

WATER HOLDS THE KEY



MACKENZIE M. TICKNOR

WATER....

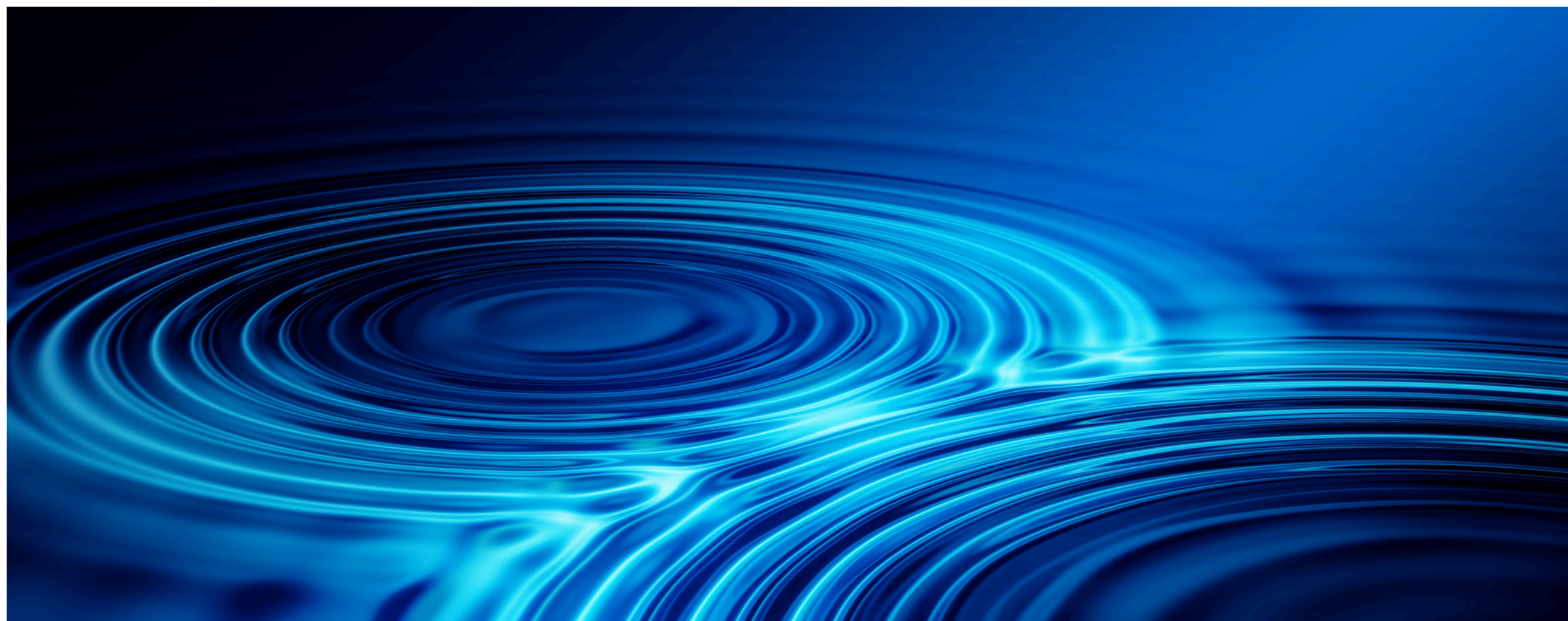
I believe it is the most incredible and influential substance on our planet. Life on Earth began in the water of the oceans. We, human beings, begin our lives in water-rich amniotic fluid. Water is the most abundant substance on the surface of the Earth, and it is vital to our existence and intrinsic to our lives. Everything living on this planet depends on water for its mere existence and survival. Water is the key component to life and makes life as we know it possible. Water is inseparable from life itself. This substance that seems quite simple though, and is often passed over without much thought, actually has unexpected astonishing properties that play and offer a role in our lives greater than anything we may have previously imagined. The average adult human body is comprised roughly of about 70 percent water. However, because water molecules are so small, that translates to about 99 percent of our molecules. That means, by molecular count, we are 99 percent water! We are beings of water!



In knowing this information, I concluded many years ago that there must be more to water than what we commonly think of. I figured there must be something to it so incredibly significant beyond the already immensely important role it plays as a life sustaining resource. I took a deep dive into learning all I possibly could about this concept, and what I found excited me to my core. **I found that water holds and stores information!** Yes, almost like a computer chip! Could water be more than just a valuable resource!? What I learned and the incredible potential it holds is too important to keep to myself. I decided to lay it all out there in this PDF format and make it freely available to anyone open to it.

In order to follow the concepts that I'm about to lay out, it's first vital to recognize that energy is everything. Science, through quantum physics, is allowing us to understand that everything in our universe is energy. Everything is comprised of unique vibrational frequencies. Most of us already know that everything is made up of atoms. When we look at the atomic level, we find that everything vibrates, all at different speeds. These atoms are in a constant state of motion. Depending on the speed of these atoms, things appear as solids, liquids, or gases. There is no true solidity in the universe! A form that appears as a solid is actually created by an underlying vibration. We, human beings, are no exceptions. We, human beings, are living energy fields.

In order to demonstrate how water holds information, I am going to use an example of a water-based therapeutic that is based off of the principals of energy above. "Energy medicines" are based on the interactions of the human energy field with external energy fields, with the intention to re-adjust any imbalances within the human energy field. I liken the way "energy-based medicine" to work within us to be similar to how when a note is struck in an orchestra, it will be found that all strings and all brass instruments will vibrate to it which are tuned to notes in the common cord of the note struck. Only the area(s) of the body that resonate with the given frequency will be influenced.



The particular water-based “energy medicine” I chose is the long-standing, remarkable Bach remedy system developed by Dr. Edward Bach. Dr. Edward Bach was a renowned bacteriologist, pathologist, homeopath, surgeon, and immunologist in the 1920s. His global system is used in over 66 countries worldwide and is comprised of 38 unique flower essences, each one of them corresponding to a specific emotional state. It is considered a complete system of emotional healing and addresses every emotion the human mind is capable of experiencing. Why did Dr. Bach focus on flowers? Plants hold incredible energy, and because we have a beautiful and vital symbiotic relationship with plants, it would make sense that their energetic imprint would have a profound and powerful effect on us. It is said that the flowers of these plants are the absolute pinnacle of their energy.

