

Delving deeper into water

Masaru Emoto recently contacted me to suggest that we run future water experiments, to test many of his ideas. We'll be designing those experiments in 2008 and plan to run a large water experiment together in June – to commemorate French biologist Jacques Benveniste's discovery of the 'memory of water'.

We're planning to discuss many of those future water experiments with Rustum Roy, research professor of materials at Arizona State University, arguably one of the world's experts on water. Roy is a materials chemist who has written one of the most cited papers in materials science on aqueous solutions.

The miracle of water

Speaking of the memory of water, Roy recently corrected self-styled quackbuster and UK Guardian columnist Ben Goldacre, who'd launched a vicious attack on homeopathy recently, arguing that it couldn't work, according to scientific laws and was little more than a placebo effect (A Kind of Magic, The Guardian, November 16).

He was soundly refuted by Roy, who said Goldacre was exhibiting a kind of 'homeophobia'.

Roy quoted Professor Martin Chaplin of London's South Bank University, a leading expert on the structure of water, who said: "Too often the final argument used against the memory of water concept is simply 'I don't believe it'. . . such unscientific rhetoric is heard from the otherwise sensible scientists, with a narrow view of the subject. . ."

As it happens, says Roy, "there is agreement among all those who have studied liquid water that it is, in fact, the critics, who are totally wrong. . . ."

"Professor Eugene Stanley of Boston University, the leading expert on the physics of water, has catalogued 64 highly anomalous property changes in pure water," continues Roy.

"According to the first law of materials science, that means that there must be the same

large number of different structures in liquid water – what he called ‘polymorphism’ of water.”

As Chaplin points out, water is one of the lightest known gases, and a much lighter solid than expected. It behaves very differently from other liquids — for instance, it’s far denser than expected.

No physics model yet fits

Its unique properties contribute to the structure of other molecules and also their ion exchange. Then there’s the fact that it behaves very differently, depending on temperature; hot water, for instance, has opposite properties to cold water. The list goes on and on.

As Chaplin puts it, no single model in physics has been able to encompass all of the strange properties of water.

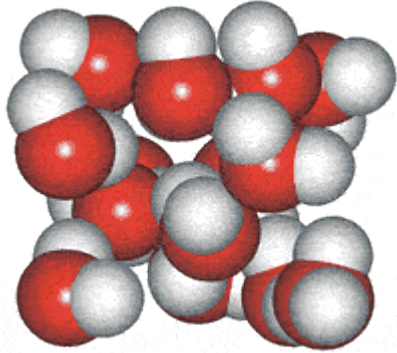
Most critics of homeopathy wrongly assume that a very weak dilution of a substance must be identical to the substance itself. In that they take no account of any structural change caused by water.

This is, simply put, a lame argument to make in physics. To prove how lame, says Roy says, just look at diamonds and graphite. You can convert diamond, one of the planet’s hardest materials, into graphite, one of the softest, without any change of composition. In this, as with water, other energetic effects hold sway.

The point is that we are just beginning to uncover many extraordinary and unique properties of water and we are only beginning to understand their purposes.

Anyone who dismisses homeopathy on these kinds of spurious grounds clearly is not keeping up with frontier science and certainly doesn’t understand water.

Mystery cluster structure



One of the most perplexing aspects of water is the presence of different water clusters within liquid water. At first these were thought to involve a set entity, like a crystal, in which the same molecules were present for what is, in physics terms, a relatively long time (ie, more than one second). As Chaplin now notes, physicists now know that molecules add to or leave these clusters in a dynamic and ever evolving arrangement, depending on such things as temperature and also the presence of other molecules.

As Chaplin says: “Clusters are now thought of as dynamic entities offering a simplified view into a complex, broken and rapidly shifting environment. As such they reveal water's underlying nature.”

It is these clusters that are thought to account for water's memory.

This is why we are so interested in studying water for the intention experiments. It appears to be a unique substance on the planet, with a central role in retaining and conveying information. Life could depend on these anomalous properties.

Save the water, save the planet

It is clear to us that affecting the information carrying capacity of water has a central role in saving the planet. So we will be carrying on many experiments with water in 2008.

Our studies will examine — as Tina Turner says — what love's got to do with it.

Changing your script

In thinking about a good New Year's resolution for 2008, I decided that perhaps the

best one of all is to begin to send out positive messages to the people around you – no matter what they are sending you.

