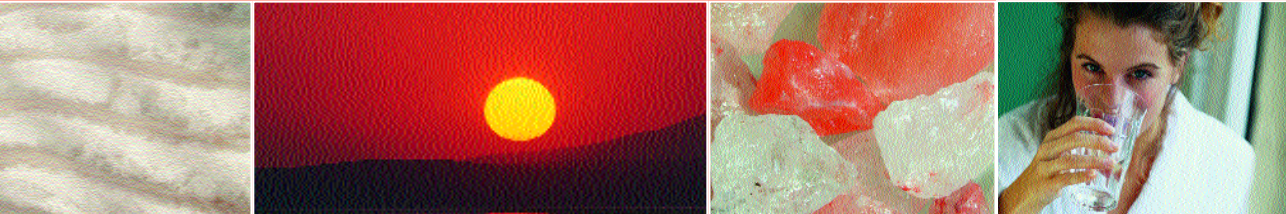


The Salt

The White Gold of Earth




Salt has the same fundamental importance for our life as water. We could not survive without water or salt. Salt is as essential as water. All the properties of salt that relate to our body are closely connected to water, because the crucial properties of salt, biochemically as well as biophysically—only exist in combination with water. The crystalline sole (so-lay), salt-water brine, is unquestionably the energy matrix in which life begins, develops and subsists.

When we speak of salt, and as we scrutinize its properties in the following text, we mean salt in its original form: holistic, wholesome, unaltered, natural salt, as it has crystallized in the Earth over millions of years. When we speak of “table” salt that is sold in the supermarket, we refer to it as sodium chloride with additives, which is what it really is.

Water and Salt- Two Equal Partners

If water is reputed to be our number one food source, then salt is certainly our second food source. Accordingly, from our experiences, we will treat both elements equally, because none of us could live without either. Interestingly, an abundance of literature can be found on the biophysics of water. Sadly, little is known about the biophysics of salt, as it has managed to escape closer scientific investigation. We would like to close this gap with this chapter and we hope that there will be other scientists coming forth to undertake research about this intensely interesting subject.

Salt is equally important for our body as is water



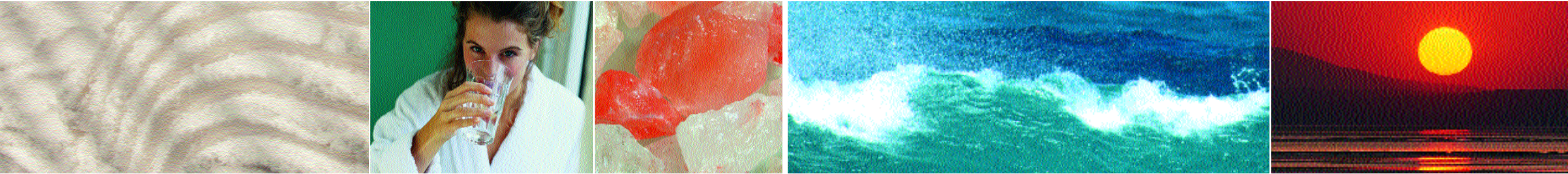
Crystal salt runs in glistening clear, pink, and reddish veins through the salt mountain

Water and Salt — Primary Elements of All Life

Upon close examination we find that the human body is made primarily of water and salt. Natural crystal salt contains all the elements of which the human body is comprised. From the periodic table of elements we are familiar with 94 natural elements (stable as well as unstable). Apart from inert gases, all of these elements can be found in crystal salt. Hence, crystal salt contains all natural minerals and trace elements that are found in the human body. We perceive crystal salt as being the totality of all natural elements. This may not be entirely correct according to chemistry, however we will continue to use the term crystal salt in this context. The number of the respective elements contained in the crystal salt is biophysically irrelevant to this study.

Vitamins and proteins are neither found in water nor in salt. However, when we analyze water and salt in the body, we find that vitamins and proteins are nothing but partially complicated molecular chain links of elements, which we can find individually within the salt as well as in the body. Water, salt and light, as energy forms, can construct highly geometrically structured chain links, that are—biochemically—identical to vitamins and proteins. This is what gives the sole such a significance as a life-builder and well worth taking a closer look at.