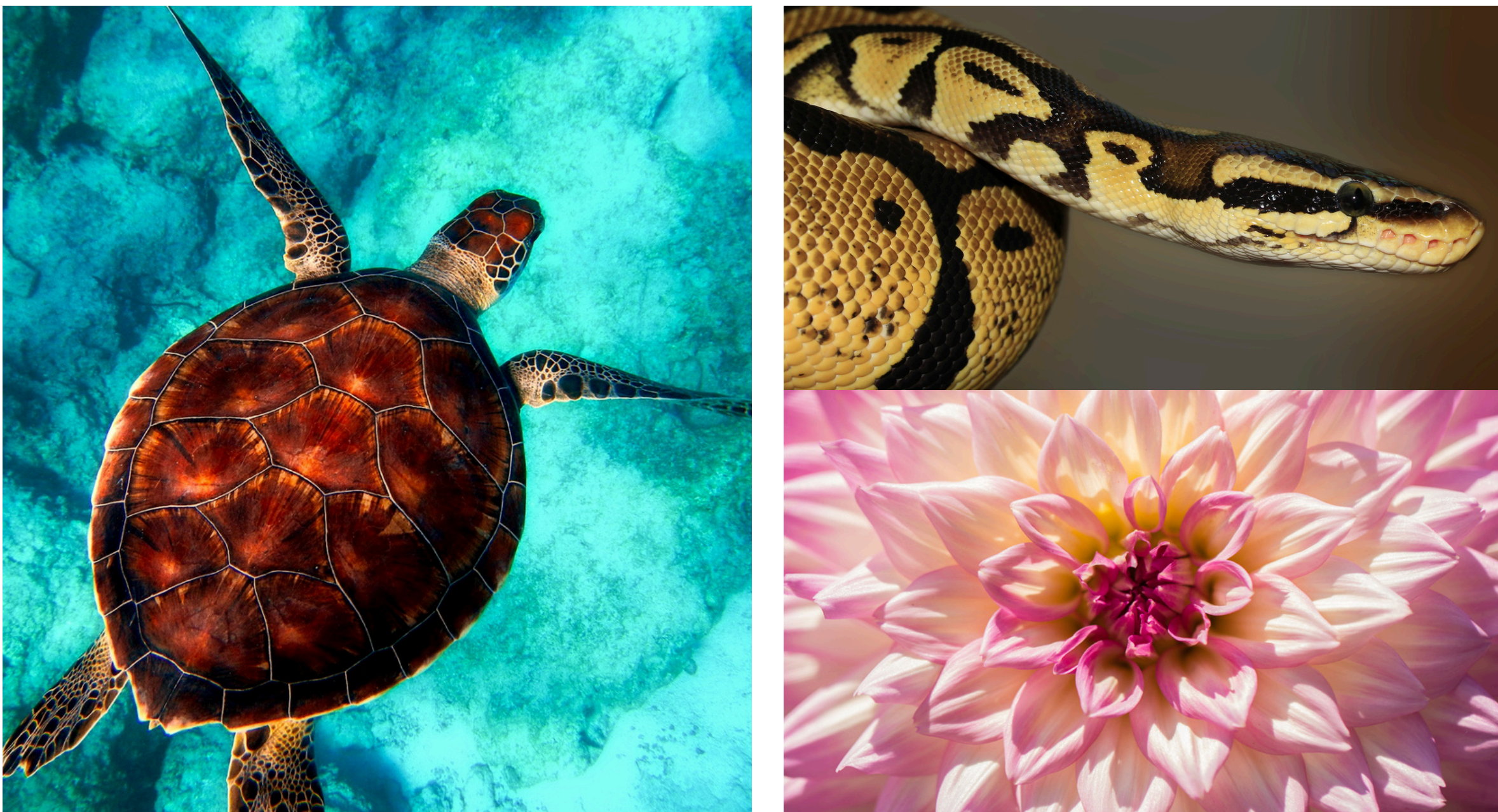
If experiencing emotional disharmony, appropriately matched flower essences will gently cast out the corresponding negative emotions, allowing the individual to return to an emotionally balanced state. Flower essences are taken orally and are merely water that has had a unique flower’s vibrational “instructions” infused into it. This happens by way of specific live flowers being placed into a bowl of freshly collected spring water. These flowers bathe in this water in direct sunlight for a certain period of time. After, every part of the flower is completely filtered and removed, only leaving the water behind. This process creates an energetic imprint of the energy pattern of the flower in the water. This water is now the “mother” flower essence. From there, the mother essence is highly diluted to form the stock bottle essences. The energetic imprint of the flower is incredibly passed from the “mother” essence water into the highly diluted water that forms the stock essences.



As a Bach Foundation Registered Practitioner myself, I have personally witnessed how life-changing this therapy can be a countless number of times. Yes, I know flower essence therapy may seem far-fetched and unbelievable to some, but when you experience the incredible healing power of these essences for yourself, there will be no need for further convincing. However, I understand the need for seeing before believing is often a hold up for many. “Skeptics” may not even bother to give these essences a try or believe that water could possibly hold any sort of healing information until they can see some tangible evidence.

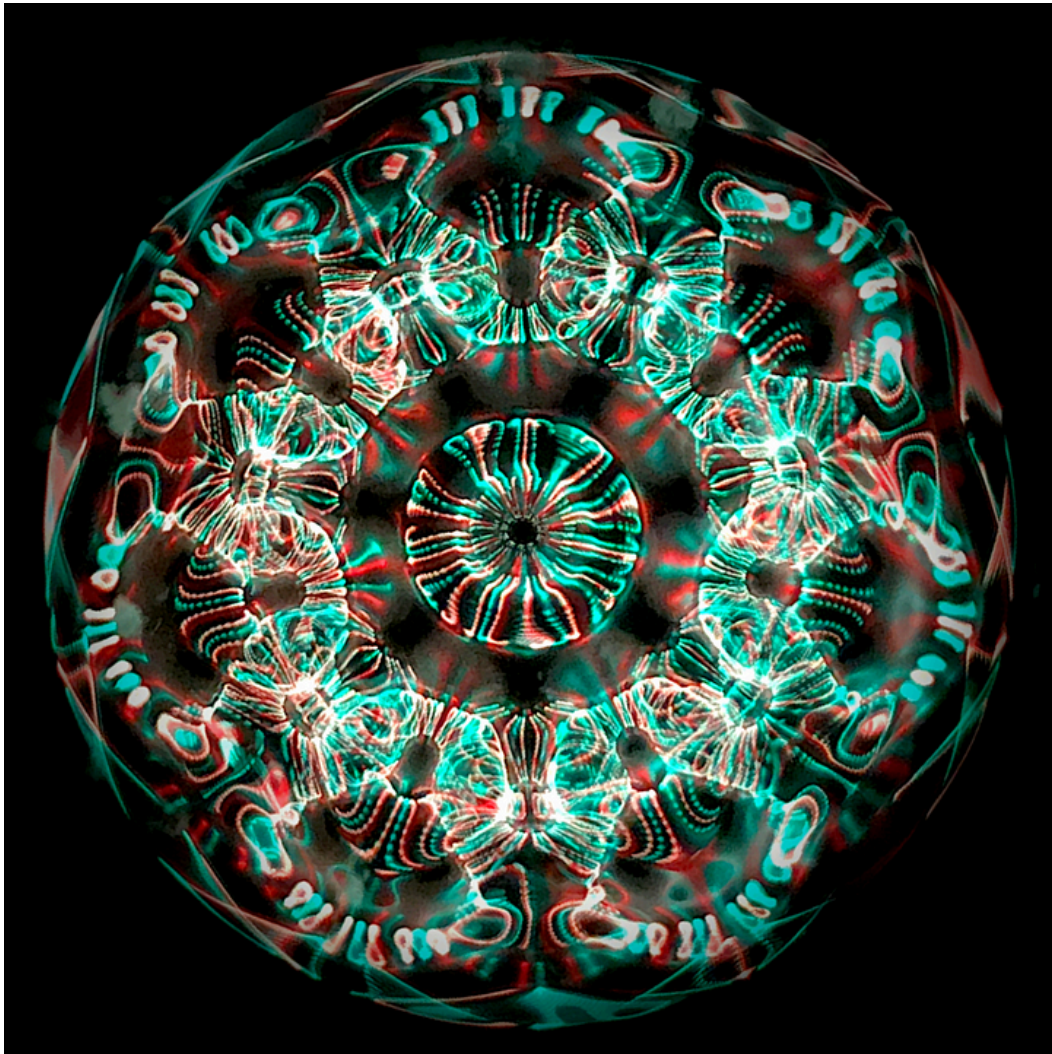
In order to provide a visual, I decided to hire Casey Attebery. Casey is a brilliant mind, scientist, leading expert in the field of cymatics, and educator at Resonant Devices. This idea of mine allows the information within the water of the Bach flower essences to actually be **visualized** by way of cymatics. This way, those who need some tangible explanations can at least start out by seeing different representations of the Bach frequencies in water with their own eyes. Talking about frequencies is one thing, but actually seeing frequencies gives it a whole new level of appeal and acknowledgement. Nancy Buono, BFCP and Director at Bach Flower Education, helped to fund this contract with Casey.

Cymatics is the study of visible frequency and vibration that was coined by the late Dr. Hans Jenny. Vibrations express themselves in corresponding geometrical formations. We see cymatic formations innately in nature all the time. The markings on turtle shells, the faces of flowers, and the patterns on snakeskin are just a few of the countless examples of this phenomena in nature. Nature speaks in a beautiful language of mathematics that rules the entirety of our visible and non-visible world. Sacred geometrical patterns can be found everywhere, creating the fundamental structure and templates of life. The geometrical archetypes unveil the nature of each form and its vibrational resonance.

