

THE HIDDEN MESSAGES IN WATER

By Dr. Masaru Emoto

A REVIEW

One critic calls Dr. Masaru Emoto's *The Hidden Messages in Water* a "most valuable contribution to the creation of a positive future in our world." With all due respect to that critic, it is much more than that. *The Hidden Messages in Water* is simply magnificent. A work of art that should be read by anyone seeking peace and love in their heart.

Hidden Messages (Atria Books 2005) culminates a years-long theory of Japanese Dr. Emoto, a graduate of the Yokohama Municipal University and the Open International University as a Doctor of Alternative Medicine.

Dr. Emoto believed for many years, long before he undertook his massive photographic and scientific experiments, that frozen ice crystals – water cooled to -5 degree C (23 degree F) – will form differently depending on how we treat the crystals. The crystals will express themselves in different ways if we are either kind and loving to the water or mean and cruel to it. Dr. Emoto's numerous color photographs prove him right.

The average human body is 70% water, which means that how we treat ourselves and others greatly depends on how we treat the water inside us. Because we exist throughout our lives mostly on water, Dr. Emoto believes that water *outside* our bodies will respond the same way we treat others from *inside* our bodies. To prove his theory, he built a special, enormous freezer where he froze water and looked at crystals. He found that each one came back unique depending on how the crystal reacted to his words, actions, music and writings.

He first discovered that different water formed different crystals. Tap water was a disaster. Because of its high concentration of chlorine used to sanitize it – similar to medication in some humans' bodies – tap water never formed a single crystal. On the other hand, natural water – from springs, underground rivers, glaciers, and the upper reaches of rivers – did form crystals.

Once the crystals materialized, Dr. Emoto next set out to learn whether the crystals will form in beautiful, elegant shapes or in malformed, fragmented form. His findings are utterly amazing. Water that was treated to the music of Beethoven's Pastoral Symphony, with its bright and clear tones, "resulted in beautiful and well-formed crystals." On other hand, water exposed to violent, heavy-metal music resulted in deformed and misshaped crystals.

When he and his laboratory assistant told water “thank you,” the water turned into beautiful hexagonal crystals. But water that was told “fool” produced ugly crystals similar to the heavy-metal exposed water.

Dr. Emoto concludes that the manner we treat and communicate with others – “the vibration of good words” – has a positive effect on our world. He refers to it throughout his book as love and gratitude. When we treat water with love and gratitude, water reciprocates by giving back to us the most beautifully shaped crystals one has ever imagined. His book is filled with dozens of color photos of crystals treated with love and gratitude. Water that he and his assistant called “fool” resulted in what distilled water would look like if it were heated in a microwave oven.

Dr. Emoto’s findings, which he has communicated in slide presentations to hundreds of thousands of people throughout Europe and the United States, has a semblance of simplicity to it: Unless we treat our world with love, gratitude and respect, the world will continue to be deformed by pollution, chemicals, excessive noise and man-made destructions. Since water makes up our bodies and souls, when we do not treat it with love and gratitude, Dr. Emoto writes, “The number of people suffering from physical illnesses will not decline.” Words are an expression of the soul. Water reflects our soul. When we are filled with and exude anger and frustration, the water inside us brings us sorrow and

pain. Water in large freezers reacts the same way when that anger and frustration are turned against it, sending us a clear message that by not turning into beautiful pieces of shining crystals, the water is not accepting the manner in which we treat it. People, Dr. Emoto says, have identical reactions.

Dr. Emoto's *New York Times* bestseller is filled with dozens of color photographs of water that was treated with the words "thank you" in English, French, Italian, Korean, German and other languages. These waters became beautiful and complete crystals with lovely colors and shapes. The same with water that was politely asked, "Let's do it!" These waters also became clearly formed crystals that appeared like flowers and diamonds. But when Dr. Emoto and his assistant ordered the water, "do it!" no crystals were formed, as though the water was predicting an earthquake, and an earthquake in Japan did in fact follow.

Dr. Emoto refers to his study as a small work, like throwing a pebble into a pond. While most of the scientific community refers to his studies as unorthodox, uncorroborated and not reliable, audiences in Switzerland, Germany, Australia, the Netherlands, Canada and the United States, wept when they saw the photographs of beautifully formed orange, red and blue crystals that were told "you're cute" or "I am sorry;" or when the music of Mozart Symphony No. 40 or Bach's famous arrangement "Air on the G String," played to the crystals.

Ice crystals, Dr. Emoto believes, contain the mysteries of the universe. By the way we treat the crystals, and in the way they react to our treatment, we “can unlock the consciousness required to understand the proper order of the universe, and our role in it.”

The more we abuse the earth and the more we pollute our oceans and streams, the more anger, hostilities and wars we bring on ourselves. The more love and gratitude we show our earth, our water and our fellow man, the more we will all live in peace and harmony, putting an end to senseless famine, killings, rapes and corruption. Water crystals are simply mirrors of our souls and conscience. That’s why beautiful crystals are formed when water “hears” the chant of a Buddhist funeral that creates a healing frequency or why clearly geometric crystals take shape when water hears the words “thank you.” It all boils down to love and gratitude, Dr. Emoto writes. Nothing less than grandeur.

Water is the force that creates and gives life, and without water, particles won’t mix together or circulate. Water can create chaos on earth – flooding, drowning, and just pure hell, destroying whatever is in its path. Just recall what the water from Hurricane Katrina did to the poor of the Lower Ninth Ward of New Orleans. Water can also heal, soothe and give birth to order, “resulting in a planet overflowing with life.” Water dissolves and carries the basic nutrients for life from our oceans to our homes. Because we are basically made up of water –

99% as fetuses – unless we treat the water within us with the respect and dignity it deserves, we will never be able to treat our earth and fellow man with the respect and dignity he or she deserves. The proof, Dr. Emoto writes, is the difference between how water crystals treated with love and kindness form versus the shapes of crystals that are treated with hate, anger, venom.

As long as man remains selfish and believes that he deserves anything he wants in life *at any cost*, the water he drinks and the water behind his skin will remain polluted, corrupt and sick. But when man begins to love the streams, to keep them clean and pure – Dr. Emoto writes about a clean-up-the-stream campaign in which he participated in Japan that resulted in the disappearance of dirty, polluted algae the next spring – man’s soul and spirit will remain healthy, alive and vibrant. Our earth, our universe, our water then will reciprocate by bestowing upon us the most beautiful landscapes, the clearest snowfalls and the purest spirits.

“Each one of us has the magical ability to change the world,” Dr. Emoto writes. “We have all been granted the power of creation by God. If we use this power to the maximum, we will be able to change the world in but a moment.” You can drink the purest water, but without a pure soul, the water will not taste good. Neither will the world unless we treat it with love and gratitude.