

# Gerald Pollack: “The Fourth Phase of Water” Part 2

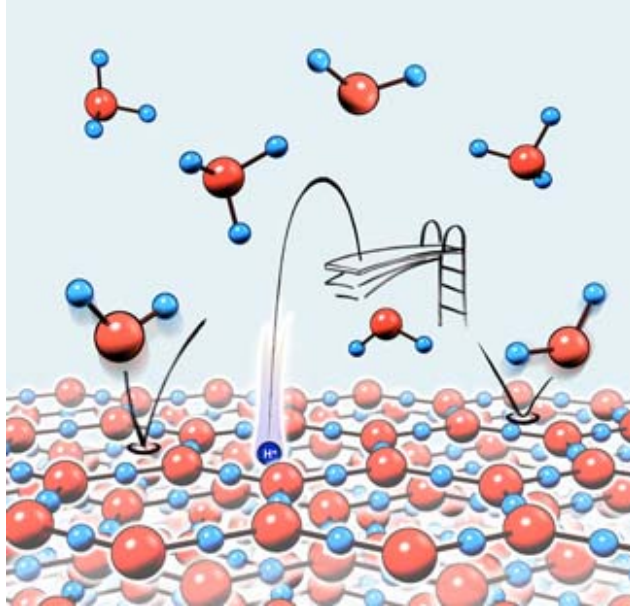


PHOTO: Ebner & Sons

READ WHAT COSOLARGISTS HAVE TO SAY ON THE 4TH PHASE OF WATER:



Gary Buchanan lecturing in Kyoto.

PHOTO: Jim Elliott

*Interview with the Reverend Dr. Gary Buchanan, author of SONA and Sonatherapy, by the Communiqué:*

**Community Communiqué:**

What do you think of the YouTube videos of Dr. Gerald Pollack on 4<sup>th</sup>-phase water?

**Gary Buchanan:**

I viewed these. Good stuff. The kinds of things Pollack and I have been discussing privately over the years.

I just blogged on Energy Medicine and gave the link. Here's that post:

*This video series, from colleague Gerald Pollack, explains how 4th-phase/vicinal water in the body is quite different from bulk water. There are orderly ionic/electrical potentials taking place which help explain why Cymatic formations [i.e., healing frequencies] in water, with sound and light, are so critical to vibrational therapies. Phonon chains [i.e., sound formations] induced into the body's EZ ( $H_3O_2$ ) water create biophotonic (biofield) discharge – altering ionic bonds (Hexagonal Water).*

*Exclusion Zones (EZ) created reject solutes, like pollutants, etc. A body with healthy EZs is more protected from disease, while natural EM fields are strengthened. Chi/Prana/Vital Life Energies are increased, via light (and color bands), sound, oxygen/hydrogen, and sacred geometry. (Claude Swanson)*

*Negative ionic fields (Yin) are anti-inflammatory. The bonds are helical, resonating with the DNA. Such fields are also absorptive of specific light bands, nurturing the Biofield, as well as Subtle Energies.*

*Light irradiations (especially infrared from the sun) increase the Exclusion Zones to millions of negative ionic layers. Such energy build-ups can be controlled, e.g., for healing.*

*Fundamental premises within Sonotherapy, and Cosolargy, and the kind of R & D we have been undertaking since 1975.*

**Community Communiqué:**

I had no idea that you knew the man personally.

**Gary Buchanan:**

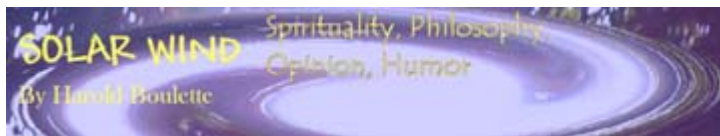
Well, yes, I have talked with Pollack on the phone, and emailed a few times. And, of course, I have read his books. He has been very helpful in talking about water states, what's going on inside, the effects of light and sound, etc.

