

A once relatively unknown Doctor of Alternative Medicine from Japan, Masaru Emoto took up an extraordinary quest in the early 1990s – to understand the mystery of water – which was to swiftly catapult him to international legend with the groundbreaking discovery that water is deeply connected to our individual and collective consciousness.

Following extensive travel around the planet researching water, it was Dr Emoto's experiments with frozen water crystals using high-speed photography which led him to the astonishing revelation that water has the capacity to absorb human feelings and emotions and to be powerfully impacted by them.

His photographs of water crystals revealed water's receptivity to what he calls Hado – namely sounds, thoughts, words and pictures. He discovered that water exposed to loving and positive words (e.g. 'I Love You', 'Thank You',

'Angel') or beautiful music (e.g. Mozart, Beethoven) formed exquisitely shaped and brilliant crystals while water exposed to negative words and thoughts (e.g. 'You Fool', 'You Make Me Sick', 'Devil') or discordant music (e.g. Heavy Metal) showed fragmented and malformed ones.

So the vibration of good words had a positive effect and the vibration of negative words had the power to destroy. Emoto believes that since people are made up of 70 per cent water, like the Earth itself, if we consciously express love and goodwill, we can heal ourselves and our planet.

Furthermore, Dr Emoto discovered that the most beautiful water crystals were formed when exposed to the words 'Love and Gratitude', producing a diamond-like brilliance. This discovery has amazing ramifications, revealing the delicacy of the human soul and the impact that Love and Gratitude can have on the world.

Dr Emoto believes Love and Gratitude is the fundamental message of water and

the life-giving principle of the universe. He proposes that if we humans fill our hearts with Love and Gratitude we can restore the beauty of the Earth.

Dr Emoto is the author of the best-selling books *Messages from Water*, *The Hidden Messages in Water* and *The True Power of Water*. He is a graduate of the Yokohama Municipal University's department of humanities and sciences with a focus on International Relations. In 1986 he established the IHM Corporation in Tokyo, and in 1992 received certification from the Open International University as a Doctor of Alternative Medicine.

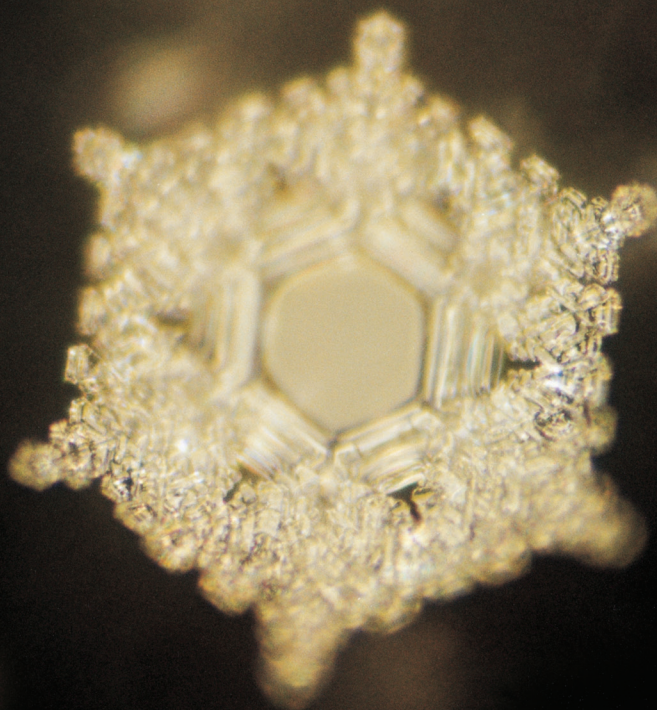
A long-time advocate for peace in relation to water, he is President Emeritus of the International Water for Life Foundation, a not-for-profit organisation currently distributing his free book for children, *The Message from Water*.

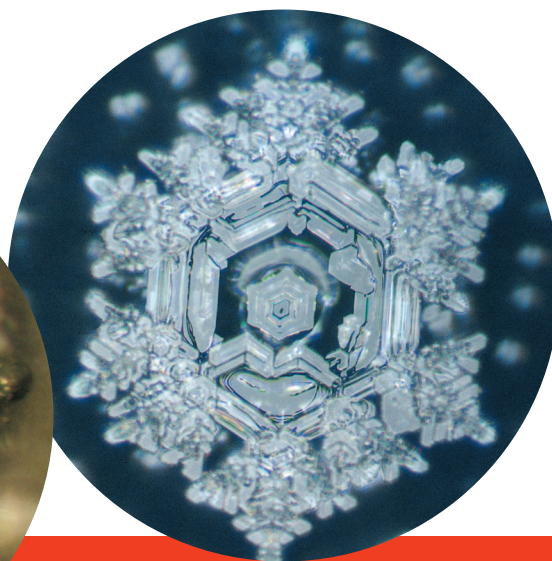
On a mission to spread water's message of peace, Doctor Emoto spends most of his time travelling the world giving lectures and seminars.

