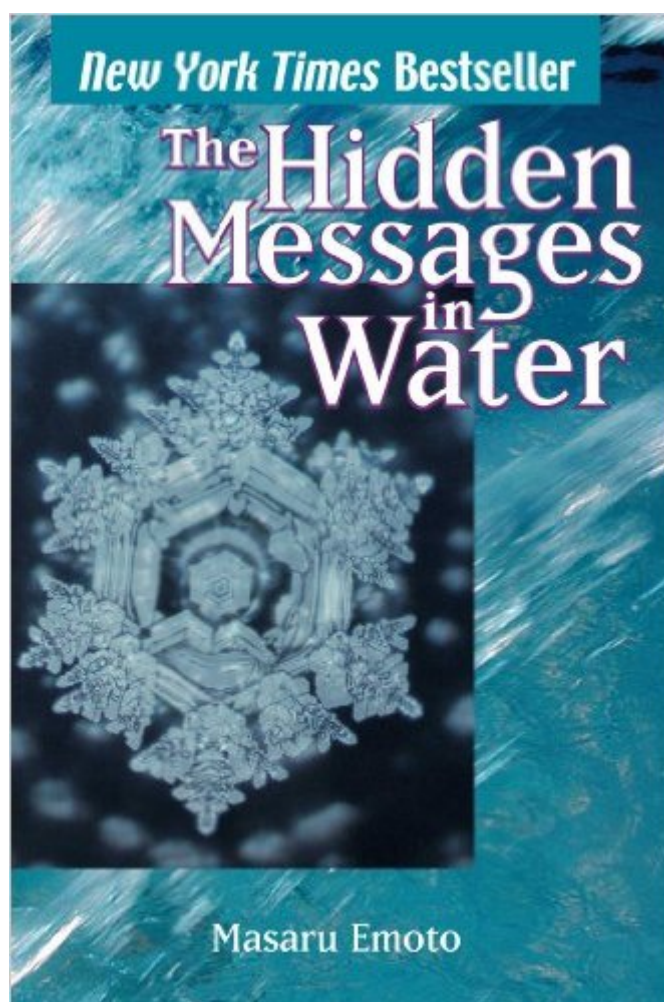


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# The Hidden Messages In Water



## Synopsis

In this New York Times bestseller, internationally renowned Japanese scientist Masaru Emoto shows how the influence of our thoughts, words and feelings on molecules of water can positively impact the earth and our personal health. This book has the potential to profoundly transform your world view. Using high-speed photography, Dr. Masaru Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors. The implications of this research create a new awareness of how we can positively impact the earth and our personal health.

## Book Information

Paperback: 159 pages

Publisher: Atria Books; First Edition edition (September 20, 2005)

Language: English

ISBN-10: 0743289803

ISBN-13: 978-0743289801

Product Dimensions: 5 x 0.5 x 7.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (465 customer reviews)

Best Sellers Rank: #6,732 in Books (See Top 100 in Books) #2 in [Books > Religion & Spirituality > New Age & Spirituality > Gaia](#) #2 in [Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals](#) #36 in [Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing](#)

## Customer Reviews

When I was in my teens and early twenties, I had horrible, horrible acne. I tried all kinds of things; medicines, creams, soaps. My acne would disappear for a little bit and then come back with a vengeance. I was about ready to give up. But one day I was sitting there and I was just looking at a glass of water I had poured. The morning sunlight that was streaming in through the kitchen windows hit the glass of water just right and it really caught my attention; it was absolutely beautiful. I held up that glass of water to the sun and said from a place of love, "This is beauty water. This water cleanses, purifies, and beautifies my skin..." And then I drank the water. The water actually tasted better...it was so weird...This was about six months before I got into learning about

affirmations and visualizations and all that other metaphysical "mumbo jumbo" that people are so quick to put down but so slow in investigating the "matter" or should I say, "the Spirit" for themselves. But every time I got a glass of water, I held it up and said the statement, "This is beauty water. This water cleanses, purifies and beautifies my skin..." Would you believe in less than a week my skin completely cleared up and whenever I did breakout, it was usually small and disappeared within a few days. Dr. Emoto's book really hit home with me. Without me even knowing what I was doing, I was actually changing the structure of the water I was drinking. I was literally changing the composition of the water with my words! Now you can scoff all you want, but something happened that I cannot explain. Like I said earlier, nothing worked. Even my dermatologist asked me what I was doing. I told him and he looked like he wanted to wet his pants. Could you imagine if every patient of his did what I did?

As much as there are pages with words in this book, there are just as many pages with photographs from water crystals from all over the world - from natural springs, from tap water, and then the images that were taken when different music was played, or when different positive and negative words and statements (samples were taken from many different languages) were written on a piece of paper. Some sample words and statements were "love" and "you fool". The crystal which formed when the word "love" was written in Japanese looked so beautiful and well defined, that it almost made me begin to learn Japanese (soon, I will). But the havoc that the statement "you fool" created - I think that all who happen to use these words frequently either when referring to themselves or others, should take a closer look to get a picture as to what it does to their bodies. It has been known to those who are involved in metaphysical studies that the vibration of love heals the body and that vibrations of fear, hate, lies cause the cells of the body to fall apart. The pictures in this book demonstrate what the vibrations of different ideas, thoughts, emotions, statements and music do to water. This is an enlightening book which is intended to demonstrate the effect that music and words we use have on our bodies, given the fact that our bodies are mainly composed out of water. The current edition of the book is an expanded version of the original book which contained only pictures and was reprinted due to its great demand.

Introduction: In an Advanced Placement Psychology class at Durango High School our group attempted to replicate Dr. Masaru Emoto's water experiments. In his studies, Dr. Emoto showed a correlation between thoughts or messages and the formation of water crystals. Original Methods: In his experiment Dr. Emoto used about fifty different water sources varying from glacial water in

Japanese mountains to filtered water from a faucet. Dr. Emoto attached different messages to each water sample and even had a Buddhist monk bless some of them. Some of the messages were: "Love and Gratitude," "Thank you," and "You make me sick." He included a variety of positive and negative thoughts. He then froze the water samples on Petri dishes in a freezer at -4 degrees Fahrenheit for 3 hours. His stated results showed a strong correlation between the message and the formation of the water crystals. Water samples with optimistic messages on them created "nice-looking" crystals and the ones with pessimistic messages created "ugly" crystals. Critique: Dr. Emoto's experiment appears to have overlooked certain variables, and some of his conclusions may be based on assumptions that are not necessarily true. For example, Dr. Emoto failed to realize that there are hundreds of crystals in one drop of water, and through "experimenter bias" he may have subconsciously noticed certain crystals while disregarding others because of the suggestion of a certain message. In other words, he could have looked through thousands of crystals to find a beautiful one if he knew the message was a positive one, and -- consciously or unconsciously -- he could have looked for an ugly crystal if he knew the message was a negative one. Dr.

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