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ONE-ON-ONE WITH  
DR MASARU EMOTO

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# THE HEALING EFFECTS OF WATER

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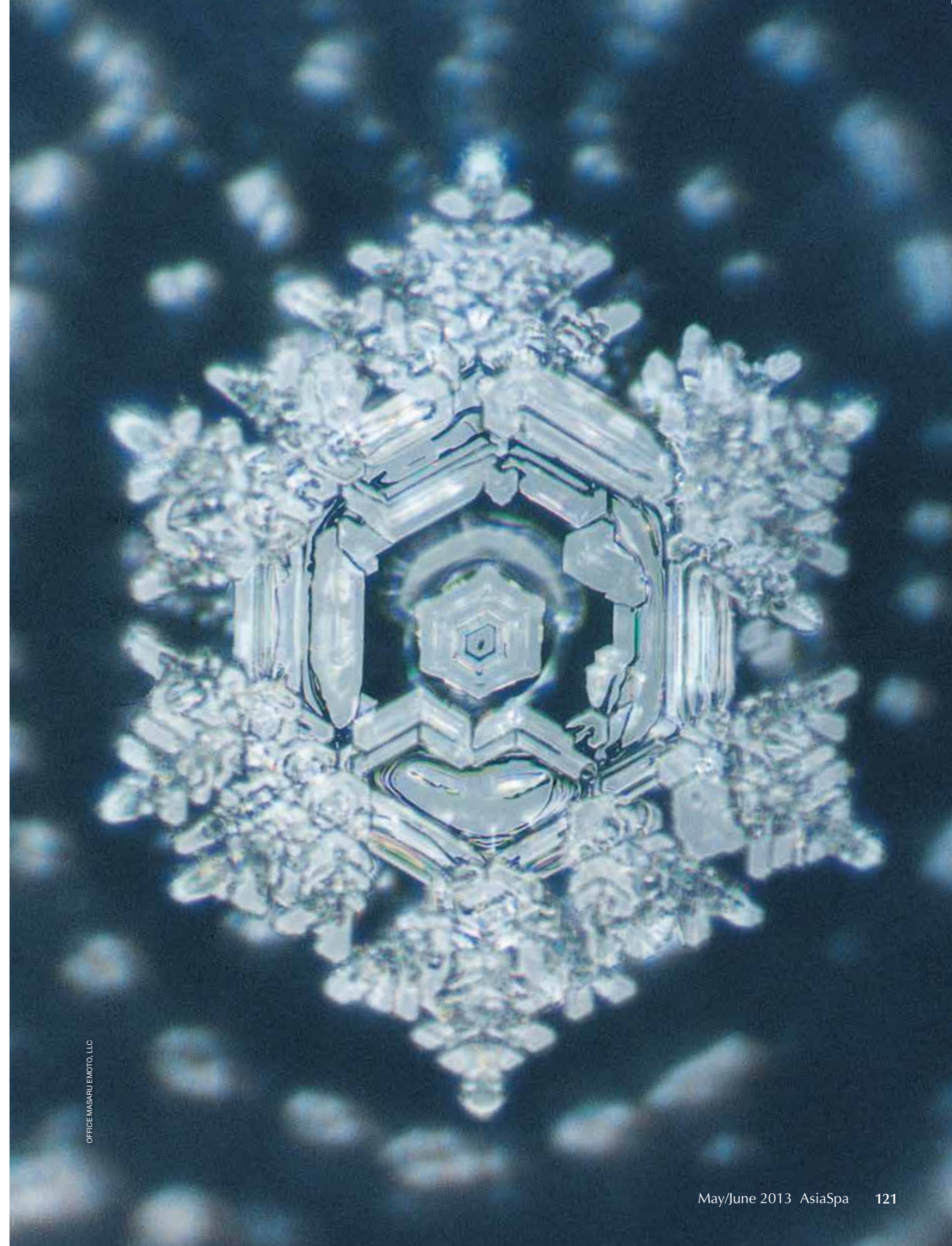
Water has been revered since the dawn of time and is considered the lifeblood of our planet, making up approximately 75 per cent of the earth's surface. We ourselves are a beautiful reflection of this, as we too are mostly comprised of water. At birth, our body is 90 per cent water and remains at about 70 per cent during adulthood, and drops to about 50 per cent in the final stages of life. The knowledge water holds is the key to understanding ourselves and the universe, believes Dr Masaru Emoto, a renowned water researcher from Japan. Dr Emoto has dedicated more than 25 years to studying the mysteries of water and is author of the best-selling books, *Messages from Water* and *The Hidden Messages in Water*. Interviewing Dr Emoto from his home in Japan, I was able to gain insights into his research and experiences with, what he says is, the elixir of life.

