



Writing on the Water is Hypnosis. Highlighting the Power of Words

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Kelimelerin Gücü

Water and Hypnosis

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To the editor:

Mevlana Celeleddin-i Rumi is the greatest Anatolian philosopher in Turkish culture, he says, “If you think of roses, you are a rose garden; If you think of thorns, you are fuel for the furnace”. Words are an expression of the soul. And the condition of our soul is very likely to have an enormous impact on the water that composes as much as 70 percent of our body, and this impact will in no small way affect our bodies [1]. How could be possible? We start out of life being 99 percent water, as fetuses. When we are born, we are 90 percent water, and by the time we reach adulthood we are down to 70 percent. In other words, throughout our lives we exist mostly as water. From a physical perspective, humans are water. Modern researchers have shown that the condition of the mind has a direct impact on condition of the body [1]. Words impact on the water. In fact we affect the water and water affect us. Music, words, love, behaviour affect, our water and its crystals. For instance, chronic pain stimuli and intense pain have effects at a cellular and/or gene expression level, and will eventually induce cellular memory due to pain [2]. Or particular DNA methylation states that are associated with brain function during emotion processing are detectable in the periphery [3]. Hypnosis has long been an elusive concept for science due to the lack of objective neurobiological markers of the state of trance, but the relentless advances in neuroscience in the last few decades have opened up a “bridge of knowledge” between the classic neurophysiological studies and psychophysiological studies of cognitive, emotinol, and sensory systems [4]. Under the conscious hypnosis, we are only talking to our patients. In fact we are talking to water and affect water. Because brain contents 75 percent water. If we look from the perspective of quantum physics, it is entanglement [5]. Rumi says, “You are not a drop in the ocean. You are the entire ocean in a drop.”

References

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