

The following is an excerpt from a letter written to John Barnes from Sheila Walker, PT, an Expert Myofascial Release therapist. It presents a scientific spin to the modality of MFR; a process that many clients know often defies description. I am not advocating deep thinking during the process of healing, merely pointing to the fact that the physical and emotional changes we experience in treatment have an underlying molecular shift.

An interesting sidebar is that one will accelerate healing by NOT thinking, merely being aware of and FEELING what is happening...

Enjoy and share this important information. I welcome any and all commentary about it!

"The first time I ever heard the words 'liquid crystalline' was from John F. Barnes, P.T., L.M.T., N.C.T.M.B. As he lectured about the molecular organization, properties and role of our fascial system, I recognized I had no idea what a crystal was.

"So years ago, I started my own journey of discovery about the true nature of our bodies and what John was really saying.

"It is the molecular organization, whether highly organized or less ... which creates 'health' in a cell ... and, thus, an individual comprised of trillions of cells.

"Mae-Wan Ho is a brilliant woman who has brought, for me, essential illumination about what is life. According to Ho, "Life is liquid crystalline."

"Water demonstrates a unique fourth phase of matter—that of liquid crystalline. I will allow [MJ Pangman, in this You Tube clip](#) to share the absolutely fascinating and essential new understanding of how important liquid crystalline is to support life.

"Pay attention to how she shares the findings of MRI studies and cancer cells. 'Cancer cells have a less organized molecular structure of water than a healthy cell.'

"Listen to her information of the properties of a crystal. Water's purpose in the body: relay, store, amplify, and transduce ... energy.

"Transduction [is] the changing of energy from one form to another. This is the phase transition Barnes talks about, with our sustained pressure into the liquid crystalline of our bodies like a quartz watch creates oscillating energy to retrieve information, detect, switch, store, modulate, regulate energy.

"Molecular organization is what we are effecting with skillful, sustained pressure into any areas of restriction. As with the use of crystals in technologies, it is the very same in the human body. Crystals are powerful because of their molecular structure. We are living crystals, and when our bodies no longer have this shape, we lose our organization as such—and, thus, lose all the unique properties of life and we lose our light. We die, cell by cell.

"Forget the diagnosis. Restore cellular function; allow the restoration of water in its crystalline shape to bring forth healthy functioning for the entire individual!"

Sheila Walker, P.T. MFR, all courses