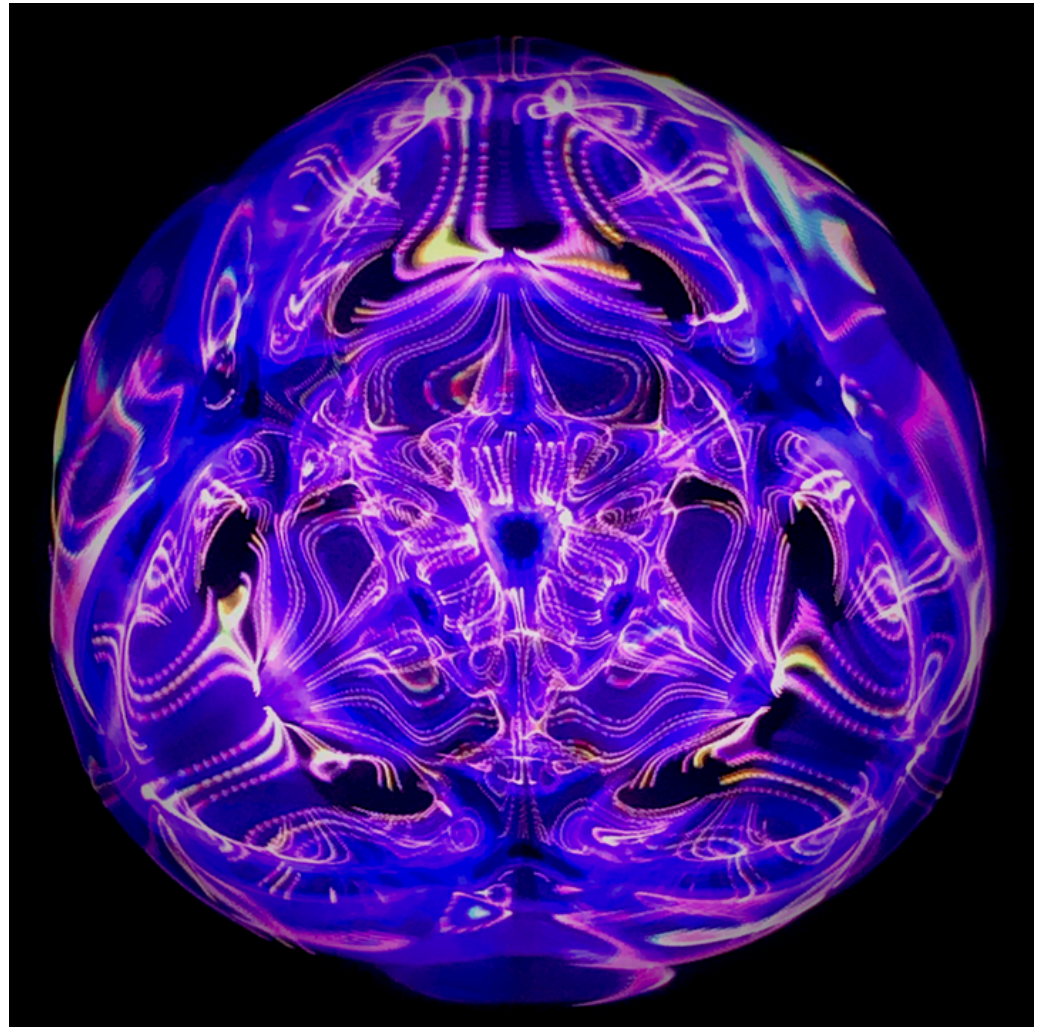


You may have already seen videos of Chladni plates with sand or salt sprinkled on top of them. When the plates are vibrated at specific frequencies, the sand forms amazing arrangements and patterns. Or maybe you have seen videos of water in dishes on bass speakers. When a certain frequency is played, the water moves in beautiful formations. These are both examples of cymatics. Casey used a variation of the latter to photograph cymatic representations of each of the Bach flower essences in a dish of water using his lighting system and photography method. I feel that using water as the medium in obtaining these photos gives a true representation of the healing mechanism presented.

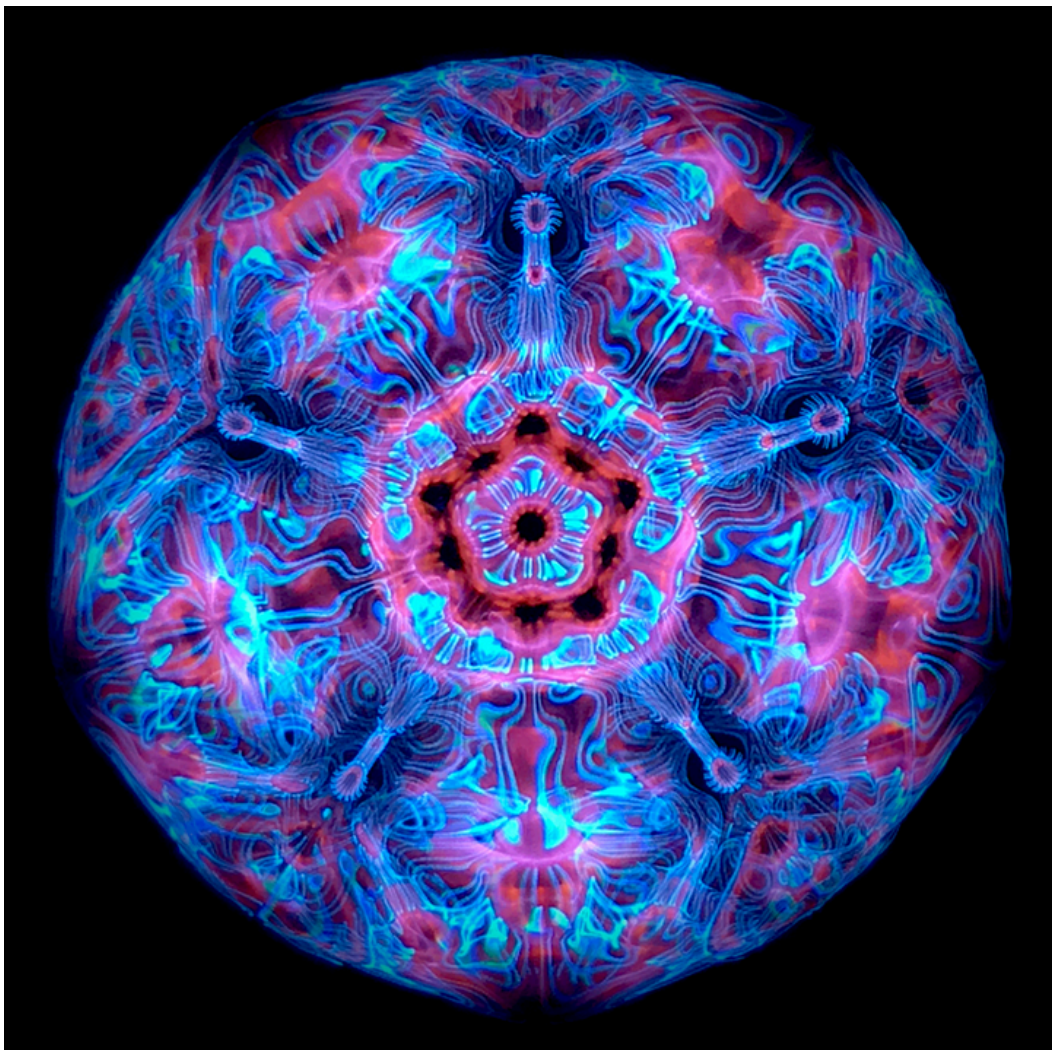
The specific frequencies Casey used for the production of each of the images were adapted from the original work of Dr. Peter Guy Manners, an extraordinary pioneer in the field of sound/frequency healing. Dr. Peter Manners used a form of spectroscopy to obtain accurate frequencies for each of the Bach flower essences. Using suitable octaves of the frequencies, Casey next found an optimal dish diameter to create the standing waves. The two different dish diameters he used were selected to match the frequency bands used in the experiments in order to keep the water-based fluid used consistent. The selected color arrangements for each one of the experiments matched either the spectral resonance of the frequency, or the physical colors of the source of the essence. The results that Casey got was nothing short of incredible. On the next pages, you will find 10 of the 38 beautiful cymatic representations for the specific Bach flower essences listed as they appear in dishes filled with water that was dyed black (for photography background purposes). The two specific diameters used (either 1 inch diameter or 2 inch diameter) and essence name are listed below each photo.



