



# The World Foundation for Natural Science

## The New World Franciscan Scientific Endeavour of The New World Church

*Restoring and Healing the World through Responsibility and Commitment in accord with Natural and Divine Law!*

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## ***World Water Day 2021***

Man needs two essential things for his or her survival and for health: air (that is, oxygen) and water. Regular access to clean water has been a recognized human right for over a decade. Despite this, to date one-in-three people on the planet do not have clean water.

Have you ever wondered what you would do without water? Not just without drinking water. What if there was no water? Unimaginable, isn't it? No matter what comes to mind – the growing of a tree, the potato field next to your house, human blood circulation (or that of your pet), rain and snow, glaciers, lakes, rivers, the sea, of course – water is everywhere. Isn't it remarkable that the Earth is the only planet in our solar system that has liquid water on its surface, and in fact about 70 percent?

Water is a phenomenal element. In school we learned that water has three states: solid, liquid and gas. Yet water, and only water, also has a fourth state, between solid and liquid. In this state water is a gel, you could also call it a liquid crystal or structured water, because the molecules do not move about freely, but they bind together into hexagonal structures (similar to a honeycomb and as in the ice crystal)<sup>1</sup>. In our bodies structured water is built under the effect of heat (sun light!) and on hydrophilic (water-loving) surfaces, as can be found in proteins. A typical example of structured water in the body is the lens of the eye.

Structured water is of the utmost importance for many processes in our bodies. The restructuring of the water changes the electrical conditions in and around the cell. Thus, biochemical processes can be triggered<sup>2</sup>. Yet, our bodies need both states, as only in the liquid phase essential substances are brought into the cell, while waste products are carted off.

Today, it is well known, that the 'gels' that is the structured water in the human body can be damaged through toxins and electromagnetic fields. You can find a lot of information on our website on how to protect yourself from the harmful effects of artificial electromagnetic radiation. As in the human body the interaction of structured, gel-like and liquid water is a prerequisite for vital water in natural waters and drinking water. Unfortunately, also in nature the quality and vitality of water bodies is often reduced through human interference (e.g. pesticides, drug residues in waste water, etc.).

## How to restore or improve the vitality of water?



Healthy water should be free of toxins, rich in minerals and as structured and oxygenated as possible. You can do a lot to improve the quality of your drinking water, by serving it in a glass or (porous) earthen jug (and by not drinking it out of plastic cups). Add a pinch of a good, unrefined stone or sea salt to the water for mineralisation. Then stir clockwise (for example with a wooden ladle) and then counter clockwise, changing direction several times. In this way a vortex is created in the jug, as is the case in nature in streams or springs. Through the vortex motion the water is being vitalised, structured and oxygenated. At the moment, as the widespread mask mandates hinder oxygen

intake into the body, oxygenating water is especially important. Lacing the water with a bit of lemon juice also stimulates the water into building highly structured zones.

Also remember that water can store information, as was shown with the work of Dr Masaru Emoto.<sup>3)</sup> Then why not bless your own drinking water or express to it your gratefulness for its life giving properties? This is the most simple method to support the restructuring of water. It is certainly no coincidence that so-called 'healing waters' as in the spring at Lourdes or in the river Ganges contain a high amount of structured water.

By the way, most people drink far too little water, even if they have access to good, pure drinking water. When you feel thirsty or your mouth feels dry, your body is already suffering from a substantial lack of water. Therefore, drink six to eight 8-ounce glasses of water throughout the day (in addition to coffee, tea or other beverages), as water regulates all our bodily functions.<sup>4)</sup>

As you can see, you can do a lot to ensure that your body is supplied with the life elixir water as optimally as possible. Maybe you would like to implement one of our tips today, World Water Day, and it is our hope that you appreciate and honour this unique element in all respects!

## References

1. ↑ Read for example "The fourth phase of water. Beyond solid, liquid and vapor" by Dr. Gerald H. Pollack
2. ↑ Ho, M.-W. (2008): The rainbow and the worm. The physics of organisms. World Scientific.
3. ↑ Masaru Emoto (2010): Messages from Water and the Universe. Hay House Inc
4. ↑ Batmanghelidj, F. (2008): Your Body's Many Cries for Water: You're Not Sick; You're Thirsty: Don't Treat Thirst with Medications. Global Health Solutions. <https://www.naturalscience.org/publications/special-report-bodys-many-cries-water/>

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