

*Greetings from*  
**KEEPERS OF THE WATERS**  
*Dancing with the Universal Pulse*

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Have we forgotten?

Water is an alive, living, breathing, conscious substance that pulses. Waters creates an alive, pulsing world. From microbes to whales, all living things pulse. That steady beat of your heart, that pulse of life, is 100% dependent on the pulse of water.

Simply stated, water's pulse is created by H<sub>2</sub>O's extra hydrogen molecule darting around, seeking to connect. In the human body, this rapid movement creates a tiny electrical current. When this pulse can travel uninhibited through your body, you have energy and health.

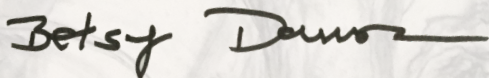
Watch a river as it moves, forming swirls and vortices and patterns which are created by this pulse. Dams can reduce a river's ability to pulse. Removing a dam can allow a river's living systems to return at an astonishing rate. An ecosystem is alive when it is water can support a dynamic pulse.

Water systems contain pulses large and small. Some pulses are regulated by massive systems like the Amazon Rainforest, the Chesapeake Bay Estuary, and the ocean currents. When these systems are disrupted, lifeforms—including people—feel the effects in their bodies. We have not kept this basic reality in mind as we've created large interventions in the natural landscape.

We see water's miracles everywhere. A drop dangling off a leaf is testament to the incredible strength of water to create and hold form. When water is polluted, it can no longer hold a proper form and becomes too weak to facilitate healthy life. It loses its pulse.

Water has allowed us to develop and thrive, to coexist with millions of species whose hearts beat with ours. Let's join together to save our waters.

With immense gratitude for the waters of our earth,



Betsy Damon

*Donations accepted with gratitude at*  
**keepersofthewaters.org**