LOVE and GRATITUDE

the founding principle of the universe

On the eve of his impending UK visit in March, **Will Gethin** talks to 'Water Crystal Legend' Doctor Masaru Emoto about his remarkable revelations concerning the hidden messages in water





(left to right): Dr Emoto; Before the prayer at Fujiwara Dam; After the prayer at Fujiwara Dam

What was it that first awakened your interest in the mystery of water, seeding the epic journey that would become your life's great work?

When I read a sentence, 'Snow crystals are letters from Heaven' in a picture book by Professor Uichi Nakatani of Hokkaido University, a world-famous researcher of snow crystals in 1994, the idea flashed into my head, 'Snow is water. Surely if you froze water you would get crystals like snow?'

What was your first indication that water is receptive to Hado (sounds, thoughts, words and pictures)?

Since discovering a Hado Resonance analyser called MRA in the US in 1987, I have succeeded in helping many people suffering from cancers or other incurable diseases by making Hado water in which Hado information was imprinted by using MRA.

I started producing water that has the ability to correct imbalances in the self by imprinting specific healing vibration using the MRA.

In the beginning I was treating people directly, meeting the patients. Then, with experience, I realised that even if the person was not there I could measure their Hado by using their hair or a photograph. With this technique, I have treated many people long distance. Because of this experience, I found out that water can feel and store the information of pictures, words, musings and even human consciousness.

Can you describe Hado/vibration and some of the key experiments you did with water and their findings?

Water always makes beautiful crystals if *positive words* are shown or heard.

Water always makes beautiful crystals if *positive pictures or music* are shown or heard.

Water always makes beautiful crystals if

positive human consciousness or prayers are shown.

What process do you use to create the crystals pictured in your books?

Water changes rapidly and is unstable. We drop one sample of water to be tested on 100 Petri dishes and place them in a freezer for three hours at the temperature of minus 25–minus 30°C.

We take the crystals out and put them under the microscope to be photographed at magnifications of 200–500 times. Photographs are taken inside a refrigeration room set at 15°C.

Some scientists have criticised your research methods citing insufficient experimental controls to validate your findings and make them conclusive. What is your response to such claims?

Until now, not even one scientist has visited my laboratory directly asking how to photograph or select the crystal photographs. Not even one scientist called or wrote a letter or emailed me directly. In our laboratory we have been storing all the negatives from the beginning and the data is huge. And there are no secrets. I can show them to anyone. But no one has come. No one has asked me directly how and why. So why do they criticise me when they don't know anything about me or my technology?

My job is to choose photographs to publish and share in my books and seminars. Water crystals vibrate at a very delicate elementary particle level. I believe a person like me who has an average sensitivity and a parental affection is suitable to do such a work. Especially in a world in which these kinds of mean scientists are living, it is very important. Of course if in the future, many people come to understand this technology then it would be a different

story, but for now, to protect my child (water crystal photographing technology), it is very important to keep this direction.

Your experiments with rice – as a substitute for water – showed that ignoring the rice was more damaging to it than saying harmful words. What important lesson does this teach us?

I think this proves that no living thing can live by itself. Even if negative information (energy) was given, it is much better than if no energy were given at all.

The human body is 70 per cent water – does this mean that whatever your experiments show about water can also be applied to humans?

Yes indeed. That is the reason why I am doing this research with all my heart. For example, humans tend to forget things when they get older. In modern science, the reason for this is unknown. What scientists do know is that the amount of water in the body reduces as a human gets older. If you consider that water has 'memory', the reason for this phenomenon (people tend to forget things) can be understood. People forget things more when they get older because there is less water in the brain.

The most beautiful crystals were formed by being exposed to the words 'Love and Gratitude'. 'Gratitude', the more passive energy of the two, proved to be more powerful. Why does the passive energy have greater strength in the natural world than the active energy of 'Love'?

God created two basic energies to design Earth. The giving energy (yang) is 'love' and the passive energy (yin) is 'gratitude'. Nothing can be created if there are not two poles.

The heaven (God) is yang, a place of

love, the earth (where life exists) is yin, the place of gratitude. Moreover, to make the relationship and places eternal, God covered the earth with water. Although the molecular formula of water is H₂O, the reason why an oxygen and two hydrogen gathered together to become water is not understood at all by modern science.

Consider the reason as follows: I think that oxygen was assigned as the energy of love and hydrogen was assigned as the energy of gratitude. This is the reason why the photograph of Love and Gratitude (main photo, page 12) is the most beautiful.

What are the other key lessons that the water crystals tell us from your experiments? How can water help us resolve the suffering in the world?

