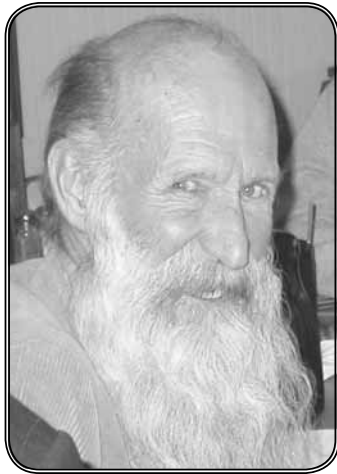


Energizing salt solutions with the triskelion

The bioelectric and biomagnetic flow of energy induced by a copper triskelion is an ideal complement to the energy of unprocessed salt. When used together (placed beneath or alongside salt solutions), a triskelion augments the energy of the ocean and charges ions

so that they conduct a greater flow of energy. For enhanced conductivity, charge all your salt solutions with a triskelion or with a Light-Life Ring *before* you add them to water.

Light-Life™ Rings



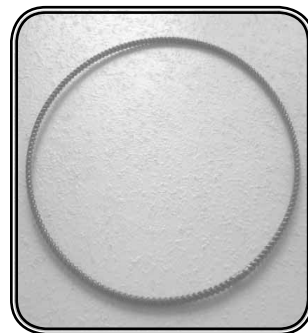
Slim Spurling

Photo courtesy of Cal Garrison

Another simple tool based on sacred geometry that will bring structure and life force to water is referred to as a Light-Life Ring. Light-Life technology invented by Slim Spurling in the 1980s and 1990s, creates a counter-rotating vortex and a column of energy that passes through the ring in both directions for a considerable distance. Early experiments using the rings indicated that they *potentized* water and gave it healing properties.¹³

Further experimentation indicated that under some circumstances the rings altered the freezing temperature of water.¹⁴ This is a good indication that the water's structure has changed.

In his private lab, Hans Becker, an inventor who performed early research on the Light-Life rings, used a current probe with a special transformer to show that the rings amplified subtle energy input by 400-450 times. He also analyzed water placed in the energy field of the rings using a spectrophotometer and found that the rings altered the optical transmission of the water. They allow more light to pass through and they change water's absorption of photons (light units).¹⁵ These are indications of changes in molecular structure.



The energetic qualities of a closed loop coil have sparked intense interest. According to Hans Becker, “*When you create a closed loop coil, energy begins to flow and the laws of physics go out the window. They may be the simplest, most efficient source of energy there is—gathering it and condensing it freely from space. This is why planets follow elliptical paths and why everything from atoms to galaxies spins in circular motion. It is why the universe does not wind down and come to a stop.*”¹⁶

Light is harmonically connected with circular motion. The resonant frequency of the original Light-Life ring is 144 megahertz (MHz)—a harmonic reciprocal of light speed. In the case of the Light-Life rings, the length of the wire is as important as the circular design. Each wire is cut to a precise measurement based on the sacred geometry used to build the Great Pyramid in Egypt. The length of the wire is one ten-millionth of the polar radius of the Earth. This length is also related to the radius and to the mass of the hydrogen atom. The wire is looped back on itself and twisted before completing the circle. Life-Light rings draw in cosmic energy and life force. When used with water, they can be some of the most powerful tools mentioned in this book. (see resources)

Endowed with basic structural organization, water is ready to adopt more complex patterns based on the vibratory information it receives. This is the subject of the next chapter.

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