

8. Water

Water is one of the primary ingredients for life. We believe life began on Earth in the water of its oceans. Our bodies consist primarily of water. When we look for life outside of Earth, we typically look for water, or conditions that may support the existence of water. Water is fundamentally important. Scientists believe there are 8 planets and 181 natural moons in our solar system, estimate there are 10 to 40 billion planets in our galaxy, and estimate there are some 100 billion galaxies in the universe. However, there is only one place in the universe we have ever identified standing surface water: Earth. Without water, there is no life, at least as we know it. We are bags of water, with appendages.

There are two aspects to clean, pure, healthy water: 1) it doesn't contain or transport other things, like chemicals, poisons and biological beings that harm us; and 2) the water is energetically healthy.

The first is intuitive. If there are things mixed with the water that are bad for life, that's bad for what consumes it. Pure water is just that, pure. It's chemically H₂O, and nothing else. Chlorine, fluoride and many manmade chemicals added to water are poisons. We justify them as ways to kill bacteria and other living things that may harm us, and we try to keep the doses low, but we're nevertheless ingesting poisons when we drink chemically treated water. If we're not careful to limit exposure to them, they harm us. The solution is to filter, boil, treat with light, or take from pure sources, rather than to poison.

The second is less understood. Water has unique properties. It exists in solid, liquid and gaseous forms. It expands when it freezes. It creates myriad crystalline structures in all forms, like snowflake patterns. Those structures are affected by the energy of anything coming in contact with it, including pathways and patterns of water flows. Expose water to love, joy and caring, and it creates aesthetically beautiful structures. Expose it to hate, fear or anxiety, and it creates aesthetically ugly structures.^{1 2 3 4}

Food grown with water treated with higher energies, like love, joy and caring, or just natural harmony, has much bigger yields than food grown with water affected by lower energies, like hate, fear and greed. It's as if water has memory. It resonates in its structures with energies that influence it, and in turn transfers energies it resonates with into what it comes in contact with. Water transmits energy patterns to all things, including people and other life forms, and our cells, organs and tissues. All is energy, including humans and all life. Water is a particularly sensitive carrier and transmitter of energy patterns. We as beings of water resonate with water we take into us and waters around us.

When we expose water to harmful chemicals and lower energies, we risk harming life by poisoning it, and by exposing it to resulting and resonating disharmonious energy structures. We expose water to harmful chemicals and harmful energy through: agriculture and domestic use of poisons and fertilizers, which can also promote growth of bacteria and other life forms in water that harm us; through industrial wastes and harmful runoff from manmade environments; through things we discharge into the air as gases, through industrial releases, auto exhaust and burning; through unsafe and violent water pipeline pathways; and through waste we dispose of in the land, in dumps, and in rivers, lakes and oceans. We are doing great harms to our waters and water systems.⁵ All of that is bad for life.

As with food, these harms are byproducts of values and behaviors that override the value of clean, pure water in our environments and bodies: like laziness, ignorance, desires to make money and lack of consequences for doing harm. We ignore, deliberately or not, the harm we produce when we pollute water and infuse it with harmful energies, and we realize resulting negative impacts in us, and in all.

Few want responsibility for that, or to do anything about it, because that costs money, or there's no money to be made by doing it. Government doesn't adequately enforce this value or inform us about it, and we don't adequately insist on preserving and enforcing this value. The negative repercussions move out through all natural systems, like ripples across a pond when something noxious is dumped in it. Clean, pure water, flowing and transforming in natural systems, treated with good energy and carrying virtuous energy structures is a fundamental high value to all life that is currently inadequately valued.

People buy and drink bottled water that often costs more per gallon than gasoline,⁶ is often no better than tap water, and uses 50 million barrels of oil a year for its plastic bottles, with only 1 in 6 recycled.⁷ U.S. people buy 29 billion bottles of water a year. 2 million tons of them are already in landfills, taking up to 1,000 years to decompose, leaching poisons into environments and causing various health issues, like reproductive ills and cancer. It takes 3 times the amount of water in a plastic bottle to produce that plastic bottle of water. Fill a plastic water bottle a quarter of the way; that's about how much gasoline it took to make the bottle. It takes 2,000 times as much energy to make bottled water than tap water. Every second, 1,000 people open a bottle of water in the U.S.⁸

The same is true of all kinds of other drinks, particularly sweet "sodas", which are major contributors to obesity and illness according to independent studies, but not according to industry sponsored studies.⁹ Sodas have many health risks.¹⁰ Yet, we spend more money on them than for any other food.¹¹ They're about a fourth of what we drink, sometimes pretending to be healthy with diet versions, though the aspartame artificial sweetener in many is linked with about a hundred different health problems.¹²