The blog I posted is really concise. It covers a great deal of information with the fewest number of words. I am not sure that it would be all that helpful or revealing to readers. For example, even among the therapists online who saw the post there have been only a couple who "got it," as it were. That blog is something of an encapsulation of dozens of principles laid out in my two books . . . and an article would require much more expansive discussion. Plus, there are some assumptions made that many may disagree with due to their scientific thinking.

< PART 3 >

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# “Esoteric and Spiritual Writings”



*The greatest teachers of Divinity agree that nearly all ancient books were written symbolically and in a language intelligible only to the initiate. The biographical sketch of Apollonius of Tyana affords an example. As every Kabalist knows, it embraces the whole of the Hermetic Philosophy, being a counterpart in many respects of the traditions left us of King Solomon. ... His long discourses with the Brahmans, their sage advice, and the dialogues with the Corinthian Menippus would, if interpreted, give the esoteric catechism. ~H. P. Blavatsky*

“This is true of nearly all ancient books of a spiritual, occult, or mystical nature, including the Bible. The language used to write such books is rarely, if ever, straightforward.”

< [Read the entire article online at Solar Wind.](#) >

< Visit and bookmark Harold Boulette’s blog Solar Wind at: <http://blog.spiritsun.net/> >

contributed by Harold Boulette

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# Gerald Pollack: “The Fourth Phase of Water” Part 1

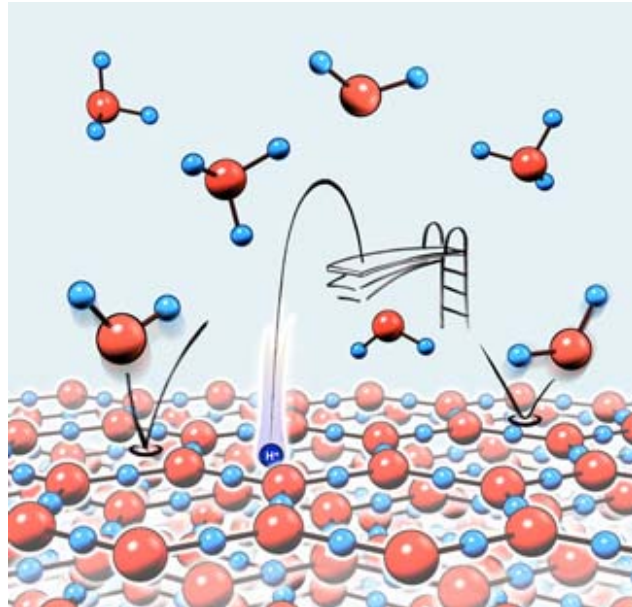


PHOTO: Ebner & Sons

In the YouTube video “The Fourth Phase of Water,” Dr. Gerald Pollack, a professor of bioengineering at the University of Washington, describes a fourth phase of water discovered at his laboratory that was not previously recognized. “You have learned about solid, liquid, and vapor, but fresh evidence reveals a fourth phase. This surprisingly ubiquitous phase resembles liquid water superficially, but it differs; in fact, its ordered molecular structure strays from ordinary  $H_2O$ ,” says Dr. Pollack. He calls this water EZ water (short for “exclusion zone”) and vicinal water.

*Communiqué* readers may find this video of interest as the research describes a new way in which all life is nourished by the sun. (Light in the ultraviolet range of 270 nanometers seems to be the main driver of this life-sustaining process. If you watch the short video, other, similar videos are offered if you want more information.) The evidence certainly supports Cosolargy’s claims. This is another instance of

modern science's catching up with the Teachings.