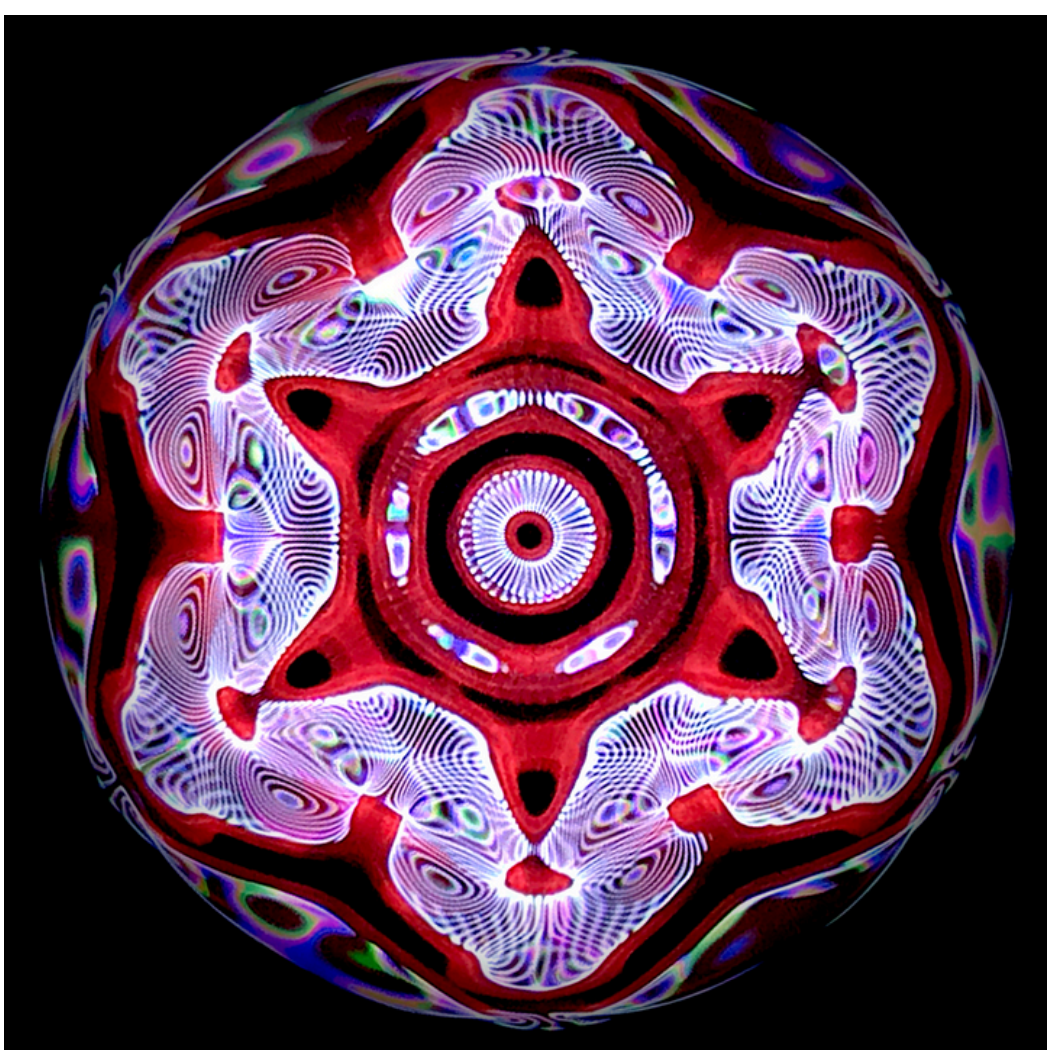
Oak - 2 inch



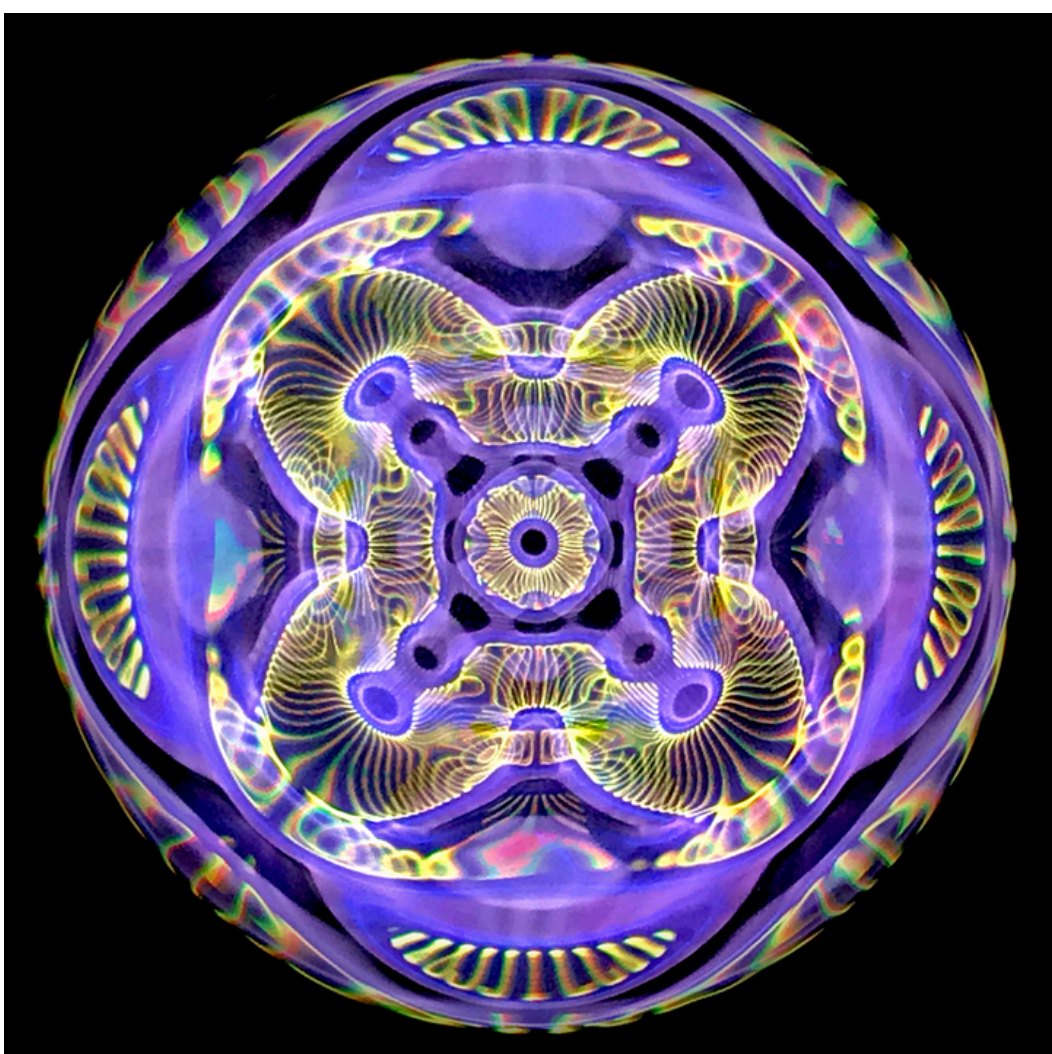
Vervain - 1 inch



Rock Rose - 2 inch



Walnut - 1 inch



Star of Bethlehem - 2 inch



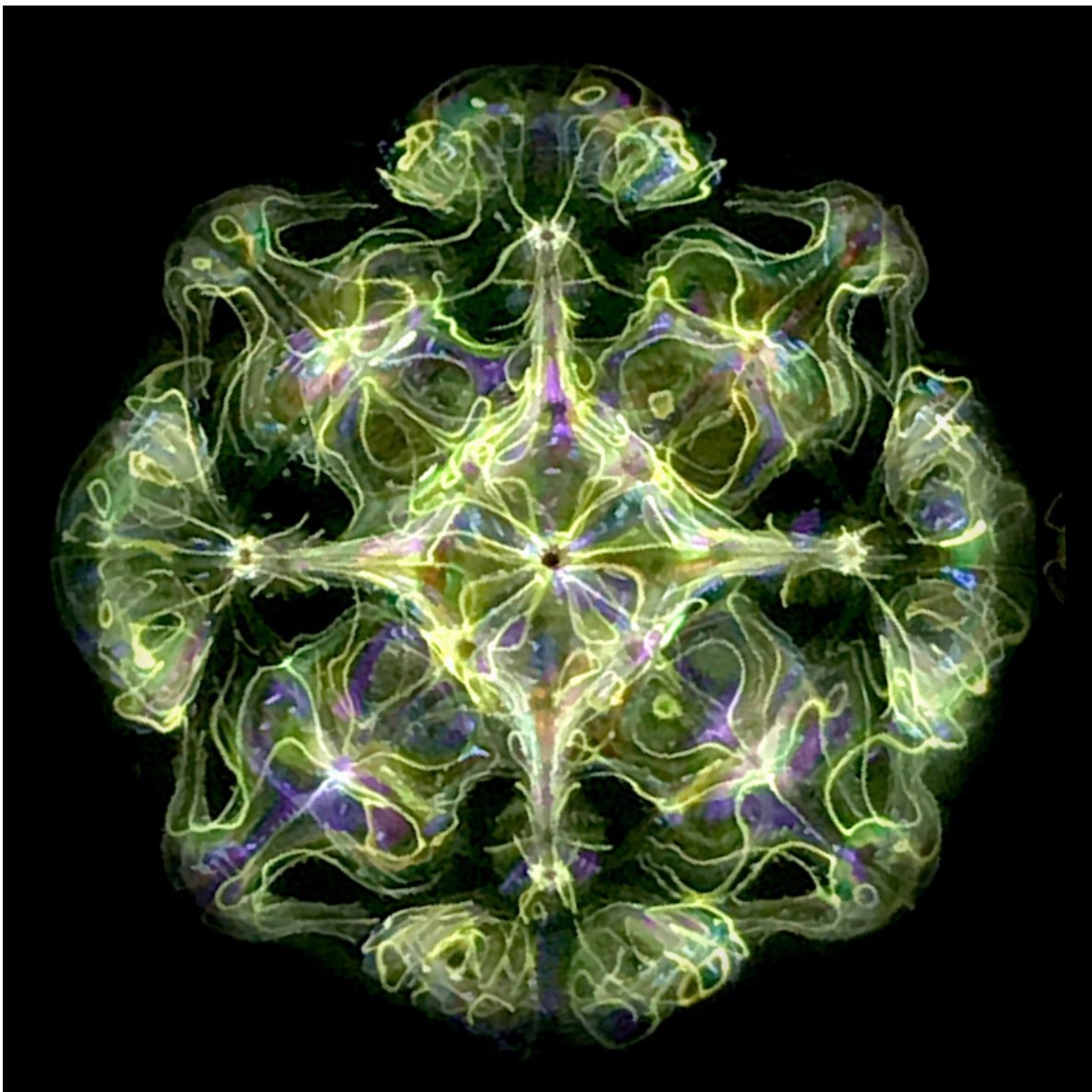
Willow - 2 inch



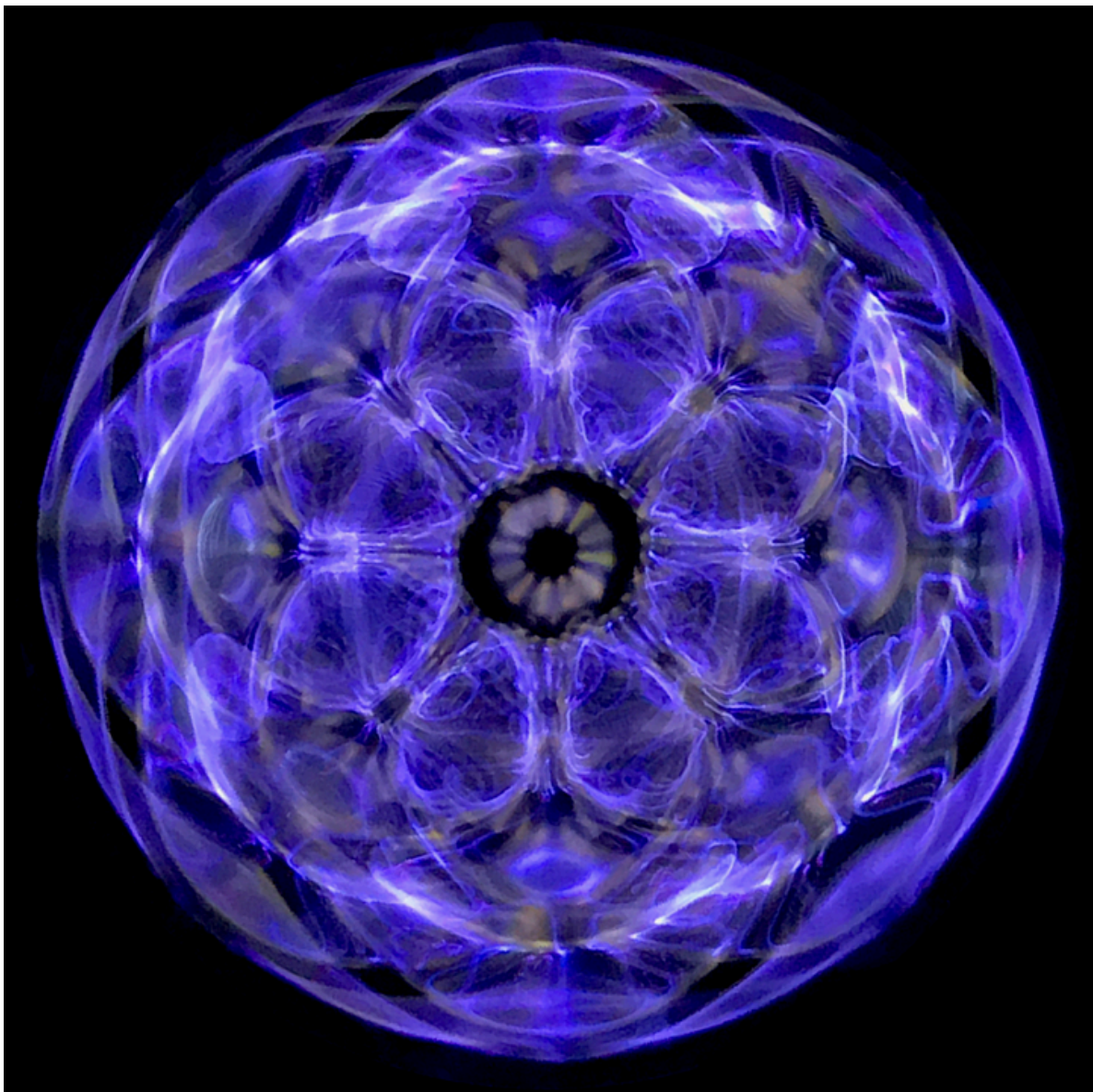
White Chestnut - 2 inch



Vine - 2 inch



Honeysuckle - 1 inch

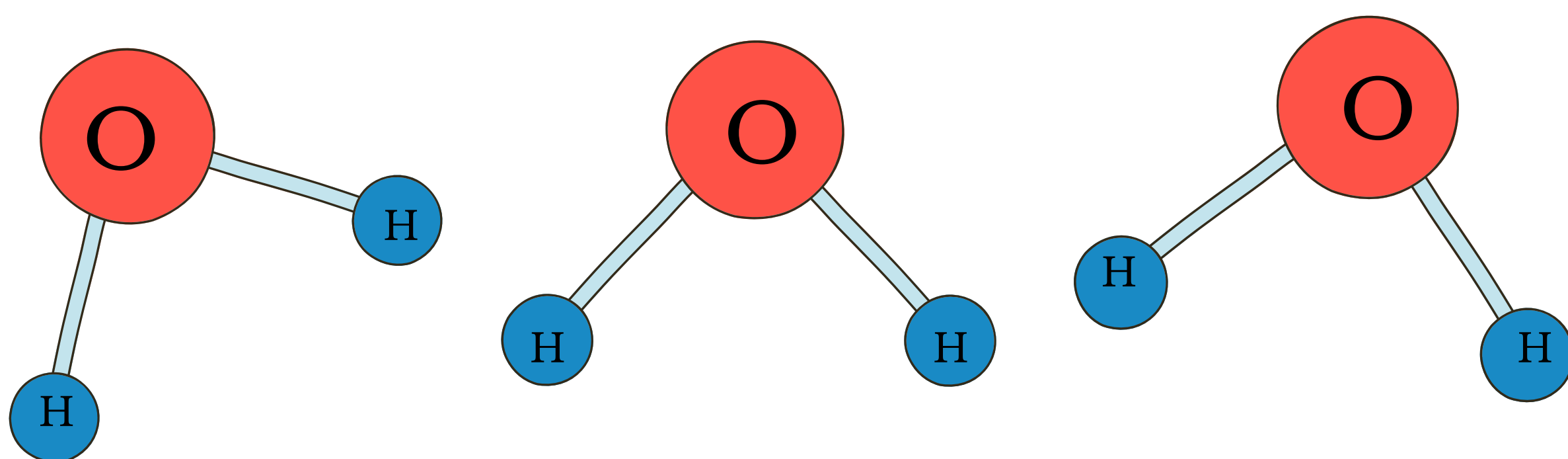


Clematis - 2 inch

If you would like to see the full line of the 38 Bach flower essences represented through cymatics (plus Dr. Bach's renowned Rescue Remedy essence combination represented through cymatics), I have all of them nicely arranged in a separate PDF entitled The Bach Remedy Hydroglyphics, available on my website: www.MackenzieTicknor.com. Casey's work is breathtakingly beautiful and something I think everyone should see. The beauty within these images is indescribable. To my knowledge, these groundbreaking experiments produced the first ever visuals of the Bach flower essences' energetic instructions! It is important to note that these images are just one example of the many variations of images that could have been produced taking into consideration the constraints of the cup size and shapes used, etc. Regardless, the purpose of producing these images were to provide a visual for greater understanding of frequency and its impact on water. The resulting images are a breathtakingly beautiful form of art.