Around the world, people buy about a million plastic bottles a minute, creating an environmental crisis that may rival climate change. More than 480 billion plastic bottles were sold in 2016, less than half were collected for recycling, and only 7% of those collected became new bottles. 5-13 million tons of plastics enter oceans every year; by 2050 it's estimated plastics in oceans will outweigh fish.¹³

Worldwide, a billion (1 in 8) people rely on fish as their main source of animal protein, and 1 in 10 people depend on fishing for their livelihood.¹⁴ Unsustainable fishing and harms to waters harm us. Obviously, it is important that we respect and care for natural water systems and water we consume. Just don't mess up water! Let it do what it does naturally! Add no chemicals or waste! Let it flow! Drink clean, pure water with healthy energy in it! Avoid drinking artificial stuff! Avoid harming water!

¹ *The Hidden Messages in Water*, Masaru Emoto, Publisher: Atria Books; Later Printing edition (September 20, 2005), ISBN-10: 9780743289801, ISBN-13: 978-0743289801, ASIN: 0743289803

² *The Secrets of Water*, The Documentary of Viktor Schauberg "Comprehend and Copy Nature", 3/16/2016 · Vital Vibe Source, <https://www.bing.com/videos/search?q=energetic+water+qualities+documentary&view=detail&mid=0BE80DECE7C825E9D8BE0BE80DECE7C825E9D8BE&FORM=VIRE>

³ *Water Memory* (2014 Documentary about Nobel Prize laureate Luc Montagnier), <https://www.youtube.com/watch?v=R8VyUsVOic0>

⁴ *The Creative Secrets of Water* (16 Articles), Foundation for Water, <http://www.foundationforwater.org/articles/>

⁵ See the subsection on Water Pollution in the *We Can Change Our Wicked Problems!* Chapter on Pollution and Other Environmental Harms, <https://www.wecanchange.us/pollution-and-other-environmental-h>

⁶ "Gas cheaper than water? Not so fast", Mark Fahey, January 15, 2016, CNBC, <https://www.cnbc.com/2016/01/15/gas-cheaper-than-water-not-so-fast.html>

⁷ “17 facts that show why bottled water is one of the biggest scams of the century”, Erin Brodwin, Anaele Pelisson, August 26, 2017, Business Insider, <http://www.businessinsider.com/bottled-water-facts-science-healthy-2017-4/#the-first-documented-case-of-bottled-water-being-sold-was-in-boston-in-the-1760s-when-a-company-called-jacksons-spa-bottled-and-sold-mineral-water-for-therapeutic-uses-companies-in-saratoga-springs-and-albany-also-appear-to-have-packaged-and-sold-water-1>

⁸ “Plastic Water Bottle Pollution: Where Do All the Bottles End Up?”, HealthyHumanLife.com, <http://waterbottles.healthyhumanlife.com/plastic-water-bottle-pollution-plastic-bottles-end/>

⁹ “Studies Linked to Soda Industry Mask Health Risks”, Anahad O’Conner, October 31, 2016, The New York Times, <https://www.nytimes.com/2016/11/01/well/eat/studies-linked-to-soda-industry-mask-health-risks.html>

¹⁰ “22 Ways Drinking Soda is Bad for Your Health”, Originally published on GreenMedInfo.com, Elisha McFarland, Food and Health, July 25, 2016, <https://foodrevolution.org/blog/food-and-health/soda-health-risks/>

¹¹ “Americans Spend More on Soft Drinks Than Any Other Food Item: An additional 10 percent of food dollars were spent on desserts, salty snacks, candy and sugar”, Susan Blumenthal, M.D., The Huffington Post, Updated January 3, 2018, https://www.huffpost.com/entry/sugar-sweetened-beverages-are-the-1-category-of-food_b_5a32a844e4b0b0232b691bf7

¹² “Ten Reasons to Avoid Soda”, Katie – Wellness, April 13, 2017, <https://wellnessmama.com/379/reasons-to-avoid-soda/>

¹³ See the *We Can Change Our Wicked Problems!* Chapter on Pollution and Other Environmental Harms, <https://www.wecanchange.us/pollution-and-other-environmental-h>

¹⁴ “Sustainable fishing staying afloat in developed world, sinking in poorer regions”, UN News, November 18, 2019, <https://news.un.org/en/story/2019/11/1051641>