< [Watch the 3-minute video "The Fourth Phase of Water" on YouTube.](#) >

**HERE ARE SOME OF DR. GERALD POLLACK'S CREDENTIALS:**



PHOTO:

Facebook.com

Doctor of Philosophy

Editor-in-chief, *WATER*

Professor, University of Washington

Founding Fellow, American Institute of Medical and Biological Engineering

Fellow, American Heart Association, Biomedical Engineering Society

Honorary Doctorate, Ural State University, Ekaterinburg, Russia

Honorary Professor, Russian Academy of Sciences

Foreign Member, Srpska Academy, Serbia

National Institutes of Health Director's Transformative R01 Research Award, 2009

Prigogine Medal, 2012

**HERE IS SOME INFORMATION ON HIS NEW BOOK:**

*The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor* outlines the evidence for this discovery and its significance for almost everything that water touches. A Cambridge University colleague of Dr. Pollack opines that the book resembles "an illustrated children's book with paradigm

shifting content.”

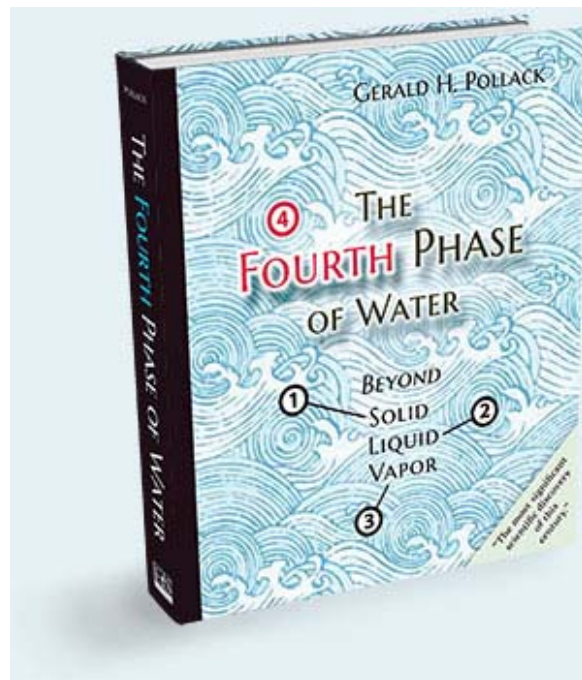


PHOTO: Ebner & Sons

Early reviews have called the book “the most interesting scientific book I’ve ever read,” “the most significant scientific discovery of this century,” and “unputdownable.” Nobel laureate Brian Josephson suggests that these discoveries “can be expected to have important implications.”

[Preview several chapters of the book \*The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor\* online at Ebners & Sons Publishers.](#)

**AND HERE ARE LINKS TO ANOTHER RELATED LECTURE BY DR. POLLACK:**





“Electrically Structured Water”: In this lecture Pollack discusses new insights into structured water arrived at in his lab during the past year. Pollack has spent the last 10 years researching the role of water in biological tissues, and his discoveries could have a profound impact on our understanding of disease and healing.

[Watch “Electrically Structured Water” Part One \(32 minutes\)](#) .

[Watch “Electrically Structured Water” Part Two \(26 minutes\)](#).

– links submitted by David Mitchell (aka Devashish)

<PART 2>

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## “The Value of Empathy”



*A natural result of reaching the end phases of transformation is that a refined level of empathy—an empathic resonance—becomes your preferred mode of perception. When you’re in your home frequency, feeling into the world with conscious sensitivity and no hidden agendas, you become highly empathic. Empathy is so much more than is conveyed in the*



*typical definition: feeling someone else's pain. It brings information about what it's like to be the person who just lost her husband or won the lottery, or to be that unmowed yard or that beautiful peach ready to be picked. Empathy is directly knowing through vibration; it is sensitivity filtered through the heart. ~Penney Peirce*

"I may not be very close to the end of my quest for spiritual enlightenment, but I have been empathic for as long as I can remember. As the quote indicates, empathy can be both a blessing and a curse, or it can at least seem that way. I used to read a blog on empathy regularly, and many of the young empaths complained about it and considered it a curse, but is it?"