**T**he power of water is infinite – it cleanses, hydrates and animates the earth and all its living creatures. Without it, the luscious earth shrivels and we perish within days. For most, the notion that water is essential to life and good health is not new, however, if we look beyond the purely physical benefits of drinking water, we stand to

discover a renewed perspective of life. It is the messages in water that Dr Emoto is passionate about sharing with the world, and the message is: water holds the ability to heal ourselves and the world, which seems to find itself in chaos at the moment.

Early in his career, Dr Emoto practised alternative medicine and used a machine

called a Magnetic Resonance Analyzer (MRA), to create HADO water (or subtle vibrations) for treatment of disease. He explained that at that time in Japan, homeopathic medicine was forbidden due to the alcohol content in the tinctures. However, he used the MRA to imprint information in water that would cancel the symptoms of his unwell clients. He



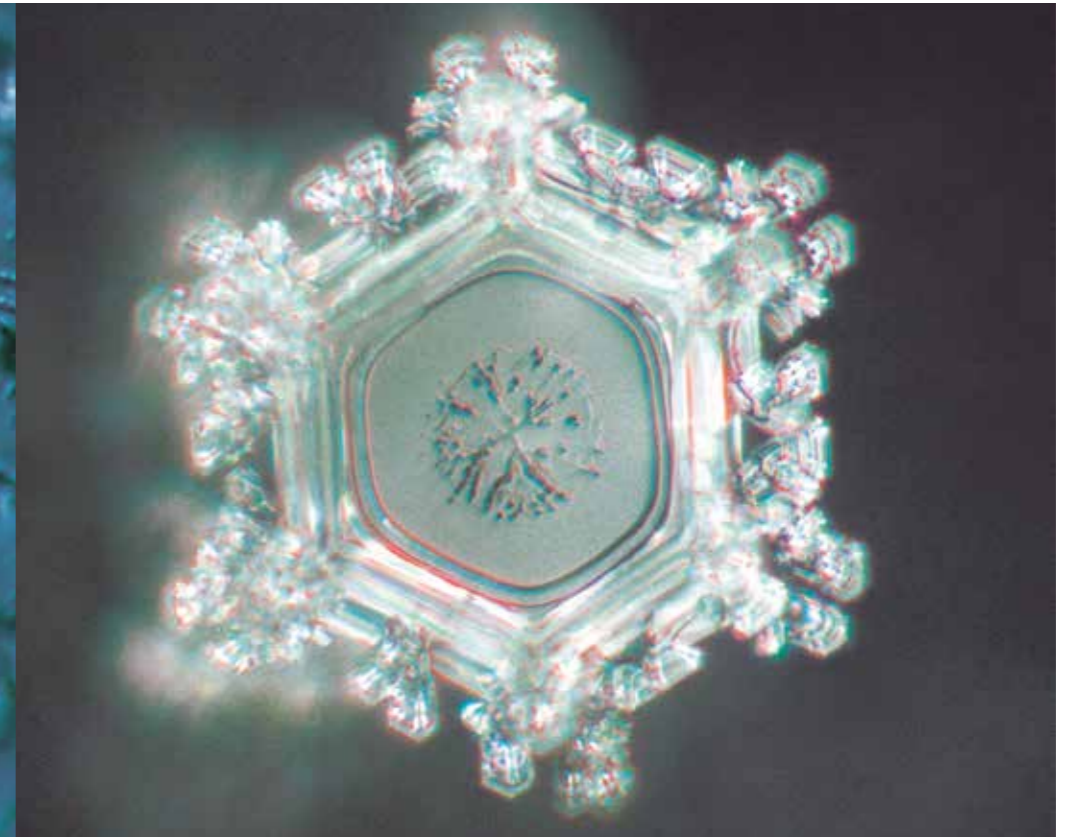
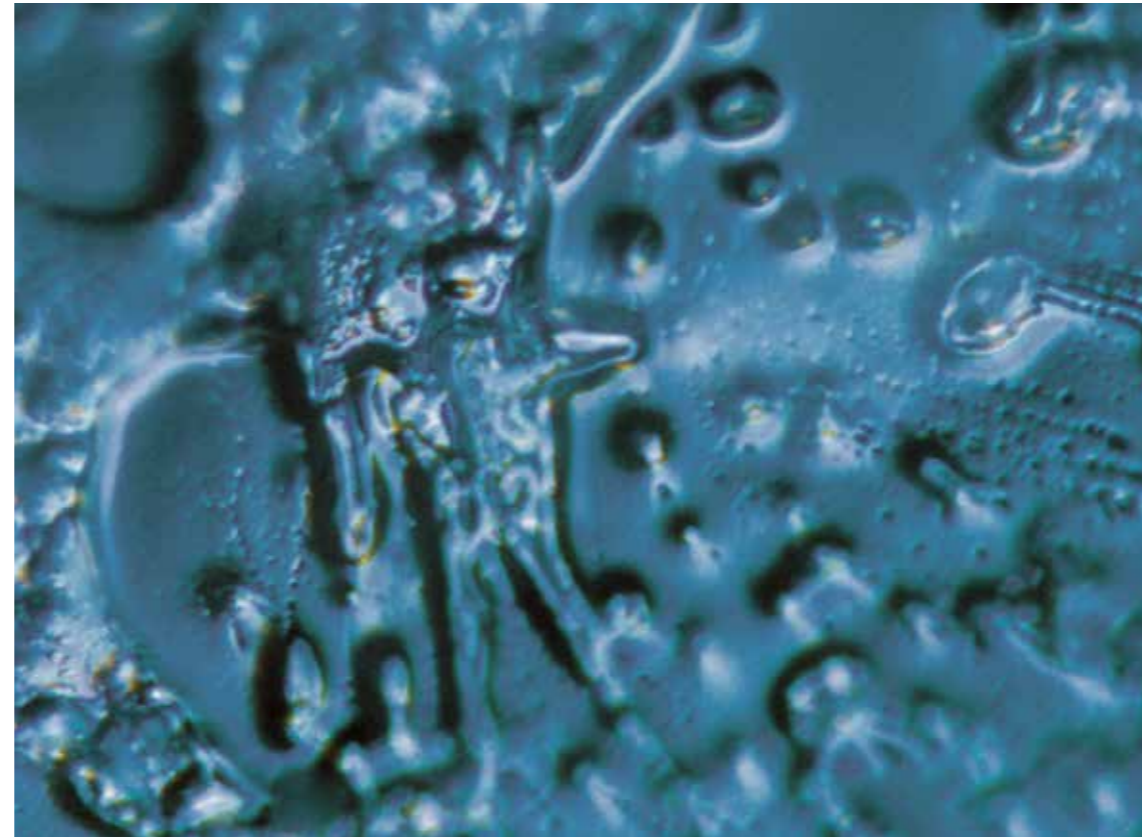
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“By positively affecting water, we stand to restore the harmony in ourselves and the world”

