



# What is Living Water?

A recent report on UK drinking water by the Royal Society of Chemistry lists a frightening number of contaminants, including parabens, phthalates, antibiotics, anti-depressants, painkillers, beta-blockers, pesticides, veterinary medicines and nanoparticles.<sup>1</sup> Alick Bartholomew outlines the ideas of Victor Schauberger about water and how it should be treated

*‘Were water actually what hydrologists deem it to be – a chemically inert substance – then a long time ago there would already have been no water and no life on this Earth. I regard water as the blood of*

*the Earth. Its internal process, while not identical to that of our blood, is nonetheless very similar. It is this process that gives water its movement.’<sup>2</sup>*  
Viktor Schauberger

Our Earth is the planet of water. Seventy percent of the world’s surface is covered by water. Our bodies are about two thirds water; it is essential to all life. Yet our present science understands little of its real nature.

The extraordinary list of more than 40 anomalous properties of water<sup>3</sup> compared to other liquids or hydrogen compounds (eg. that it should be a gas at ordinary temperatures) suggests that it seems to have been ‘designed’ to be the stage manager of the complex processes of life.

One of the most important functions of water is to facilitate cellular functions in the body. Because of its unusual hydrogen bonding it has the unique ability, through hydration, to activate proteins and, due to its strong electrical potential, to marshal the positive and negative electrons through ionization, both to facilitate proton exchange and cell formation. Its particular ability to act as a solvent is essential in the action of salts and ionic compounds.

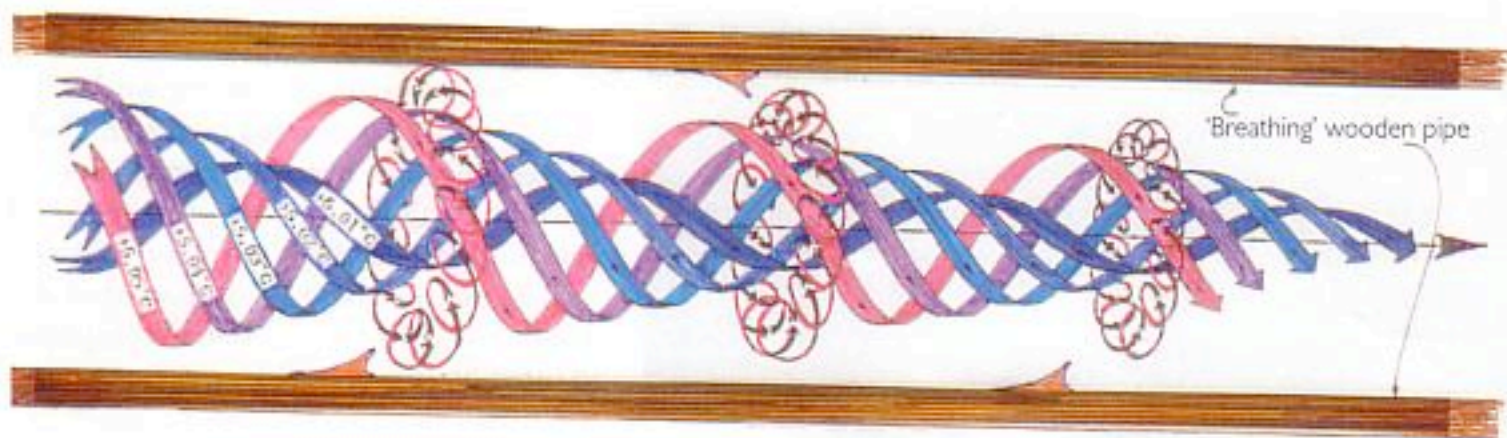
Carbohydrates are broken down into glucose and glycogen, the former being available for immediate energy needs, while the glycogen, which holds a lot of water, is stored in the liver and muscles and released when its energy is needed for sudden activity.

Western society has little regard for water; we use it to transport inappropriate substances and we waste fresh water profligately. We destroy its complex structures and its inherent energy by driving it through turbines, pipes or straightened riverbanks.

Many indigenous people treat water with reverence, as a sacred substance. The Austrian naturalist, Viktor Schauberger, called it a living organism, insisting that in its various forms – as blood, sap or biological water – it is the basis of all life.

