

YOGA RESEARCH

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The Hidden Messages in Water

by Dr. Masaru Emoto

Dr. Emoto makes his first Philadelphia appearance on May 15th at Medical Yoga 2005

I have studied water for many years. The realization that water has the ability to copy information has changed my life. I am fully convinced that water is able to memorize and transport information, but this suggestion has been met with complete rejection by the medical community.

In 1988, the French scientist Jacques Benveniste undertook an experiment to test the basic principles of homeopathy. He diluted a medicine with water to the point where the medicine was no longer detectable by clinical means, and then he discovered that this dilution had the same effect on patients as the undiluted medicine.

A year after he submitted his results to the British scientific journal *Nature*, they were finally published, along with the comment that the results of the experiment were doubtful and without any physical proof. The hypothesis has remained buried and forgotten ever since.

I long wondered if it might be possible to find physical evidence of the ability of water to memorize information – might there be some way of seeing it with the physical eye? When your heart is open to possibilities, you start to notice small things that can lead to enormous discoveries. And one day I casually opened a book to words that jumped off the page: “No two snow crystals are exactly the same.”

Of course, I had learned this same thing in elementary school. However, I read this sentence as if it had a completely different meaning because my heart was open and receptive to its message. The next moment I thought, *If I freeze water and look at the crystals, each one will look totally unique.* And that moment

marked my first step on an adventure into a new and unexplored world. My plan was to freeze water and take pictures of the crystals.

After two months of experiments, the water gave us (a young researcher and myself) a photograph of a beautiful



hexagonal crystal. Considering the method we used and what I know now, it was quite miraculous that we were able to get that first photograph at all.

What you really know is possible in your heart is possible. We make it possible by our will. What we imagine in our minds becomes our world. That’s just one of the many things that I have learned from water.

Let me explain how I go about taking photographs of crystals. I put fifty different types of water in fifty different Petri dishes. I then freeze the dishes at -20°C (-4°F) for three hours in a freezer. The result is that surface tension forms drops of ice in the Petri dishes about one millimeter across. The crystal appears

when you shine a light on the crown of the drop of ice. Crystals emerge for only twenty or thirty seconds as the temperature rises and the ice starts to melt. The truths of the cosmos take shape and become visible, if only for a few moments.

When we graphed the formation of the crystals, we realized that different water formed different crystals. Some of them were clearly similar, some were deformed, and in some types of water, no crystals at all formed. The water of Tokyo was a disaster – not a single complete crystal was formed. Tap water includes a dose of chlorine used to sanitize it, utterly destroying the structure found in natural water.

However, within natural water, no matter where it came from – natural springs, underground rivers, glaciers, and the upper reaches of rivers – complete crystals formed.

The research began to move ahead. One day, the researcher said, “Let’s see what happens when we expose the water to music.” After considerable trial and error, we put a bottle of water on a table between two speakers and exposed it to a volume at which a person might normally listen to music.

The results astounded us. Beethoven’s Pastoral symphony, with its bright and clear tones, resulted in beautiful and well-formed crystals. Mozart’s 40th Symphony, a graceful prayer to beauty, created crystals that were delicate and elegant. And the crystals formed by exposure to Chopin’s Etude in E, Op. 10, No. 3, surprised us with their lovely detail. In contrast, the water exposed to violent heavy-metal music resulted in fragmented and malformed crystals at best.



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*O learned persons, may you know
that there is ambrosia in the waters,
there is healing balm in them,
and there are medicinal herbs;
know this, and by their proper use
become wiser.*

Rgveda I.19

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3 SUNDAY WORKSHOPS
MARCH 20 — APRIL 17 — MAY 15

A Morning Practical with
Vijayendra Pratap, PhD
plus Afternoon Presentations
Daniel A. Monti, MD
and the film, “What the BLEEP...”
Toyoko Matsuzaki
Dr. Masaru Emoto

AT THOMAS JEFFERSON UNIVERSITY, PHILADELPHIA, PENNSYLVANIA, USA

We next wrote words or phrases like “Thank you” and “Fool” on pieces of paper, and wrapped the paper around the bottles of water with the words facing in. Water exposed to “Thank you” formed beautiful hexagonal crystals, but water exposed to the word “Fool” produced crystals similar to the water exposed to heavy-metal music.

The lesson that we can learn from this experiment has to do with the power of words. The vibration of good words has a positive effect on our world, whereas the vibration from negative words has the power to destroy.

I particularly remember one photograph. It was the most beautiful and delicate crystal that I had so far seen – formed by being exposed to the words “love and gratitude.” It was as if the water had rejoiced and celebrated by creating a flower in bloom.

Words are an expression of the soul. And the condition of our soul is very likely to have an enormous impact on the water that composes as much as 70 percent of our body, and this impact will in no small way affect our bodies. People who are in good health are also generally in good spirits. Indeed, a healthy spirit most comfortably resides in a healthy body.

The human body is essentially water, and consciousness is the soul. Methods that help water to flow smoothly are superior to all other medical methods available to us. It’s all about keeping the soul in an unpolluted state. Can you imagine what it would be like to have water capable of forming beautiful crystals flowing throughout your entire body? It can happen if you let it.

Excerpted from *The Hidden Messages in Water*
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