

DOES THOUGHTS AFFECT THE DNA OF THE FOOD?

Abstract

The increased interest in the scientific study of unseen forces and the possible outcome of these forces on subjects important or used daily by human body in the form of nourishment or nutrients are being studied. According to researches, the practices of different cultures and beliefs that were studied have been capable of creating changes in the living matter and convey out the changes accordingly.

Experiments over the few years have inspected whether intention of a human thoughts affects the properties of nourishment we select. The grownup human body includes about 70% water any alterations via human recognition could additionally have an effect on the human frame capabilities. Researchers have shown human consciousness to be an issue for growth of plants and cultured cells.

Foods have been studied as a part of creating and altering the properties in the human body by its components and providing beneficial nutrients required for the body. Nutrition, genes and environmental factors have proven to alter the body functioning and cause irregularities which have been studied for many years. The human body consumes most of the plant derived meals which may trade the properties of the food as human consciousness has established to have an effect on the DNA or properties of plant

The potential of human consciousness to trade the structure of water and modify the adjustments in the growth of cultured human brain cells is in interest to complementary and alternative medicine research, and mainly for cures regarding

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purpose. There are nevertheless many studies to proclaim the consequences of human intention on foods.

Keywords: Human intention, human consciousness, human recognition, thoughts, water structure, properties, plant growth, seed germination, vedic chants, music, holy water, cultured cells, DNA, food.

I. INTRODUCTION

The specialty of recuperating is a major human practice cut out across social orders and opportunity. Present day drug is reasonably new instead of these old sorts of recovering that incorporate energy or bio field medicines. Energy based medicines were depicted when 2500 to a long time back in the creation of Huang Ti Ching Su Wen of China, the wellspring of principal thoughts in Chinese clinical hypothesis. Similarly, old carvings from the Egyptian Third Practice depict the use of the hands to recover.[21][37][43]

Trials and tests have examined whether human cognizance influences or modify the properties of water. This inquiry is important to corresponding and elective cure studies, and particularly for fixes connected with human consciousness, as the adult human edge comprises of roughly 70% water.[28][32][42]

Plants are perplexing multicellular living beings considered as delicate as people for beginning examining of impacts and testing new treatments [3]. Sound is known to influence the development of plants. Seeds are at times treated with ultrasound to help start the germination process[38]. Foliage planted along expressways to diminish commotion contamination frequently develops uniquely in contrast to foliage grower in a calm climate. Sound vibration can invigorate a seed or on the other hand plant. Concentrates on in the perceptible recurrence range affect seed germination . They have zeroed in on single frequencies trying to plan reactions as an element of recurrence.

The beginning and growth of the Ancient Hindu System of Medical Science, as described in the teachings of Ayurveda, reveal some very strange manifestations referred to as Yoga, wherein the development of the "Kundalini" at the distal part of the human back bone (Urostyle) and the flow of the Sahasra Kamalypituitary gland juice located in the brain, when directed towards the "Kundalini," shows the development of an enigmatic and potent force .A common description for this is "the mental luminescence." [4] The evolution of "Kundalini" controls the several facets of mental constitution. The "Nadi," also known as the "Nadi-parika," is affected by differences in "Kundalini." The nadi, or pulse, changes three times every day and regulates the positive and negative flow of gases throughout the body. In addition to the two major well-known internal air or gas circulation systems, the human body, according to Ayurveda, has a third system.[4]

The very existence of the third gases, or "Vayu system," may only be perceived if "Kundalini" develops or when the reactions are observed by the plants through indirect means, which in turn causes the human mind to exhibit reflexes. Additionally, this can only be understood when every component of creation is thoroughly examined and comprehended, i.e., it contains several realities and perspectives. The consequences of the impulses sent forth by living plants must be felt by the humans themselves.[4]

II. EFFECTS OF HUMAN CONSCIOUSNESS THROUGH MUSIC, VEDIC CHANTINGS, MANTRAS ON PLANTS

There has been studies projecting the effects of music, vibrations and chanting on the plants making them bloom and grow better which has proved by observing the height and the flowers of the plant bloom, sprouts being grown better in the influence of music[1], plants have grown better and taller with the vedic chantings.[2][26][27]

A study was conducted to observe the plant growth depending on the music, vedic chants and rock music. The plants were divided into five groups, each of which was exposed to one of the music genres listed below: Indian Classical, Vedic Chants, Western Classical, and Rock. The control group was maintained in silence. Over the course of 60 days, changes in the lengthening of the stem, internodes length, number of flowers, and flower diameter were noted and observed. The variations are quite noticeable. It was observed that the plants exposed to Vedic chants exhibited the greatest amount of shoot elongation, greatest number of blooms, and greatest blossom diameter. In plants exposed to Indian classical music, internode elongation was greatest. [23][2][40]

This demonstrates unequivocally that, in contrast to the control group or plants exposed to Western classical or Rock music, Vedic chanting or Indian classical music encourage plant development. These sorts of music could be used in nurseries and farms to promote the growth of the plants, which leads to a better yield, as the shoot length, internode length, number, and diameter of the flowers rise when exposed to them. [2][38][39]