Crystal salt contains all the minerals and trace elements of which the body is made



Water and salt, in combination with light, can build proteins

Salt — Mediator between Energy and Matter

Salt is that which remains after matter has dissolved and transformed into subtle matter. The founder of the Schüssler Salt Therapy, Dr. Wilhelm Schüssler, already proved, over 100 years ago, that the ashes remaining after a corpse is cremated are nothing but the salts of which the human body is made. The byproduct of the modern waste burning plants is salt. Needless to say, no one would want to eat this salt, but the fact remains, it is salt. Our prehistoric ancestors were already aware of the crucial necessity of salt. Wherever they found salt they guarded it like a treasure. Later in history, salt was called “white gold” and was the subject of political power plays, which oftentimes resulted in war. Roman soldiers were actually paid with salt, which is reflected in the word “salary.” Salt was more important for survival than gold. Throughout Europe, the salt routes over which the white gold was transported emerged. The names of many German cities bear testimony to this time, with such names as: Salzgitter, Salzburg or Bad Salzufen for instance. Also, names including the word “hall,” the Celtic word for salt, emerged, with city names like

Bad Reichenhall, Friedrichshall and Hallein, indicating salt deposits at these locations.

The Meaning of the Word Salt

The word salt comes from the Latin term sal, which again comes from the word sol. Sol is synonymous with the “sole,” the water and salt solution and is the Latin word for sun. Mythologically, and from its definition, sole means “liquid sunlight,” the liquid materialization of the sun’s energy, liquid light energy, bound into a geometrical structure, capable of creating and sustaining life. This literally explains where life on Earth came from: from the sole of the primal oceans.

The Celtic word for salt, “hall” has the same roots as the German word heilig meaning “holy” which also comes from the word heil meaning “whole,” Further, hall also signifies sound (German schall). The schall is a sound with a long hall, which means echo or reverberation in German, involving vibration. If we knew of these correlations today, we would be asking our neighbor at the table to “Please pass me some vibration,” rather than “Please pass me some salt.” We have to

Salt used to be more valuable than gold and was used as a form of payment

Salt contains the entire spectrum of frequency patterns of all elements found in the human body

ask, “Were the Celts conscious of the fact that salt contained all the frequency patterns of the elements?” And, that “hall” was the basic vibration for “heil” (German “health”)/ “wholesomeness”? They definitely knew how to cure illnesses and rebalance the energy deficit in the body through “hall,” their salt. From an energetic, as well as from the biophysical point of view, an energy deficit can be balanced with salt, regardless of the missing frequency pattern, or the missing information/energy/life-force. Pure crystal salt is still geologi-

The Meaning of Water and Salt for Life:

Water and salt are the key elements for the creation of life.

The human body consists of the two elements: water and salt.

All complex molecular chain-link connections, such as vitamins and proteins, can be produced with sole and sunlight.

The ash left over from the cremation of a corpse is pure salt.

The word *salt* is based on the Latin word *sole* for sun, and the Celtic word *hall*. *Hall* represents the root for the German words *heil* and *schall*, which mean “wholeness”/ “wholesomeness” and “sound vibration”/“reverberation”.

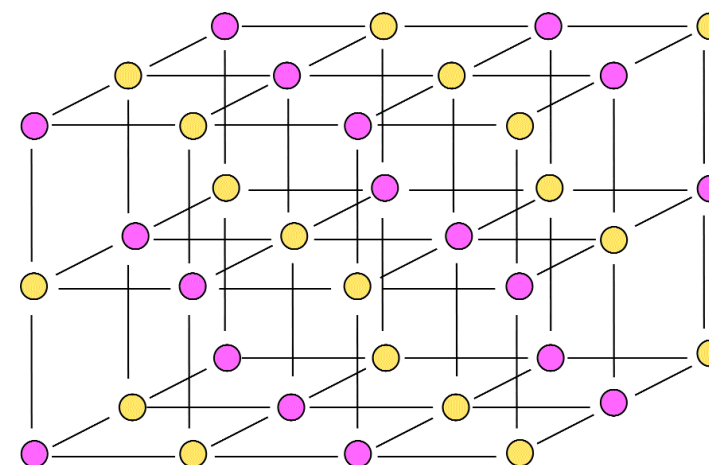
The Celtic word *hall* also means the same as the German word, *seele*, or *soul*, in English. The Celts believed that the soul originated from the ocean, *sole*.

cally defined as “halite,” in which we can recognize the Celtic words “hall” for salt and “lit” for light. Loosely translated, crystal salt or halite means, light vibration.

The meaning of the Celtic word “halite” is light vibration

The Structure of Salt

Similar to water, salt has its individual crystalline structure. In contrast to the structure of water, which is tetrahedral in shape, the grid structure of salt is cubic in form. This cube is constructed from light quanta, also called photons, which are pure light energy. The light/heat energy of the sun evaporated the primal oceans more than 250 million years ago and the energy expended for this dehydration is stored in the platonic body of the salt’s crystalline grid as potential energy. By adding water, the force of the grid can be overcome, so that the energy it holds is liberated. In this process, the elements within the crystal salt are ionized, allowing them to penetrate the body’s cells. This creates an ocean of energy, a powerful potential, waiting only to create and sustain life.