I believe that only God can tell us if the water crystal is beautiful or not. If a person lost his/her way, the person should ask water for an answer. Water knows the answer. This is the reason why we need to study water.

Why are water crystals from tap water invariably badly formed?

Tap water has germicides to kill bacteria. I think there is no such word as 'Killing' in God's dictionary.

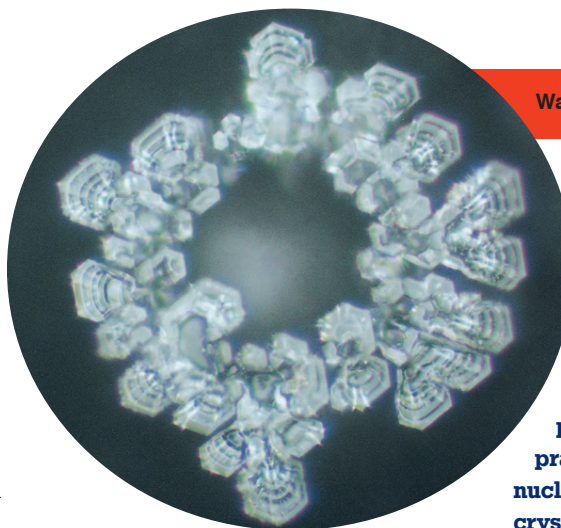
You say in the introduction to your book *The Hidden Messages in Water* that the more you understand water, the more difficult it is to deny the existence of God – can you explain why this is?

I was just an ordinary person until the age of 45. I didn't have any interest or knowledge in science or religion or the mental world. Why did I become so internationally famous, giving lectures all over the world?

Everything started when I happened to be attracted to 'water', wanting to know the mystique of 'water' and think hard about 'water'. Water gave me the answer. Water gave me ideas. Yes, water is a messenger from God.

You have said that water is extraterrestrial – so where does it come from and how did it come to the earth containing the programme needed for the development of life?

This question is the same question as 'Where do we come from?' I think the mother earth where we live is a University. Therefore what we have to do first is to graduate from this University. Then we can go into another University of a different level.



Water crystal from the fountain at Lourdes

You have done various experiments revealing the power of prayer to purify water and affect better water crystals. Following the earthquake at Fukushima in Japan on 11 March 2011, you rallied 45,000 people worldwide to send healing prayers to the water around the nuclear plant. You photographed water crystals before and after of Tokyo tap water – what did the results show?

Even though the radioactive problem is still bad, the water crystals of Tokyo are not getting much worse. I think the consciousness of people in the world towards water is getting higher. There are still people praying for Fukushima water every 11th of the month. I hope people keep praying for them.

Your mission is to purify the world's water and create a world that's healthy to live in – how can we take personal responsibility to help this happen?


What I tell people – and I think it's very important people do this every time they have the chance to connect with water – is to face the water, and say:

Water, I am sorry.

Water, forgive me.

Water, I thank you.

Water, I love you.

This prayer will make the earth a more beautiful place to live. 

Then we come close to getting this answer. We don't have to be in such a hurry. We have eternal time.

But for that we have to keep this earth as a 'living' star. For that we have to understand the true meaning of 'Love and Gratitude' and pass the right information on to our followers.

You have said that water contains a memory of everything in the universe, including its entire history – could it be possible for humans to access this memory, and if so, how?

Yes it is possible. But we get answers one by one. We should not be wanting too much. The farthest way about is the nearest way home. We first have to learn about water, and what life is, and to understand what information is.

Following the UN's Declaration of Water for Life Decade for 2005–2015 urging world citizens to learn all about water, you founded the Emoto Peace Project to help create world peace by educating the truth of water to children.

As part of this project, you have written a children's book, *The Message of Water*, to show the necessity of protecting water and to share water's message of hope and empowerment. You've pledged to distribute copies of this book free to 650 million children around the world. How many children have been reached to date? And how has the response been to this and your other books for children?

I don't know the exact numbers of these books that have been spread in the world but it is getting more and more. We know that the books have been delivered to children in more than 30 countries, translated in different languages. People can download the book from my website freely, so if we include that number, it would be a lot.

Find out more

Dr Emoto will share his life's work and experiments with water crystals in a seminar for the Isbourne Holistic Centre in Cheltenham on Tuesday, 19 March, entitled 'From the Era of Gold to the Era of Water' (7pm–8.30pm, followed by tea / book signings).

The Isbourne seminar will be held at Cheltenham Town Hall, Imperial Square, Cheltenham, Gloucestershire, GL50 1QA. For further information/bookings visit www.isbourne.org or contact the Isbourne office: 01242 254 321; bookings@isbourne.org For further information about Dr Emoto, visit his websites: www.masaru-emoto.net and www.emoto-peace-project.com (for free download of children's book).