The impact of mantras on plants and animals is documented in ancient Indian writings. This area of medicine is important, and Ayurveda acknowledges this. During his numerous investigations on plants, the author discovered that some forms of sound Waves, particularly the Mantras, have an impact on them from the seedling stage to maturity. According to one of the study, plants have responded well to these specific sound waves in terms of their ability to develop and effectively treat ailments. It demonstrates that plants have responded well to these specific sound waves in terms of their ability to develop, be effective at treating diseases, etc.[4]

There has been further research of the effect of Gayatri mantra on plants growth. Gayatri mantra exposure causes polyamine levels in seedlings and mature plants to rise and increases oxygen consumption. Sound waves speed up plant growth, and their stimulation has a clear impact on the development and growth of plants including wheat, spinach, horse gramme, soy, and rice. The growth of plants is influenced by certain sounds. Alyssum seeds are known to sprout more quickly when exposed to high frequency sound tones, although random noise appears to have the reverse effect. The growth of plants can potentially be negatively impacted by music or sound.[5]

It is well known that plants react to stimuli, and music is one of them. It has been noted that certain sounds have distinct effects on a plant's health. The researchers conducted a pilot study to see how *Tagetes* sp. (marigold) reacted to light Indian music, meditation music, and noise. Additionally, they have kept track of the chickpea plant's germination in response to light Indian music. One could argue that, in contrast to noise, music encouraged the germination, growth, and development of the plants. It's possible that certain musical

and auditory frequencies promote improved physiological for the plant, and this is apparent in terms of greater height, higher number of leaves, and overall more developed and healthier plants. Processes like nutrition absorption, photosynthesis, protein synthesis, etc. for the plant.[6][29]

In addition to accelerating growth, music has a considerable impact on the concentration of several metabolites, such as increasing starch and chlorophyll [7].

Our study demonstrates that plants respond to sound in fundamental ways that affect not only their general health but also their rate of development and size [8][9]. Science has recently established that quiet noises have an impact on plant growth. The treated plants in this experiment grew taller, therefore the outcome was comparable to that of the experiment conducted by [10], which found that when plants were exposed to music, their height increased and they got healthier. In comparison to plants that are not exposed to music, music therapy also increases the amount of leaves and blossoms on plants. Singh, [11] has noted this as well.[29]

III. EFFECTS OF HUMAN CONSCIOUSNESS ON WATER

Experiments using light scattering indicatrix recordings show that human awareness has the power to alter the structure of water. The statistical variations seen before or after operator involvement can be outperformed by factors of 10 to 1000 by changes in scattered light intensity that are connected with an operator's purpose. Multiple operators have demonstrated these effects, which appear to be operator-specific but can be strengthened by training.[12][37]

Canon William V. Rauscher For instance, found that cannabis plants that received leftover holy water from religious ceremonies grew more than three times higher than cannabis plants that did not get holy water.[13]

A study was performed to observe the effect of good thoughts on the water, around almost 2000 people in Tokyo concentrated their thoughts on water samples that were kept in Californian electromagnetically insulated room, control samples were set aside at another site. The hypothesis was supported by the findings, which showed that the treated water's crystals with human thoughts received better aesthetic appeal ratings than the control water [14]

The effect of human thoughts on water has been performed in the research study to visualize the water crystals of the distilled water treated with good thoughts like 'LOVE, THANK YOU' and the other treated with word 'DEVIL'. The water crystal was then observed to see the most aesthetic appeal. And the crystal with the word 'Devil' was distorted in the appearance and with no better formation of the crystal whereas the one with the words 'LOVE, THANK YOU' had a stunning aesthetic appeal. [15]

Exposure of certain kind of music to water has also shown to form beautiful crystal. Distilled water was exposed to music like (heavy music, classical music). The duration of the treatment depended on the length of the music. The crystals were observed after treating them

with music and found that the one treated with classical and cherry blossom music were more beautiful in appearance of the one treated with heavy music.[15]

Discovering that waters that are in harmony with nature produce beautiful crystals, but waters that are polluted or subjected to specific discordant vibrations do not. Even though Tokyo's tap water is supposedly safe to drink, it still includes a lot of pollutants and, despite testing 100 samples, no lovely crystals formed. Nevertheless, despite the fact that no two of these crystals were exactly same, the water from Lourdes did create stunning crystal shapes.[15]

IV. EFFECT OF HEALING THERAPIES

The act of harboring a kind want for another person to reach or maintain a condition of health, or more broadly, a state in which life is improved, can be referred to as a healing intention.[17][25][20][11]

Experiments suggest that a single application of healing intention may be insufficient to affect human brain cell colony formation or random number generators to a significant degree. But repeated application of healing intentions and space-conditioning meditations appear to have measurable consequences in both systems. Future studies exploring healing intention and associated environmental and negentropic side-effects appear to be warranted.[16][24][18][26]

V. DISSCUSSION

Experiments and studies briefly discuss the relationship between human consciousness and plants, water, and the surroundings. This explains the power of human consciousness, which moulds the surrounding environment, objects, living individuals, and ecosystems. Though not enough studies have been found to showcase that food gets affected specifically due to thoughts, one can relate that human consciousness can also be a part of a change in foods and a particular environment when there are numerous studies on thoughts affecting and water structure. Water being a major part of cooking and plants being the source of food explain that human consciousness can affect the food, though we still require many scientific data points to support that hypothesis.[23][26]

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