PREVIOUS PAGE: Water is said to be made up of crystals that can be transformed according to its environment. THIS PAGE: Dr Masaru Emoto. OPPOSITE PAGE: Negative emotions can have undesirable effects on water; Hexagonal crystals emerge from water that is exposed to positive environments.



found that the micro-clustered water molecules held information very well and reports to have counselled over 10,000 people seeking better health with HADO water.

Dr Emoto, like many therapists and healers from the ancient sciences of wellness, including Traditional Chinese Medicine, Ayurveda and Shamanism, prefers to view health from an energetic model of well-being. These sciences believe that the entire universe, including ourselves, is vibrating energy and by nature seeks harmony and balance. Accordingly, we experience optimal health when we are in harmony, and illness and disease when we are in disharmony or unease. Negative thoughts and emotions strongly influence the choices we make in life and are responsible for the growing dissonance in the world and ourselves.

For this reason, Dr Emoto encourages you to ask yourself if you are happy, that is, “do you have a sense of peace in your heart, a feeling of security about your future and a feeling of anticipation when you wake up in the morning?” He believes the answer for most is ‘no’, because we, as vibrational beings, live in a world of chaos that leaves us tired and

disconnected. However, the one thing we have in common, connecting us to the universe, is water. By positively affecting water, we stand to restore the harmony in ourselves and the world.

