



Crystals, But Not As You Know Them

Debbie Sellwood

I have always been curious about the late Richard Gerber's M.D. statement in *Vibrational Medicine* (published in 1996)¹ that science has recently begun to recognise a new class of crystals, known as liquid crystals, which have a structure that is part crystalline and part fluid. Gerber explains that many substances and membranes within the physical body appear to function as liquid crystals, so I decided to investigate this theory further in my new book, *You are a Frequency*. This explores the idea that, if we are energetic beings, what will be the implications of this for our mental and physical health? In this article, I draw on several people's research and publications as sources of information on the liquid crystalline system. This system could explain how subtle energies behave within our bodies, which also has a connection with how vibrational essences function. But where in the body do these liquid crystals exist?

The Crystalline Network

In his book *Spiritual Nutrition: Six Foundations for Spiritual Life*, Dr Gabriel Cousens holds that our bodies are a series of synchronous, interacting, solid and liquid crystal structures which forms an overall body energy pattern. *"Each organ, gland, nerve system, cell, and protein structure, even the tissue salts in the body, shows a level of organization with some degree of crystalline function."*² With regard to essences, Gerber writes, *"This crystalline network is involved with the assimilation and processing of the subtle energies of vibrational remedies."*³ Geneticist Dr Mae Wan Ho confirms his view, *"There is a dynamic, liquid crystalline continuum of connective tissues and extracellular matrix linking directly into the equally liquid crystalline interior of every single cell in the body. In addition, the liquid crystalline continuum provides subtle electrical interconnections which are sensitive to changes in pressure and other physicochemical conditions; in other words, it is also able to register 'tissue memory'. Thus, the liquid crystalline continuum possesses all the qualities of a highly sensitive 'body consciousness' that can respond to all forms of subtle energy medicines."*⁴

Gurudas further explains, *"Crystalline structures work on sympathetic resonancy. There is an attunement between crystalline properties in the physical*

and subtle bodies, the ethers, and many vibrational remedies, notably flower essences and gems.”⁵ He provides information as to how essences are assimilated and processed. *“The life force works more through the blood, and consciousness works more through the brain and nervous system. These two systems contain quartz-like properties and electromagnetic currents. The blood cells, especially the red and white blood cells, contain more quartz-like properties, and the nervous system contains more electromagnetic current. The life force and consciousness use these properties to enter and stimulate the physical body.”*⁶ He further describes that, after ingestion, vibrational essences are firstly assimilated into the circulatory system, settle midway between the nervous and circulatory systems and then go directly to the meridians.



Activating Internal Crystals

We know that crystals have the power to focus and transmit frequencies. Therefore, if we have a crystal element to our makeup, could we, when reinforcing positive emotions and mindsets (for these are energies too) or taking essences to facilitate this, be activating or programming these liquid crystals? Gerber holds that, *“The crystalline pattern also stores electromagnetic energy and amplifies thought projections.”*⁷ In the *Biology of Belief*, Bruce Lipton likens cells in the human body to microchips since they are both programmable. He writes that the membrane of a cell is a liquid crystal which allows the membrane to dynamically alter its shape while maintaining its

integrity. *"We are the drivers of our own biology, just as I am the driver of this word processing program. We have the ability to edit the data we enter into our biocomputers, just as surely as I can choose the words I type."*⁸ Interestingly, MaAnna Stephenson, author of the *Sage Age*, presents a further aspect writing, *"The human body is a sophisticated, multi-faceted antenna system comprised of a crystalline matrix that is constantly transmitting and receiving (transceiving) all manner of informed energies."*⁹ She claims it is mainly comprised of two special types of crystals: piezo crystals, that convert mechanical energy into electrical energy and vice versa, and liquid crystals.