As a young man, Schauberger had a remarkable experience while sitting by a rushing stream in his pristine, Alpine refuge. Listening to its vivacious music, he intuited how water needs to move and behave in order to stay healthy, which was to inform the ground-breaking research that earned him the title of the ‘Water Wizard’. Water needs to flow in a particular dynamic way to remain vibrant and must not become over-heated.

Movement and temperature are the key criteria for water and critical for all life. Still water is passive; it is amorphous and apparently lifeless. As soon as it begins to move, it is filled with surfaces that define little structures, convoluted in form, and with dancing, vortical shapes. The nature of water is to move. When it is active it comes alive;



**Fig 1. Longitudinal section of Schauberger's wooden pipe**

Guide vanes create toroidal counter-vortices to transfer impurities to the pipe walls, where the oxygen concentration destroys the pathogenic bacteria. They also act like ball bearings to enhance the forward movement.

in movement it fulfils its potential, which is to bring life.

In classical times man stored water and wine in egg-shaped *amphorae* because the egg shape stimulates fluids to move and circulate, which may be why Nature uses it in emerging life forms. If water is depleted either naturally or by man-made processes, it becomes 'aggressive', absorbing minerals voraciously, and is able to give back the much-needed nourishment to its environment only when energetic as a mountain spring.

A number of researchers claim that water has an energetic 'memory',<sup>4</sup> which may help to explain how homoeopathy works. When we think we have purified water of the chemicals and hormones we have mindlessly added to it in order to make it 'safe' to drink, the electromagnetic imprints of these contaminants remain, polluting our more subtle bodies in the same way that chemicals affect our physical bodies. Because of its nature, water sacrifices itself entirely to the environment, for good or for ill.

### Living water

In order to maintain its vibrant, life-supporting quality, water needs to behave like it does in a natural stream, dancing and cavorting in spirals and vortices, or in the ground, constantly moving sinusously in capillaries or circulating within its storage chambers. In a youthful stream water is most active, producing vortices down the stream length that act like the river's immune system.<sup>5</sup>

The vortex introduces more complex, molecular structures or clusters that are thought capable of transferring more 'excited', quantum energy, which drives the pathogenic or harmful organisms to the water's edge where they are immobilised by charged oxygen, to be later recycled.

Schauberger built a wooden pipe with guide vanes to create a vortex to replicate the stream's natural vortex. Figures 1 and 2 show its longitudinal and cross-sections.

People mocked Schauberger when he insisted that water behaves like a living organism. When it has reached a level of

molecular complexity water displays amazing properties. He showed how, when it is vibrant and healthy, it pulsates, twists and spirals in a very specific way that maintains its vitality and purity, enabling it to fulfil its function for all organisms as an energy channel and a conveyor of nutrients and waste.

If you watch water streaming down an inclined road after a shower of rain, or a rivulet on the sloping beach running into the sea, you will notice how it pushes down in a jerky rhythm, as pulsations. That is because water is 'alive', or highly active at the molecular level – it actually does pulsate, just as blood pulsates through the veins and arteries of the body.

### Water purification

We are urged to drink lots of water for our health, up to 2 litres a day. While it is true that we lose on average about 1.5 litres a day through sweating, breathing and urinating, we also take in water as part of our food intake, particularly from fruits and vegetables. This water needs to be converted into cellular water, which is easy enough when you are young and healthy, but gets more difficult as you age or are unwell, when you need particularly to drink more and better quality water.

We are all concerned about the quality of our drinking water. We hear that in the bigger cities municipal water is recycled. But it is filtered, is it not? So it must be safe. Yes, it is filtered, but that does not remove all the pathogens, so chlorine is added.