Driven by an unquenchable knowing that water held messages for healing, Dr Emoto experimented with water samples from around the globe in order to understand and become ‘friendly’ with water. Inspired by the idea that no two snowflakes are the same, he began freezing and photographing his water samples with astonishing results. His photographs revealed a crystallised world of beautiful hexagonal crystals or distorted forms depending on the source of the water, suggesting water can copy and retain information from its environment. Over the years he has tested water from many sources around the world, including tap, natural spring, bottled and lake water, and exposed his samples to various stimuli including music, pictures, written words and prayers.

What he discovered was that water tainted by chlorine, from polluted sources, exposed to negative words, unpleasant music and ugly images, all copied harmful information that were

seen as imperfect crystals or absence of. In contrast, perfectly uniform hexagonal crystals emerged from water, which was exposed to positive words, prayer, delicate music and beautiful pictures, leaving no question in his mind that water copies information from its surroundings. In fact, he believes water is the mirror of the soul and was created to communicate the meaning of existence with humans. Therefore, by becoming more aware and respectful of water, it will reflect our perfect nature. Greek philosopher, Aristotle (384-322 BC), made similar assertions and believed the element of water occupies the space between air and earth. Perhaps hinting at water’s ability to connect the earth to the cosmos and consciousness.

In understanding that existence is vibration, Dr Emoto believes that the fastest way to raise our vibration, health and happiness is to copy positive messages to water, which will then cancel the symptoms of ‘dis-ease’. Of all his experiments, he found that ‘love and gratitude’ created the most delicate and beautiful crystals of all, suggesting it has the strongest power to override negativity.

When asked what is the best way

to create healing water, Dr Emoto suggested using distilled water (the purest water) and offer it love and gratitude to cancel out the negative vibrations formed in the water. He did not feel bottled water offered greater health benefits than tap and recognised that plastic bottles have the additional risk of releasing harmful chemicals into the water and environmental implications. Furthermore, he did not feel hard water (higher mineral content) was better than soft water, although he disclosed that hard water forms harder looking water crystals than the delicate crystals created by soft water. Specifically, Dr Emoto proposed ascending your thoughts of love and gratitude by saying, for example, “I love you water. Thank you water. I will care for you water” to it, or write these words on your water container to create resonance and harmonise the frequency between the water and your words. He boldly asserted that by doing this, your spiritual connection and consciousness will be elevated in three days.

When asked how people in many parts of the world continue to thrive when accessibility to clean drinking water is limited, Dr Emoto says that the power

of love and gratitude may be the secret key to immunity. This may explain why holy rivers and water sources are sought by the faithful to heal and connect to spirit. One of the best examples of this is India’s holiest river, The Ganges – a river worshipped as the Goddess Ganga and an important place of sacred worship and ritual. Despite being one of the most polluted rivers in the world, Hindu pilgrims bathe, drink, wash, pray and consign the ashes of their loved ones to her waters with such devout love and gratitude that they may mitigate the risk of serious illness.

Dr Emoto has witnessed the effect that a group can have on body of water when they gather and offer prayers of gratitude and compassion. Quantum physics recognises that this effect is not constrained by time or space, suggesting we all have the opportunity to be part of the critical mass that positively affects the world and all that live here. Children play an essential role in lifting the earth’s vibration from chaos to peace, because their hearts and minds are not yet polluted and are open and receptive. Understanding this, Dr Emoto created the Emoto Peace Project in order to distribute

his books to children around the world, so they can become ‘friendly’ with water and be part of the healing solution.

Despite his work being criticised by non-believers, Dr Emoto and millions of others around the world remain faithful to his photographic findings and believe that water is a messenger that offers healing and harmony within and without. Regardless of what you believe, we can all relate to the healing effects of water and its profound ability to soothe the mind, nourish the body and lift the spirits. Take a moment to reflect on the peace you feel when listening to the sound of waves rolling in, the lightness of being while swimming, the thirst that is quenched on a hot day, the soul-soothing pleasure of a hot bath and the awe and joyous wonder of a rain storm. Then look at the water crystal images on these pages, say “thank you” to your water and feel an effortless flow of positive emotion eclipse any doubt in your mind.

For those interested in learning more about water and sharing Dr Emoto’s research with others, the next HADO Instructor Training takes place in Hong Kong (September 19-22).

[www.masaru-emoto.net](http://www.masaru-emoto.net)