The crystalline grid of salt mostly consists of:

- = Sodium
- = Chloride

Our body does not need to metabolize the crystal salt in order for it to enter into our cells

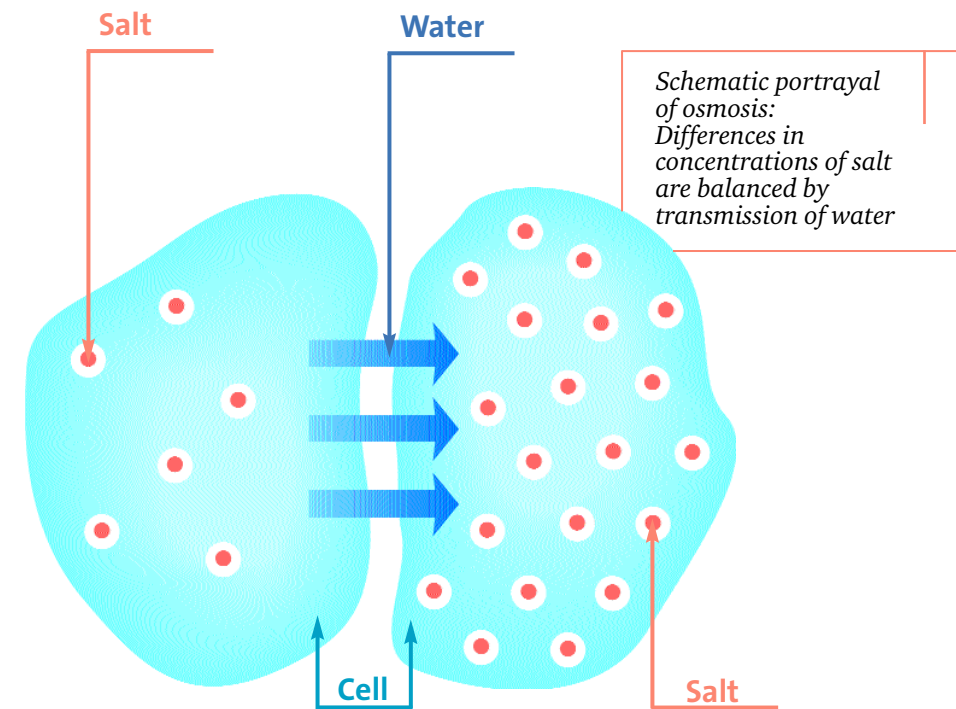
The Power of Salt to Transform

From a scientific point of view, salt has a very unique property. In contrast to all other crystalline structures, the atomic structure of salt is not molecular, but electrical. This fact is what makes salt so transformable. When we submerge a quartz crystal into water and remove it after 10 minutes, it is still the same quartz crystal. It did not change molecularly, though it has a crystalline structure. Although the crystal can give its energy, its frequency pattern into the surrounding water, which is effortlessly absorbed, the quartz crystal remains the same. The crystal is too rooted in matter to be dissolved or disassociated from its polarity.

When we submerge a crystal of salt into water, it dissolves, and the sole is created. Sole is neither water nor salt. It is a higher energetic dimension than either the water or the salt alone. When the sole evaporates, the salt is left behind. This transformability of salt ensures that it does not have to be metabolized in our body. Starch is transformed into sugar, protein into amino acids and fat into glycerin and acid. But salt remains salt. It is directly available to the cells in its ionized form as sole. All other foods must be separated into their components in order for the body to make use of them. But salt always remains in its original form. It even accesses our brain directly.

No Thoughts and No Actions Without Salt

Even the simplest processes in our body need salt or its inherent elements in ionized form. For example, it is the task of our nervous system to transmit the stimulation that has been recorded via sensory input to our brain, which in return passes this information back to our muscles in order for us to react to the respective stimuli. An electric potential occurs on the membrane wall of the cells when the positively charged potassium ions leave the cells and the positively charged sodium ions can-



Osmosis, the Principal of Metabolism

Transformability of salt is very important for our body because it is the foundation of our cell metabolism. The life-giving principle of metabolism in all living beings is osmosis, when liquids transfer from one cell to another.

This process of osmosis is managed by the salt concentration in the cells. The liquid in a cell always moves from a cell with a lower salt concentration (potential) to a cell with a higher salt concentration (potential), because the cell membranes are permeable for water but not for salt and the body always strives to achieve a balance in concentration.