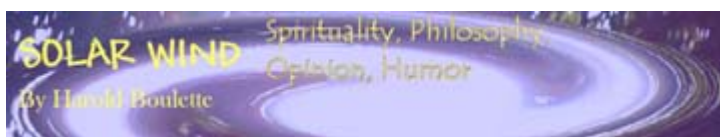
< [Read the entire article online at Solar Wind.](#) >

< Visit and bookmark Harold Boulette's blog Solar Wind at: <http://blog.spiritsun.net/> >

contributed by Harold Boulette

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# **“Effective Prayer and Contemplation”**



*If the intellect has not risen above the contemplation of the created world, it has not yet beheld the realm of God perfectly. For it may be occupied with the knowledge of*

*intelligible things and thus involved in their multiplicity. ... He who prays in spirit and in truth is no longer dependent on created things when honoring the Creator, but praises Him for and in Himself. ... When your intellect, in its great longing for God, gradually withdraws from the flesh and turns away from all thoughts that have their source in your sense perceptions, memory, or soul-body temperament, and when it becomes full of reverence and joy, then you may conclude that you are close to the frontiers of prayer. ~The Philokalia*

“We all know the old joke where someone tells you to close your eyes and think of anything but an elephant. What happens is that an image of an elephant immediately pops into your mind (assuming you know what an elephant is). In a slightly more complex example, if you’re told to think of a peanut butter sandwich, but not to think of an elephant, your mind will form an image of a sandwich, then promptly replace it with an image of an elephant. A few people might see some combination like an elephant eating a peanut butter sandwich, but most will completely replace the sandwich image with the elephant.”

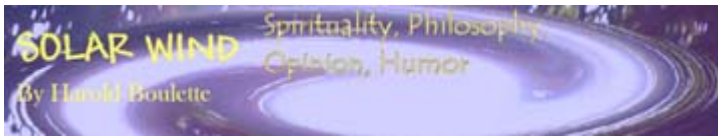
< [Read the entire article online at Solar Wind.](#) >

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contributed by Harold Boulette

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# “Intuition and the Heart Center”



*As you evolve, the heart literally becomes your new brain center. The Institute of HeartMath has found that the heart's electromagnetic field may play an important role in communicating physiological, psychological, and social information between people. Its experiments found that one person's brain waves can synchronize to another person's heartbeat. Researchers inferred that our nervous system acts as an antenna that responds to the electromagnetic fields produced by the hearts of others. Interestingly, they also found data that point to the fact that the heart's electromagnetic field is involved in intuitive perception, that both the heart and brain receive and respond to information about a future event before the event actually happens. The heart appears to receive the intuitive information before the brain does. ~Penney Peirce*

“Most scientists and medical people would probably consider this nonsense—as crazy as the ancients who equated emotions with the heart. But what they don't seem to understand is that it is not the physical organ pumping blood that is referred to here and in similar writings but the spiritual energy center that happens to be located in the same area. It is that spiritual organ that is linked to intuition. It is that spiritual organ that responds to some events before they actually happen.”

< [Read the entire article by Harold Boulette online at Solar Wind.](#) >

< Visit and bookmark Harold Boulette's blog Solar Wind at:

contributed by Harold Boulette

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# **INSIGHT: Dream and Vision Forum: May 2013**

*This is your forum to share higher-level experiences in Cosolargy through the images of your dreams and visions. All postings are anonymous. Send in verbal descriptions and, if you have them, drawings or paintings.*

*The primary value in these postings is simply to allow others to see that people do have relevant or meaningful dreams and visions. Another value is to see if others find that the dreams and visions we post are similar or identical to their own. This is why we ask for your comments.*

*Dreams are communications from the unconscious mind and sometimes the higher self. Some are simply compensation for attention directed elsewhere during the day; some are indications of bodily processes, and some help us work through conflicts. Occasionally, they communicate information from higher realms and thus have more than individual value.*

*As Cosolargists, we are learning to navigate higher realms. Dreams are part of these higher realms. The Worlds of Light, the realm of spirit, sometimes breaks through to the psyche and gives us information. What breaks through deserves our attention and analysis. In this section of the **Community***

**Communique**, we offer Community members a forum for sharing their dreams and visions for the edification of the Community and themselves.