Reconstructing with Essences

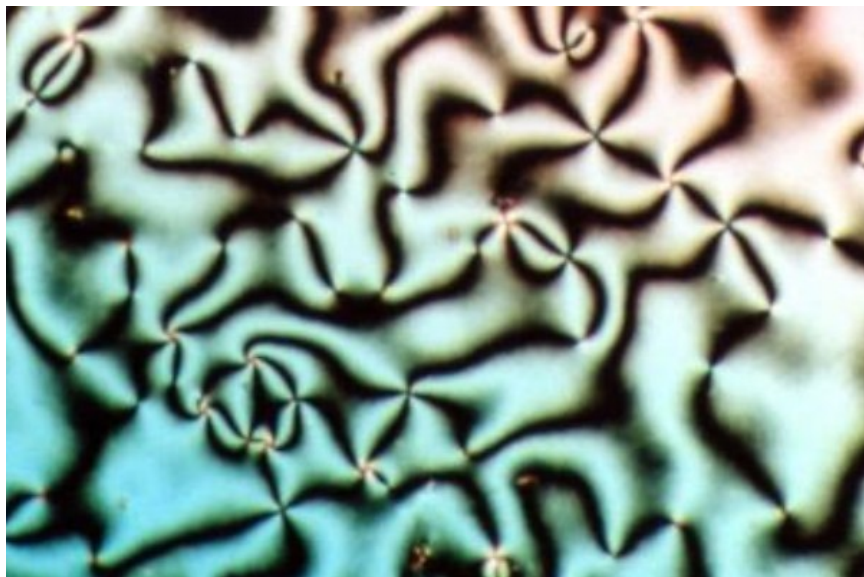
The late Marcel Vogel, an expert on crystals, found that the structure of the human energy field reveals the same properties (in material form) of crystals. His associate, Dan Willis, compares the relationship to using the resonant effect of crystals for balancing and restoring elements of the body. *"The human body, on an energetic level, is an array of oscillating points that are layered and have a definite symmetry and structure. This crystallinity is apparent on both a subtle and energetic or quantum level as well as the macro level. The bones, tissues, cells, and fluids of the body have a definite crystallinity about them. The structure of the fluids, cells, and tissues of the body tends to become unstructured or incoherent when dis-ease or distress is present."*¹⁰

This may mean that essences (or thinking positively), could be assisting, through the body's crystalline makeup, to reconstruct parts that have become unstructured. In other words, in creating a clear state of consciousness, essences could beneficially affect the physical. Whilst most practitioners are fully aware that essences can do this, it is not something they can claim. In the UK, essences are classified as foods, and essence practitioners differ from the medical establishment on the ability of consciousness to affect the physical body. Indeed, one of the reasons for writing my book was to increase awareness of ourselves as more than just a physical body, and to explain how, as we operate as a frequency, using vibrational treatments can safely address imbalances.

Water, More Than We Think

It seems significant that, not only do elements of our body comprise of liquid crystals, the water content of the body does also. Dr Gerald Pollack, University of Washington Bioengineering Professor and author, has developed a theory of water that has been called revolutionary: that water is not actually a liquid. Pollack believes that structured water (as it is often referred to) is a hexagonal construction between liquid water and crystal.¹¹ The author of *Dancing with*

Water, M. J Pangman,¹² agrees. On her website she writes, “Much of the water in a healthy human body is in a liquid crystalline/structured state. Many components of the body are also considered to be liquid crystals, including collagen and cell membranes. These tissues work cooperatively with structured water to create an informational network that reaches every cell. It is the liquid crystalline organization of the human body that accounts for the instantaneous transfer of signals and other biological information.”¹³



Liquid crystal in the simple 'nematic' phase

This is not surprising when we consider the work of the late Japanese scientist Dr Masaru Emoto with whom most readers will be familiar. In his book, *Messages from Water*,¹⁴ he provides photographic evidence of how human consciousness can affect water's molecular structure. His experiments were conducted outside of the body (e.g. glasses of water) but the same appears to apply internally. Water carries a memory which is possible through its crystalline make up. It means that when our thoughts are of a high vibration, the water content in our bodies (approx. 80%), can be changed from a disorganised state to a more desirable and healthier one. Since essences can positively enhance our thoughts, it almost becomes a necessity to take them in order to maintain wellbeing – as if we did not already know that!

In summary, the crystalline system enables the flow of life force energy (crucial to good health), throughout our bodies and provides a communication medium between organs, cells, and other body parts. It is

involved in the assimilation and processing of subtle energies such as vibrational essences and also enables us to tune into and respond to information coming from the cosmos.

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