Bach flower essence therapy is by no means the only potential therapeutic or development that demonstrates water's ability to hold information, but it truly is a wonderful example. The intricately detailed, ethereal-looking, exquisite cymatic representations of these Bach flower essences hopefully intrigues the mind.

Nevertheless, the examples above show how water may be affected by different frequencies/“information” but it doesn’t convey if and how water actually holds onto this information! Yes, the fact that these flower essences are made years in advance and seem to somehow store these healing frequencies due to their effective manner years later points to this conclusion, but let’s dive deeper. Does water have a “memory”? This is very valid and important question! So, how do we address this? Let’s start by first taking a look at the innate structure of water. We all know that each water molecule is made up of two hydrogen atoms and one oxygen atom, with the oxygen in the middle and the hydrogens on either side of the oxygen. This formation forms a “bent shape” or “V shape”, giving it a tetrahedral arrangement, because the oxygen atom, in addition to forming bonds with the hydrogen atoms, also carries two pairs of unshared electrons. The repulsion caused by the addition of these extra electrons causes the molecule to form this “bent shape”.



So why would the structure of water matter though? Dr. Luc Montagnier believed to have found the answer. Dr. Luc Montagnier, a French virologist who won the Nobel Prize for co-discovering HIV, and his team conducted an experiment starting with a culture of human lymphocytes infected with *Microplasma pirum*. They passed this solution through filters with small enough pores to prevent the passage of the bacteria and lymphocytes. What passed through the filters was only the water-based fluid in which the bacteria had been cultured. Extensive further testing on this fluid confirmed it was negative for the presence of any of the bacteria or lymphocytes. Next, new bacteria-free human lymphocytes were introduced into this same fluid and something really interesting happened. *Microplasma pirum* was found to fully regenerate within the new lymphocytes! Somehow, these same bacteria reformed without any presence in the new lymphocytes! Could this point to an energetic imprint left in the water?

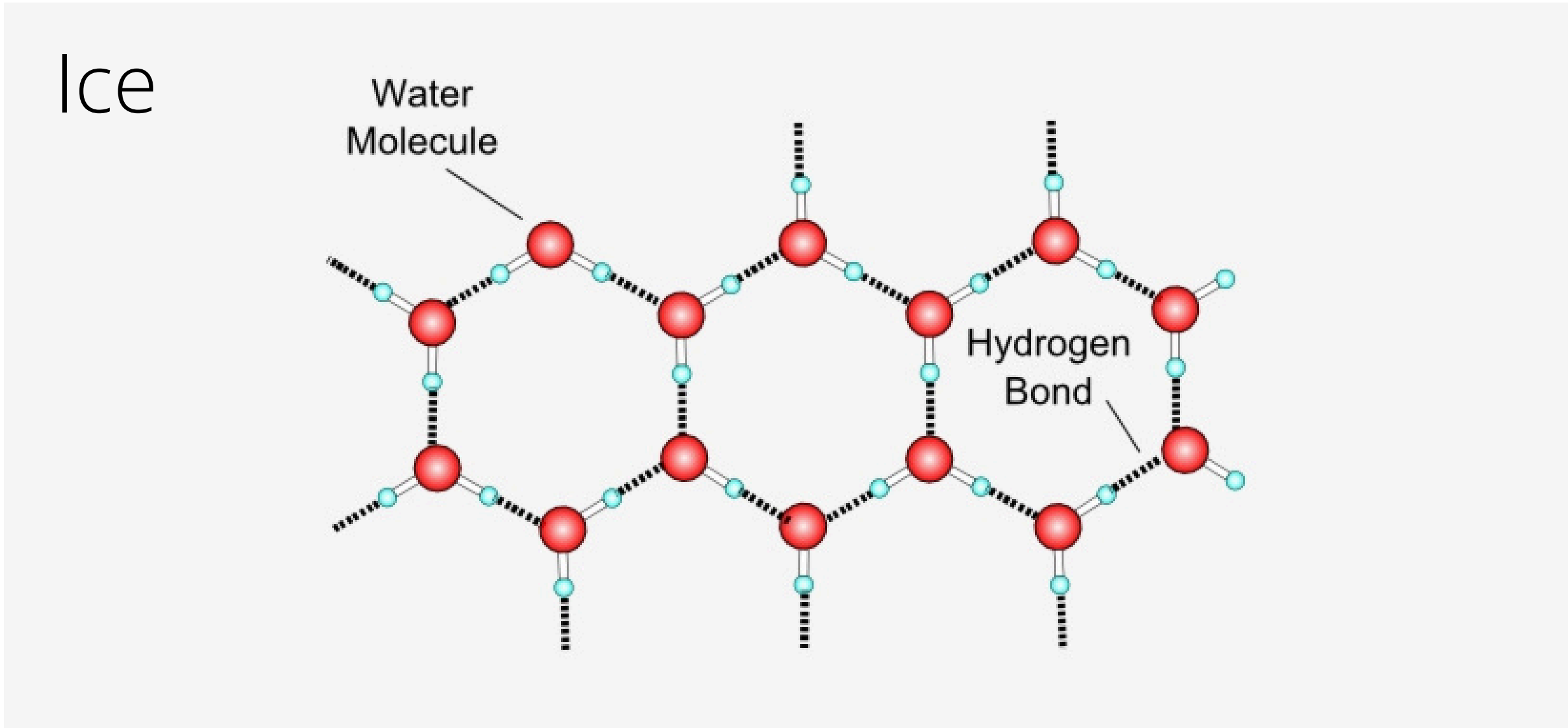
In a following experiment, this fluid was once again filtered in the same manner and again confirmed negative for any presence of bacteria or lymphocytes. This time, the fluid was even diluted multiple times with highly purified water. Next, these dilutions were placed inside a copper coil attached to an amplifier under the specific conditions of a 7 Hz background field (approximately the same as the Schumann resonance which naturally occurs between the earth’s surface and the ionosphere). These “sterile” water dilutions were then found to produce low frequency electromagnetic waves that were inductive of the original species-specific bacterial presence!