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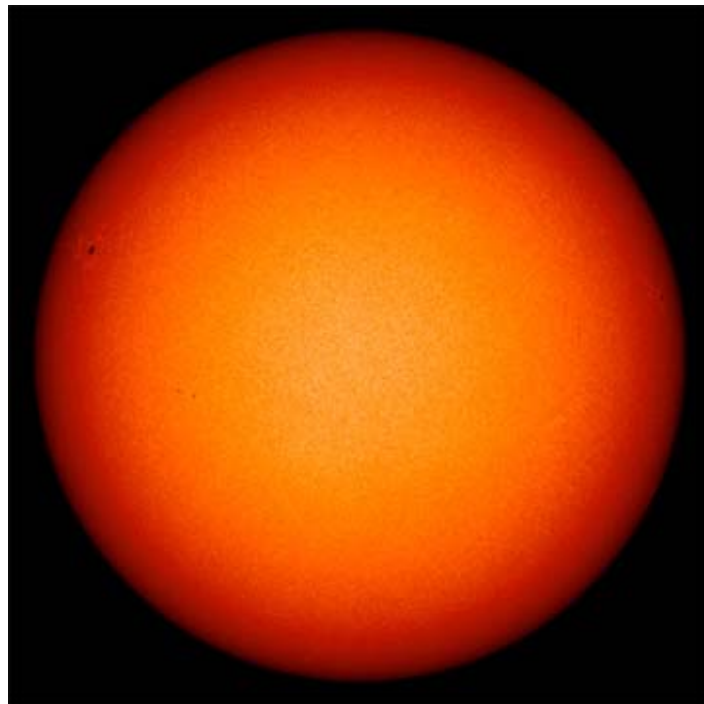
## **Dream No. 7**



Normally when I dream, especially if it is a warning of some sort ,the outcome makes itself known within a three day period. In this dream, I found myself in a rock quarry. I was in the pit trying to pry out a rock from the side. I heard a voice yell out to me, "Try this!" I looked up and standing at the edge of the quarry was Reverend Gene Sr. He threw a large hammer down to me. It was early in the morning just before sunrise when I awoke from the dream, and I thought it was strange so I grabbed the *Dream Dictionary* and looked up "hammer," which means hard work. Well, I thought, "So what else is new?" It was some years later that I was on a work crew in the Sanctuary in a big pit with a pry bar digging through the decomposed granite that the dream of years ago flashed in my mind and I then understood that the dream was years into the future. Makes me think that some of the other dreams I've had that are not quite clear to me have yet to make themselves manifest.

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# “Let’s Talk about Electric Sunbeams”



Latest image of the quiet Sun from the Solar Dynamics Observatory (SDO ) satellite (March 25, 2013).

PHOTO: ESA/NASA

“Almost 70 years ago, Dr. C. E. R. Bruce offered a new hypothesis about the Sun. Being an electrical researcher, as well as an astronomer, Bruce proposed that the Sun was a discharge phenomenon.

“Years later, in 1972, the late Ralph Juergens wrote a series of articles suggesting that the Sun is not an isolated body, but is the most electrically active object in the solar system—the focus of a radial electric field extending outward

almost to the next star system. Juergens was the first one to link electricity in the Solar System to the galactic circuit and to theorize that the Sun might have an external power source."

< [Link to the article "Electric Sunbeams" by Stephen Smith posted online at thunderbolts.info.](#) >

< [Link to a PDF of the same article here.](#) >

*Read the article.*

*Read the commentary below by Consociate Dr. Stephan Fuelling.*

*Then leave your own comment: Let us know what you think!*

### **Commentary by Dr. Stephan Fuelling**

The Electric Universe 'model' does not explain what is observed nor does it predict anything that can be measured.

