



Crystalline Tides

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The human body is magnificently composed of liquid crystalline-structured layers of water. These structured or ordered layers are the phase of water between liquid and solid and play a significant role in energy production. Our entire being is designed to be a mass conductor and distributor of energy. This liquid crystalline phase accounts for the majority of water in the body as it fills each and every cell as well as extracellular tissues. It is also believed that our subtle energy system melds and anchors into this liquid crystalline phase of water, affecting its flow the same way the moon affects the tides of the ocean.

Dr. Gerald Pollack's book *The Fourth Phase of Water: Beyond Solid, Liquid and Vapor*, describes this liquid-crystalline phase as "exclusion zone" or "EZ" water. The name "exclusion zone" was derived when Dr. Pollack discovered that this phase excludes almost anything suspended or dissolved in water when it comes in contact with a surface. Picture a water balloon that has been filled with water—the EZ water is found sandwiched between the bulk water zone and the inside surface of the balloon. This exclusion zone kicks everything out and moves it over to the bulk water zone. Only water gets to stay in the exclusion zone. Furthermore, the exclusion zone holds a negative charge while the bulk water zone has a positive one. Since the zones are oppositely

charged, the separation is sustained. Its unitary molecular structure looks like honeycomb sheets that are stacked parallel on top of each other from the material surface to the bulk water zone. Additionally, the EZ's atomic structure is extremely similar to the atomic structure of ice.¹ These layers like to exist independently to create separation and cause additional means of energy production.

Since crystals exclude as well, Dr. Pollack looked deeper into the possibility that the exclusion zone itself is a liquid crystalline substance. Crystals generally grow from nucleation sites, which are surfaces for them to begin building. So the next step was to determine what kinds of surfaces nucleate or produce exclusion zones. Dr. Pollack found that hydrophilic (water-loving) surfaces create exclusion zones while inducing nearby water molecules to line up as they would a liquid crystal.¹ This supernal structured or ordered water develops when H₂O comes in contact with any hydrophilic surface, like our cell membranes and other extracellular tissues. It also has a molecular structure of H₃O₂, which means it has relatively more oxygen than H₂O, as well as being more viscous, dense and alkaline. Since it also has a negative charge, it acts like a battery, holding energy and delivering that energy when needed.² Later, we will review ways to increase the amount of EZ water in the human body in order to charge this battery.



Of course, this has not been the first mention of our biological make-up being liquid crystalline in nature. Alfred Pischinger and James Oschman have also researched this subject in considerable detail. Their work was focused on the properties of our connective tissue matrix and how it interacts with cell communication. The connective tissue matrix, which James Oschman refers to as the “living matrix,” is comprised of elastin fibers, collagen fibers and a polysaccharide gel called ground substance. This living matrix is a continuous structure running three-dimensionally throughout the body converging with every other

disease. It is the only system in the body that touches and communicates with every other system. This crystalline fabric of communication acts as a semi-conductor spreading energy throughout the body. Alfred Pischinger specifically studied the communications that spread throughout the connective tissue over the entire organism. He wrote:

Recent research has also demonstrated that the matrix components are actually semi conducting liquid crystals, materials known to have a variety of remarkable properties for the transmission, storage,

This living matrix is a continuous structure running three-dimensionally throughout the body

system. Even down to the cellular level, it extends into each cell as the cytoskeleton and nuclear matrix. James Oschman wrote:

A key aspect of the matrix is that its components are highly arrayed, i.e., they are primarily in a liquid crystalline form. Giant arrays of collagen molecules form the structural fabric of the body—the connective tissues, bones, and fascia. Connective tissue called tendons connect to the contractile fibres inside of muscle—another highly crystalline material. The bones are also composed of crystalline collagen interspersed with mineral crystals called apatite. Finally, the surfaces of cells are composed of liquid crystalline arrays of phospholipids and the interiors of cells are packed with various fibres that often have a crystalline configuration. Importantly, from an energetic perspective, these molecular arrays also organize vast numbers of water molecules. These arrangements have profound significance from a quantum physics and quantum biology perspective.³

In my opinion, this wondrous system is the basis of our health, as it plays an important part in the healing process while also being affected by every type of

and processing of information involved in regulations. The collagenous matrix and ground substance of the human body form a totally pervasive system, a major organ, that reaches into every part and whose properties are absolutely vital to the operation of the whole.⁴

Every system in the body merges with the living matrix, which makes our entire being liquid crystalline in nature. Energy and cell communication is spread throughout the body via this matrix in an innately sophisticated manner. James Oschman states, “We shall see that an even more profound realization is emerging. The entire living matrix is simultaneously a mechanical, vibrational or oscillatory, energetic, electronic, photonic and informational network.”³ This fascinating system has only begun to be understood in its total function.

The liquid crystalline properties of the human body play a remarkable role in forming subtle energetic systems at the physical-cellular level. The physical body and subtle energetic systems join together with these liquid crystalline components to form bioenergetic resonance, an essential part of the human body. The flow and strength of our subtle energy systems



rely on the energetic properties of our liquid crystalline structure. Scientists have begun to recognize that these liquid crystals possess some of the same energetic qualities of solid quartz.⁵ They can also create, transmit and receive biophotons (photons of light in the ultraviolet and low visible light range that are produced by a biological system). This quantum field of biophotons must be present for subtle energy communication to take place between the tissues and molecules.⁶ The energy of our liquid crystalline nature acts as a lock and key for the physical and subtle energy bodies to merge together.

Earlier I mentioned that it is possible to increase the amount of exclusion zone water in the human body in order to intensify energy production and flow. Since EZ water is liquid crystalline in nature, I believe that we can also strengthen our subtle energy systems when more of it is present in our body. Exposure to light energy, especially infrared light, builds more EZ water. Simply being in sunlight results in EZ growth, therefore separating the water's negative and positive charge. This separation charges the water battery. We can even say that it is similar to the photosynthesis stage in plants since light also separates the charge in this process.¹ Radiant light is the driving force for creating more liquid crystalline structured water.

Our bioenergetic resonance relies on the energetic properties of our liquid crystalline matrix. The crystalline oceans of the body are a mass conductor and distributor of energy. These tides that flow within our liquid crystalline structured layers of water are the essential means of orchestrating the body's grand symphony of communication. €



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