Even more interesting is that when they next experimented with adding ONLY nucleotides, primers, and polymerase (the building blocks of DNA) into the “sterile” diluted water, while subjecting it to the normal cycle of heat exposure used in the process of DNA replication, near perfect clones of the original DNA were formed! This is absolutely incredible considering that it was previously thought that in order for these raw DNA building block materials to assemble copies of DNA, at least one strand of the DNA to be copied needed to be present to serve as a template. In this case, NONE were added!

How is this regeneration from water possible? Certainly, it gives validity to the idea that water is able to store information and pass it on. Dr. Montagnier and his team hypothesized that the only way for this to have happened is if the DNA’s blueprint was somehow imprinted into the very structure of water itself.

So then, let’s talk about the structure of a body of water. As we have seen in the previous section, the “V” or “bent” structure of each individual water molecule is important to note. But, what about the overall structure when all these water molecules come together? Are these “V-shaped” water molecules just randomly scattered about? Or do they “play together” in coherent structured clusters that play a special role in water’s ability to hold and transmit memory?

Let’s first start by looking at this in a very well understood and easily recognizable manner. It is well established in science that when water freezes, the dipole ends of the water molecules with like charges repel each other which forces the molecules into a fixed hexagonal crystal lattice. We can easily see this in every ice crystal, or snowflake, that forms. They all begin with a hexagonal lattice of hydrogen and oxygen atoms.



The photos below show hexagonal crystals at a macroscopic level. We are unable to see the microscopic hexagonal lattice with the naked eye as depicted above, yet these ice crystals/snowflakes all are comprised of such a lattice.



Nature tends to prefer hexagons. Why? It's a simple matter of geometry. They are able to be packed together in identical size and shape so that they fill all of a flat plane with no wasted space. Equilateral triangles and squares can do this as well. However, hexagons require the least total length of perimeter compared with squares or triangles of the same area, meaning less energy expenditure. Also, with this hexagonal structure, the pull of tension in each direction is the most mechanically stable. It's obvious why hexagonal packaging can be observed quite often in nature!

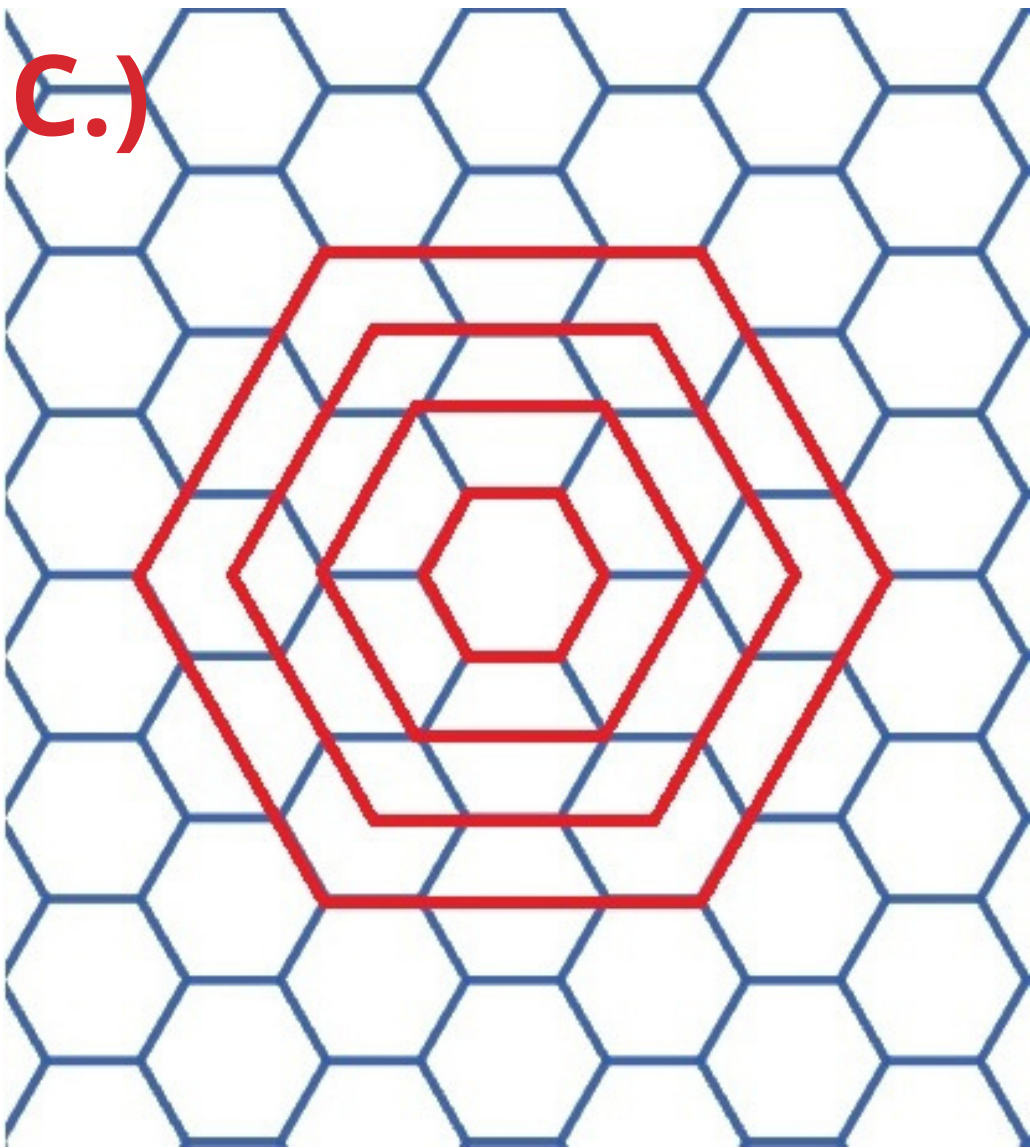
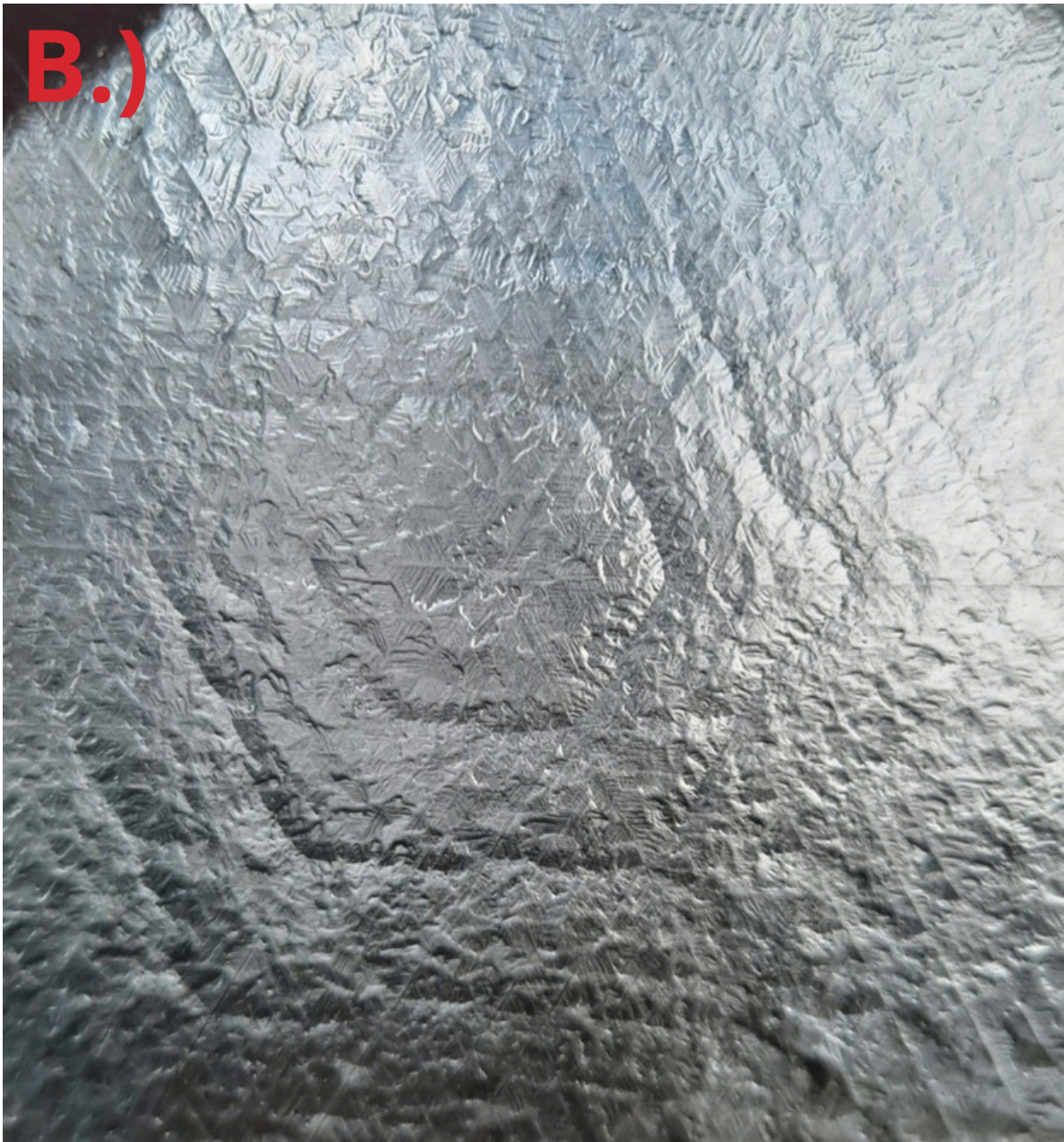