The article you sent wants to explain the output of the sun by 'electric arcs'. If there were these arcs, what is the process of creating the needed potential difference (voltage)? The other 'theory' from Ralph Juergens claims that the sun is an active electric body (as the 'anode' with the galaxy as the 'cathode'), what is the process that continually replenishes the potential difference or charge of the sun? It should have been exhausted a long time ago. Where does this charge come from? Meaning, if the sun was charged and a current flows and heats the sun's atmosphere, the sun slowly discharges. Therefore, its potential (voltage) slowly decreases. But the voltage would have to be kept constant over billions of years, so the sun would have to get recharged constantly, which requires an equal but opposite current, where does this go and how is it generated? It does not make sense.

Mainstream science explains that the sun creates its power



from fusion, it burns hydrogen to helium, this not only explains the energy output of the sun, it also explains the existence of red dwarfs, which are too small to produce a large fusion output but just fizzle a little. It also explains the big red giants, stars that have exhausted their hydrogen reservoir and are burning helium and heavier elements until they either become white dwarfs (the 'ashes' of the former star) or become a supernova and, if they were really big, end up as a black hole. None of the 'electric universe' models can explain any of this. In addition, the fusion process creates neutrinos. But there was a discrepancy with the measured neutrino flux from the sun on earth, and so it was theorized that the neutrinos on their way through the sun and to the earth changed by some amount into another neutrino type. This recently has been verified, so one can see how a theory that had been developed to explain the observed neutrino discrepancy and its prediction could later be verified in experiments. That is how science works!

<  
<http://phys.org/news/2013-03-rare-shape-shifting-neutrino.html> >

These 'electric universe' models are all fantasies, these are not even theories, because it is not thought through, does not contain any mathematical theory behind it. As Wolfgang Pauli noted: "Some theories are not even wrong," meaning, they contain nothing whereby someone could test the theory against observables in nature and thus prove it wrong.

< [http://en.wikipedia.org/wiki/Not\\_even\\_wrong](http://en.wikipedia.org/wiki/Not_even_wrong) >

If a theory cannot be tested, what good is it? The same with blind faith...

However: when the solar system formed and there was the protoplanetary disc around the sun, there were electrical processes that may have created so-called chondrules.

<  
<http://www.space.com/20390-solar-system-rock-origins-explained.html> >

Also, there are theories that Saturn's rings display some electrical properties:

'Mysterious [spokes](#) have been seen in Saturn's rings, which might form and disperse over a few hours. Scientists have conjectured that these spokes might be composed of electrically charged sheets of dust-sized particles created by small meteors impacting the rings or electron beams from the planet's lightning.'

<  
<http://www.space.com/48-saturn-the-solar-systems-major-ring-bearer.html> >

There are also many electromagnetic phenomena in the sun, the sun is a plasma body, which is conductive and therefore generates currents, magnetic fields, and electrical potentials. A solar wind energy source has recently been suggested:

<  
[http://science.nasa.gov/science-news/science-at-nasa/2013/08mar\\_solarwind/](http://science.nasa.gov/science-news/science-at-nasa/2013/08mar_solarwind/) >

This could explain the much hotter corona (3.5 million degree F). But it is only a theory and needs to be tested. Future missions to the sun may prove it right or wrong! I also read of another theory, whereby the heating of the corona is based on 'magnetic reconnection', whereby magnetic flux is shorted out when magnetic field lines overlap and 'reconnect', thereby ejecting the cut-off magnetic loop. The magnetic energy of this loop is then released in the corona, heating it up. The magnetic reconnection is currently a hot topic in science. Or both theories could be correct, then the solar corona is heated by both processes (or more). Future comparison between

modeling and new solar data may shed more light into this.

So while there are some interesting electrical phenomena in Saturn's rings and the sun or the protoplanetary disc, these are limited to their immediate environment. The observed electrical phenomena always occurred where there was a high enough plasma or charge density. But there are also some interactions between the sun and the earth: Solar coronal mass ejections can cause electrical phenomena on earth. One such dramatic event was the 'Carrington event' in 1859, a solar superstorm that caused telegraph wires to glow. This was due to the compression of earth's magnetic field by the impact of the solar ejecta , that induced high voltages (and currents) across the landlines. The northern and southern lights are electrical in nature, strong solar winds or coronal mass ejections divert charged particles along the magnetic field lines of the earth, and when they hit the upper atmosphere, they excite and ionize the air, causing light emission from these ions or molecules. There may be other electrical phenomena, but they must withstand scientific scrutiny.