### Chlorination

Because public water is not treated with the care required to keep water pulsating and alive, as Schauberger demonstrated, it degenerates, attracting pathogenic organisms. As a result, the authorities routinely treat it with chlorine to prevent the threat to the community of water-borne diseases. This powerful disinfectant kills all types of bacteria, beneficial and harmful alike, and in doing so, over a long period of time, destroys or seriously weakens many of the immune-enhancing

micro-organisms in the body. It is a major contributor of lowered immune resistance in older people.<sup>6</sup>

Medical authorities say that the amount of chlorine added to public water supplies is too small to do this but they fail to take into account that the chlorine accumulates in the fatty tissue of the body, so that the dosage is cumulative. The pros and cons of chlorination have been presented in a previous issue.<sup>7</sup>

### Fluoridation

The issue of adding fluorosilicates (fluoride) routinely to drinking water is one of the worst outrages in public health policy. This is not the naturally occurring calcium fluoride that is present in some drinking water, usually at low levels of about 0.1ppm (parts per million). It is a by-product of a number of industrial processes, including the iron, copper, aluminium and phosphate fertilizer industries, and also contains a number of heavy metals – altogether a potent, toxic cocktail.

Growing research is revealing the hazards of water fluoridation, including increased risk of cancer, kidney malfunction, thyroid problems and reduction in melatonin production,<sup>8</sup> and a growing number of scientists and doctors are now opposing it.<sup>9</sup> Fortunately only about 10 percent of Britain is exposed to fluoridated water, which started in the 1950s, mostly in the West Midlands and Northeast. If you live in a fluoridated area, I would strongly advise filtering your drinking water to remove it.

### Distillation and reverse osmosis

Schauberger insisted that distilled water (pure H<sub>2</sub>O) is dangerous to drink for a prolonged period because it is 'hungry' water, which will grab any nutrients it can to become more 'mature'; it can leach minerals and essential nutrients from your bones. Reverse osmosis water poses a similar danger, since it filters out most of the beneficial minerals. In either case it is not easy to put back the lost minerals, salts and trace elements. It is far better to re-structure the water so that it possesses its full complement of nutrients.

## Bottled water

Bottled drinking water in glass bottles has been around for a couple of centuries and was familiar to those who lived in tropical climates, where to drink the local water risked water-borne disease, such as typhoid. When plastic containers became widely used in the 1960s, these lightweight bottles saved costs and now it is hard to find water in glass bottles.

Tap water is subject to stricter regulations for purity than bottled water. Besides being extremely expensive by comparison, there have been various health scares with some of the better-known brands, such as benzene found in Perrier in 1989, bromate in Dasani in 2004, naphthalene in Volvic in 2005 and the occasional appearance of nitrates.<sup>10</sup> The temptation to increase its shelf life and make the water taste better has led to manufacturers adding preservatives and flavourings in a few brands (not listed on the label), which usually derive from petrochemicals and often include neurotoxins, carcinogens, benzoates and artificial sweeteners. Many of the brands have a high mineral content which, over time, can strain the kidneys.

Chemicals can leach out of the plastic into the water, particularly in strong light or warmer temperatures, or especially with re-use. Plastic bottles do not easily break down or recycle so they are a major environmental problem, whether in landfill sites, on beaches or in the ocean.

If you drink bottled water be careful and do not assume it's always safe.<sup>10</sup> It may be convenient to drink but to depend on it regularly may not be benefiting your health. When necessary, I prefer to carry water in a metal, screw-top bottle.

## Transmuting water's memory

So many organic toxins are produced by industrial agriculture today that one is wise to consider good filtration to reduce the dangers from them and heavy metals that, sadly, are now more common. Good, affordable, filter systems are available that can be plumbed in to remove most of the physical contaminants in drinking water. However, what our water treatment policies must urgently accept is that the physical removal of a pollutant is only part of making water safe.

Typically, in modern cities public water supplies are recycled as many as 20 times. Even if the physical contaminants have been removed, their vibrational 'imprint' is still carried in the water in its memory, according to