Figure A.) Beehives are an excellent example of hexagonal formations in nature

Figure B.) A hexagonal lattice in ice at a macroscopic level

Figure C.) This graphic represents the hexagonal lattice you would see in ice at a microscopic level (represented in blue). If you were to trace each layer in this figure (represented in red; starting with the middle hexagon and moving outward from there) with straight lines, you will see how the macroscopic lattice in Figure B. formed its shape.

The photo in Figure B. above depicts an experiment I conjured up and carried through. I took this amazing photo as the result of my experimental findings. I wanted to offer a real-life visual of the hexagonal lattice that naturally forms from the bonding of freezing water molecules. It is easy to capture single hexagonal crystals at a macroscopic level such as snowflakes (as depicted in my photos on the last page) in frozen water, yet this visible obvious lattice goal was lofty. Usually, to see the hexagonal lattice in ice you would have to view it at a microscopic level. However, to make it visible to the naked human eye, I had to create it at a macroscopic level. To achieve this, I added some salt water to the spring water I was experimenting with. The salt allowed for this inherent lattice to become easily visible at a macroscopic level. I also had to play around with different freezing methods. Ultimately, I landed on water researcher Veda Austin's CMP (collective molecular photography) method. The result was utterly magical. Water has given me many blessings throughout my life: as a competitive swimmer, water polo player, and synchronized swimmer in my youth; to employment within the world of aquatics and being a mother of competitive swimmers; to becoming heavily involved in the world of open water swimming and creating a business around water and its magnificence. The results from this experiment are no exception, a complete blessing. I have come to know water throughout my years extremely well, and yet the perfect hexagonal ice lattice in this photo I captured still completely astonished me. I feel extremely lucky to have had the honor to witness such majesty.

What about water in its liquid form though? Any structure that may be present in liquid water is definitely a lot different than the static, well-defined structural lattice found in frozen water. In the world of liquid water, there is no place for the loner single molecule. Single water molecules do not last long as these water molecules all participate in a fast paced “dance”. In this “water dance”, small groupings predominate. Water molecules “join hands” (aka hydrogen bonds) to form these small groupings. However, they gather and separate so quickly that reputable evidence of such groupings has been nearly impossible until relatively recently.

Recent studies have now shown that the structural dynamics of liquid water allow for a fluid lattice-like structure in this “water dance” greater than what was previously thought. Water in a frozen state is NOT the only time that water expresses well-defined structure! With the help of ultrafast infrared spectroscopy, scientists from the Max Planck Institute for Polymer Research (MPI-P) have now found that local structures persist in liquid water for longer than a picosecond, which is quite remarkable. It was previously commonly believed that liquid water loses its local structure within less than 0.1 picoseconds. These results show proof for relatively long-lived local structures in liquid water. "The results show that water cannot be treated as a continuum, but that specific local structures exist and are likely very important", says Mischa Bonn who serves as the director at MPI-P.



According to Dr. Mu Shik Jhon, who was leading expert in the field of statistical liquid mechanics, these momentary local structures are most natural and stable in groupings of 5 or 6 water molecules (pentagonal or hexagonal structures). Though there are other differently sized groupings of water molecules outside these 5 or 6 molecule groupings, hexagonal and pentagonal structures predominate. Many factors contribute to whether a body of water has more pentagonal local structures or hexagonal local structures. Dr. Mu Shik Jhon made it exceptionally clear in his publishings that water that is predominately hexagonally structured has a far greater capacity to store energy than water with predominately pentagonal structures.

These infinitely repeated short moments of time that liquid water holds these local structures may seem insignificant, but what do we really know and who are we to dismiss this? After all, science is dynamic and continually evolving. This is intrinsic to the very nature of science itself. Any “scientist” that holds fast to past or current scientific “facts” without leaving any room for the possibility of change or new potential findings is truly not a scientist at all. This new relatively long-lived structural finding in liquid water is looking to be something of great importance!

After all, prestigious scientists, like the previously mentioned Dr. Luc Montagnier, have concluded from their studies and experiments that it very well may be that the actual local structures in water (with the hexagonal structures being the ones of greatest impact) serve incredible importance in holding onto energetic information and transmitting it.

I hope the information I have presented has been intriguing at the very least. I personally have no doubt that water really can hold information and transmit it. With this in mind, think of the possibilities here! Think of all this could mean! Especially considering we are bodies of water ourselves! Water is life. Without water, there is no life. Water forms us, sustains us, cleanse us, informs us, connects us, and ultimately reclaims us. With the idea in mind that water holds memory/information that it picks up from it's environment, and that water has been here from the dawn of time, this beautiful quote by Kahlil Gibran leaves much to ponder...

“ In one drop of water are found all the secrets of all the oceans; in one aspect of you are found all the aspects of existence.”

Here are my key thoughts I'd like for you to take away today...

1.) Water is not just made up of randomly scattered about water molecules. Water is comprised of coherent dynamic microscopic water structures that hold absolutely incredible potential. We must hold this knowledge.

2.) We must learn to love and revere the water rather than to fear, overlook or misunderstand it. Only then can we begin to build our connection to the water.

3.) We must learn to be at peace and comfortable in the water. This is key. Learn how your body works with and in the water. Swim and bathe in it as often as possible. By immersing yourself in water with a clear and calm mind as often as you can, whether that be in the ocean, in a body of freshwater, or even in a pool, you get as close to source as humanly possible. The secrets and magnificence of water are far beyond what we are currently capable of fully understanding, and by submersing in its majesty often, we get closer to this amazing life-giving substance and **closer to ultimately understanding ourselves. Through the water, the purpose of life (and fundamentally your life's purpose) is found.**

Now let's all get to swimming!

.... *WATER HOLDS THE KEY.*