The evidence shows that the mind-over-matter effect of thoughts works similarly, whatever the target. In other words, the scripts we write about others have the same power as those we write about ourselves.

When we think of our husband as uncaring or our children poor at maths, are we unconsciously writing their script for them? Do our thoughts have the same effect on others that we do upon ourselves?

Psychologist William Braud is one of the few scientists to have examined this question. He gathered a group of volunteers and asked them to carry out biofeedback on themselves. After pairing off the group, he attached one member of each pair to the biofeedback equipment, but asked the other partner to respond to the readings and carry out the sending of mental instructions.

According to Braud's evidence, the results were equivalent to those achieved when the patient on the equipment used biofeedback on himself. In other words, the mind-over-matter effect of thoughts had the same physical effect, whether used on the thinker's own body or somebody else's.

This suggests that another person's intentions about you, and even their daily thoughts about you, your habits and capabilities, may become a self-fulfilling prophesy, and indeed be just as powerful as your own 'script' about yourself.

Even our casual thought about others, as well the 'script' we've written about them, may become an intention, and so should be approached with care.

In working out your life's script for your self and others, it's important to slow down long enough to study your thoughts.

- Create a 'life's script' journal for yourself and begin making entries about yourself and each member of your family.

- Write down the judgements you make about yourself or your family members about their work, performance at school, appearance, neatness, personal habits, manners and the like.
- Now in a separate column, note how many of those judgements have become reality. Also note how many you'd like to change.
- Now, begin writing a new script. See your husband and children performing well on the job and at school, and being more loving, demonstrative and helpful at home.
- Start sending daily intentions for them to embody that script. Visualize your children doing well at school and helping with the chores at home.
- Begin taking note of any changes that occur, both in your perceptions and in your loved ones.
- Now consider your present life's script. How is it sabotaging your own happiness and that of your loved ones?
- What about the life script you have for others in your environment—your office workers, boss, friends and distant family? Study your views of them and, if need be, change the script.

Bless the world in 2008

Another New Year's resolution is to try transforming your anger and hate into blessing.

Swiss entrepreneur Pierre Pradervand, discovered the power of blessing and wrote about it in his book *The Gentle Art of Blessing* (Llandeilo: Cygnus Books, 2005). After being ousted from his company, he was consumed by anger and hatred for the people who'd removed him from his highly satisfying job – even though he knew that preoccupying himself with these negative thoughts were only doing himself harm. It was when he stumbled onto the phrase from the Sermon on the Mount that he discovered the technique that would later transform his life: “Bless those that curse you”.

“Suddenly, everything became clear,” wrote Pradervand. “This is what I had to do. Bless my former ‘persecutors’. Right then and there, I started to bless them in every way imaginable: in their health and their joy, their finances and their work, their

family relations and their peace, their abundance and their goodness.

“By blessing, I mean wishing from the bottom of the heart, in total sincerity, the very best for that person—his or her complete fulfillment and deepest happiness. It is the most important dimension of blessing: a sincerity that comes from the heart. This is the power that transforms and heals, elevates and restores.”

Blessed strangers

Before long, Pradervand began blessing anyone he encountered during every day: people on buses or in the supermarket.

Pradervand discovered immediate benefits; life became filled with joy and his hatred disappeared. However, he also discovered other, more subtle changes —long-standing obstacles seemed to dissolve, and people who resented him often demonstrated an immediate change of heart.

At a benefit concert he was helping to organize, the technician at the concert hall took an inexplicable dislike to him and refused to handle the sound system and lighting — and indeed removed all the microphones off the stage just two hours before the concert was due to begin. Pradervand quelled the anger that surged up and silently started blessing him – in every way he could imagine.

After just two sentences of blessing, Pradervand was stunned by a complete transformation in the man. “Where a few seconds earlier we had seen a hate-filled expression, suddenly a beautiful smile appeared. He went to his lab, came back with a pile of mikes, recommended the best ones to my friend, and wished us a wonderful evening.”

Folks, do try this out at home. . . .

Lynne McTaggart is the author of the worldwide bestsellers *The Field* and *The Intention Experiment* and the architect of the Intention Experiment global laboratory. This article has been reprinted from Lynne McTaggart’s Intention Experiment e-news. For more information about the Intention Experiments or to participate in future experiments, please visit: www.theintentionexperiment.com.