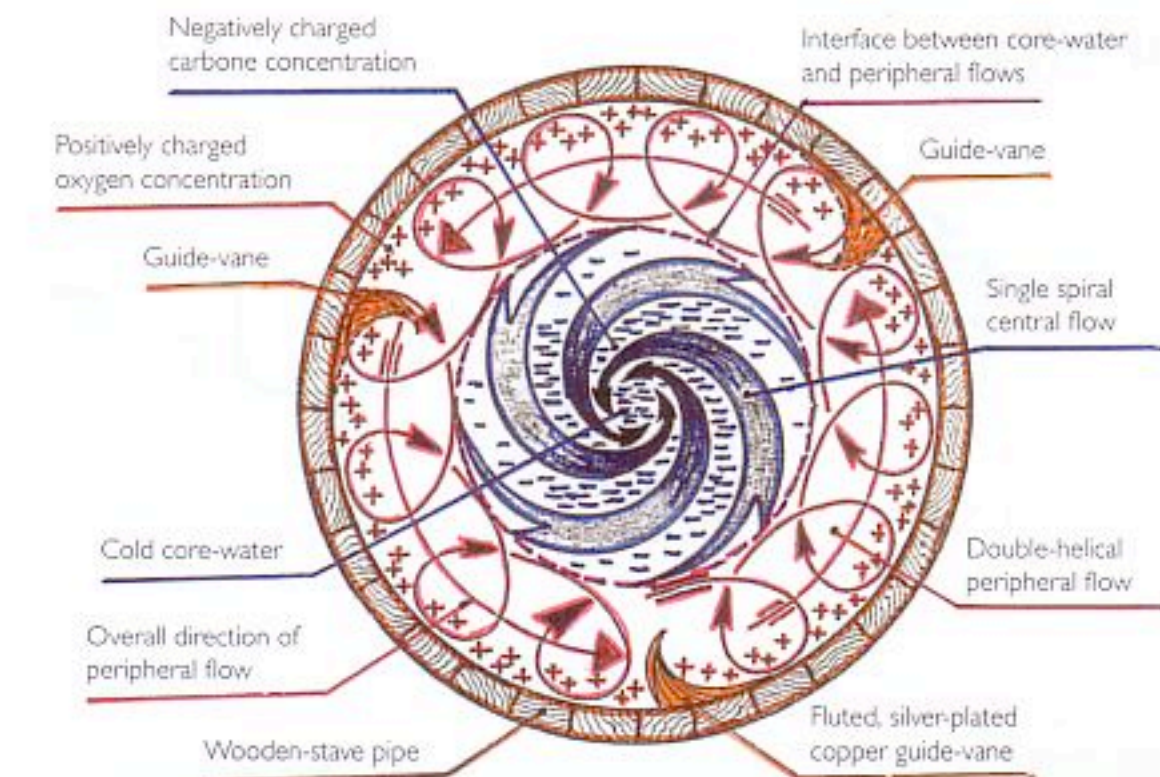


Fig 2. **Cross-section of Schauberger's pipe** Action of a toroidal vortex where the concentration of positive oxygen destroys the pathogenic bacteria, acting like the river's immune system.

researchers such as Jacques Beneveniste and others,<sup>4</sup> no matter how many times it is recycled. Just as water can carry restorative energies, such as in homeopathy, so it can transmit negative or destructive imprints that can cause disharmony or disease.

There is now a bewildering choice of techniques and gimmicks for purifying water. Many are ill-informed (I include distillation and reverse osmosis) and many of them unnecessarily complex and expensive.

However, it is easy to filter and re-energize tap water to make it healthier and drinkable, which need not be costly. What I do recommend is to purchase a good-quality, water filter, preferably plumbed in, to remove the physical pollutants (be aware of what it does remove) and a system to re-energize and re-structure the water to negate the remaining imprints of those physical pollutants that the physical filter cannot remove; the Living Water Jug, which employs Schauberger's technology, claims to do just this.

The water re-structuring effected by some of the better vortex treatment systems allows superimposed, natural vibrations to erase the memory of the water's previous abuse. The vortex, being the transmuting agent or enabling gateway between different levels of energy, encourages the water to absorb energy at the quantum level. Rather as allowing brilliant sunlight and fresh air to fill a musty room will quickly transmute the stale energy, so the more refined energy always prevails over the coarser. I would recommend a combination of an efficient, plumbed-in filter with a vortex-type, re-energizing system.

It is important to drink good quality

water, especially when we are ill or starting to age – dehydration being a common problem with the elderly. When the metabolism slows down or our immune systems are weakened we need unpolluted, energized water to enable our bodies to produce high-quality, intercellular water to permit our bodily organs to function as optimally as possible. ☺

## References

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Alick Bartholomew is the author of *Hidden Nature* – the Startling Insights of Viktor Schauberger and of *The Story of Water* (in preparation). For more information on water treatment and the Living Water Jug, which is available from him, see [www.schauberger.co.uk](http://www.schauberger.co.uk).