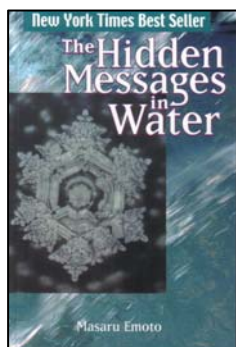


## *The Hidden Messages in Water*

Dr Masaru Emoto

**Dr. Masaru Emoto** was born in Japan and is a graduate of the Yokohama Municipal University and the Open International University as a Doctor of Alternative Medicine. His photographs were first featured in his self-published books *Messages from Water 1* and *2*. *The Hidden Messages in Water* was first published in Japan, with over 400,000 copies sold internationally.



It's old news that the human body is comprised mostly of water. And it's common knowledge that much of the water in the world today – including the tap water many people drink on a daily basis – is polluted, tainted, and toxic. Numerous health studies have suggested that drinking purified water – and lots of it – has an incredibly beneficial effect on the body. But never before has there been a collection of pictures, theory and research that ties water, health, vibration and the universe together in one small, easy-to-read, amazingly illustrated book. At least, not until now.

Dr. Emoto's small book (with only 157 pages, one-third of which are pictures) is an astonishing voyage into the world of water and its ties to our bodies, minds, and spirits. At the core of his work is the understanding that the entire universe is in a state of vibration. That is, everything in the universe – from the stars to the shoes on your feet – generates its own unique vibratory frequency. Because vibrations create sound, they can be measured by water, a "master listener" (pg. 43). Using this theoretical structure, Dr. Emoto exposed different kinds of water (e.g., tap, filtered, spring) to different sounds, words, and images, and then photographed the crystals that resulted when each water sample was frozen. The results are quite amazing: Purified or spring water presented with beautiful music and kind words created the most delicate, lovely, and shapely crystals; harsh music, words, and images resulted in deformed, distorted or otherwise imperfect crystals. Perhaps even more enlightening, if not disturbing, was the fact that tap and polluted water produced malformed, misshapen crystals regardless of the words, pictures or music directed at it. Distilling this information into practical use, Dr. Emoto's message indicates that purifying the water within us – from which we are made – is the way to achieve health and happiness.

*"Over the centuries, humankind has constantly robbed from the earth, and left it ever more polluted – the history of which is recorded by water. Now, water is beginning to speak to us. Through water crystals, it is telling us what we need to know." (Page 152)*

*"If we fill our lives with love and gratitude for all, this consciousness will become a wonderful power that will spread throughout the world. And this is what water crystals are trying to tell us." (Page 146)*

Considering that our bodies are made up mostly of water, and that water "learns" from and responds to its environment, it becomes (pardon the obvious pun) *crystal clear* that we need to concern ourselves not only with what we drink, but what thoughts we entertain, what images and sounds we surround ourselves with, and the degree to which we pursue pure health. Dr. Emoto's work strongly suggests

that encouraging a life of positive emotions – especially love and gratitude – is what is necessary to not only transform the water within us, but the world outside.

I encourage you to explore this engaging and fascinating little book and its powerful message. The evocative coupling of information with the photographs of the water crystals will astound you, and the impression it makes will likely stay with you for a lifetime.

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