With best regards,

Stephan

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## **Dream and Vision Forum, April 2013**

*This is your forum to share higher-level experiences in*

*Cosolargy through the images of your dreams and visions. All postings are anonymous. Send in verbal descriptions and, if you have them, drawings or paintings.*

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## **Dream No. 6**



I have attached the following description of a recent dream. It is one that stands out for me because it is complete, uninterrupted, and contains colors that I remember:

I was slogging through a colorless jungle-like swamp with water up to my calves. The light was dim, and there were large

trees with knobby knees all around. At last I saw a low embankment ahead through the trees. It rose about 3 feet above the water and was covered with close-cropped green grass. I thought, "Finally, dry land."

Climbing on the embankment I saw that it was only a footing for a massive stone wall, like from an old castle. Wondering what was on the other side, I became aware of a small wooden door, which opened without difficulty, and I found myself inside a square enclosure perhaps 50 feet on a side. The ground was covered with the same green, close-cropped grass. "Whoever built this wanted to be safe from the swamp," I thought.

The only thing inside was a stairway. It wound upwards in a sinuous way, with polished marble-like steps held in place at the ends by metal tubes like polished brass or silver. The same brass tubes formed railings that snaked up along the stairs.

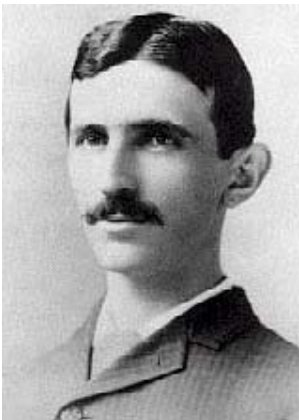
I started up the stairs. There were a few small landings along the way, and in places, leaves, as if from trees below, came close enough to the stairs to touch. There were occasional small flowers or pieces of fruit on the branches. I was not aware of anything beyond the stairs at this point.

At about the equivalent height of a third or fourth floor, I came to the top. It was a circular platform of the same white material as the stairs, with a brass railing around it. There was an old man playing an electronic keyboard there. He had white hair, and was all dressed in white. I did not hear the music that he was playing. He did not say anything to me but did not object to my being there.

Written March 3, 2013

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**“In the Universe there is a core from which we obtain knowledge . . . ”**



Nikola Tesla

*My brain is only a receiver. In the Universe there is a core from which we obtain knowledge, strength, inspiration. I have not penetrated into the secrets of this core, but I know that it exists.*

—Nikola Tesla

I resonated with Nikola Tesla's quote above. His words remind

me of the story about Thomas Edison when he had problems with inventing the electric light bulb. When he reached an impasse, he would sit in a chair with several marbles in his hand and drift off to a light sleep. When he was in that light sleep state, his hand would relax and the marbles would drop to the floor, waking him up. On occasion he would have ideas that contributed to the solution he needed. Was he tuning in to the "Core" of which Tesla speaks?

This also reminds me of the technique known for years by psychologists, meditators, and others for obtaining answers from one's Higher Self. The person seeking answers would get into a meditative or prayerful state just prior to bedtime and state a problem he or she has and ask The Universe or Spirit for answers and ideas that address that particular problem. Sometimes the answers or ideas would be there when the person awoke in the morning. Did the answers come from the "Core" of which Tesla speaks?

Is Tesla's "Core" another word for God or Spirit?

When Cosolargists are viewing the Sun and receiving IF, is this somehow related to the "Core" of which Tesla speaks?

For those of you reading this in the *Communique*, what are your reactions to Tesla's words above? What experiences have you had that may tie into this concept? Please send your thoughts and comments to the Editor of the *Communique* and let's get a dialog going.

—Thomas Fee

submitted by Thomas Fee