As a service to my clients I have transcribed a portion of the September version of The Lark Letter by Susan Lark M.D.

The Hidden Messages in Water by Masaru Emoto

Several months ago, I came across a delightful book by Japanese scientist Masaru Emoto entitled The Hidden Messages in Water. Through his photographs of frozen water crystals, Dr. Emoto has discovered an amazing, yet simple fact - words, emotions, and even music have a profound effect on water. Specifically, he found that when he exposed the water to different words or different kinds of music, different types of crystals form and in some cases no crystals form at all.

Before I go into which words created which crystals let me explain Dr. Emoto's process for photographing the water.

To determine how certain words would affect water and its resultant crystals, he wrote a word or phrase on a piece of paper, then wrapped the paper around jars of water, with the words facing in towards the water.

He then placed the water in a Petri dish and froze the dish at 20°C (-4°F) for three hours in the freezer. According to Dr. Emoto, "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." Finally, using high-speed photography he took a picture of the crystal.

To ensure that there were no confounding factors involved he used different types of water, usually distilled water. (Tap water is no good, as the chlorine and other chemicals used to treat the water profoundly impact the water's ability to form crystals. Yet another reason to be sure to drink filtered and/or purified water. Dr. Emoto also noticed, "Water crystals change depending on the thoughts and even the health of the observers. To account for this we have several experienced researchers observe the samples." And, time and again, he found that the same words and phrases produced the same types of crystals.

The resultant images are nothing short of amazing. It is difficult to put into writing how deeply the feelings behind the words affected the water. But more importantly, it may provide one explanation of how and why emotions have such a profound effect on your health.

Dr. Emoto found that the word "wisdom" created beautifully formed crystals, regardless of the language the word was written in. He suggests that "this may indicate that wisdom is a basic principle of nature throughout the world." Similarly, when exposed to the words "thank you," the water always formed stunning and complete crystals. And like the word "wisdom," the types of crystals that resulted were always similar even when the word was written in seven different languages.

Not surprisingly the words "Angel" and "Satan" formed completely different crystals, with "Angel" forming a ring of crystals that looked much like a crown or halo, while "Satan" formed a crystal with a black hole in the center. Interestingly, when water was exposed to words that create emotional distress, such as "You fool" and "You make me sick" no crystals formed at all.

But far and away, the most beautiful crystal was the one formed by the words "love and gratitude." According to Dr. Emoto, "This crystal is as perfect as can be. This indicates that love and gratitude are fundamental to the phenomenon of life in all of nature."

While I've been aware of and have believed in this type of energy model for many years I can understand if you are skeptical. That's why I am thrilled that Dr. Emoto has provided scientific validation for something I've seen for nearly 30 years.
years in my practice - emotions have a tremendous impact on your health. But what, you may be asking, does one have to do with the other?

The fact is, you are water. As a fetus, you were 99 percent water, and when you were born, you were 90 percent water. Now, as an adult, you are about 70 percent water. Like the earth itself, nearly three-fourths of your entire body consists of water.

As Dr. Emoto explains, “Water is the force that creates and gives life. Without water, particles wouldn't mix together or circulate." He goes on to say, "Our bodies are mostly water, and so life cannot continue without it." And in much the same way that water helps to move nutrients to all of your organs, Dr. Emoto also believes that water is the "transporter of energy throughout the body." He maintains that this is due to vibration and resonance.

As I discussed in the August 2003 issue of the Lark Letter, every cell in your body vibrates at a specific and unique frequency. And every human being has the ability to detect the individual vibrations of the people around them. This is the reason that you can tell when someone is looking at you or has entered a room, even if you don't hear or see them. You just know they are there.

Water operates in much the same way. Dr. Emoto describes it this way: "Water - so sensitive to the unique frequencies being emitted by the world - essentially and efficiently mirrors the outside world... [It] faithfully mirrors all the vibrations created in the world, and changes these vibrations into a form that can be seen with the human eye. When water is shown a written word, it receives it as vibration, and expresses the message in a specific form.”

He expounds on this and says, "When water freezes, the particles of water link together to form the crystal nucleus, and when the nucleus grows in a stable way into a hexagonal shape, a visible water crystal appears; but when information in conflict with nature is present, an incomplete crystal will be formed."

Finally, he argues that the words love and gratitude "form the fundamental principles of the laws of nature and the phenomenon on life. Therefore, water in its natural form is required to create the hexagonal form. By contrast, words such as “You fool” do not exist in nature and are instead unnatural elements created by people. Words that revile, harm, and ridicule are the result of the culture created by humans.

Whether you realize it or not, you experience these types of emotional vibrations every day. For example, have you ever had your husband, partner, co-worker, or child simply walk into the room, and immediately you can tell what kind of mood they are in, even before they say a word, smile, or frown?

I know I have. Many years ago, I was standing in my front yard with my mother-in-law, as my husband came driving down the street. He had not yet pulled into the driveway when I turned to my mother-in-law and said, "Uh-oh. He's clearly in a bad mood." Two minutes later, my husband got out of the car and immediately launched into a description of an argument he had just had with someone he worked with. My mother-in-law turned to me in complete befuddlement and asked, "How did you know that?" All I could say was, "I just knew."

I now know that what I had experienced was emotional vibration. Not only does your state of mind have a direct impact on the condition of your body but what you send out into the world is what you will draw to you. Dr. Emoto describes it as resonance.

"When one side creates a frequency and the other responds with the same sound, they resonate. It's said that likes attract, and so it would appear that vibrations attract and interact with each other... [but] when frequencies are fundamentally incompatible, they cannot resonate. We cannot accept what is fundamentally different from us."

In other words, if you want to attract love, peace, and happiness to your life, you must send love, peace, and happiness out into the world. As Dr. Emoto so eloquently illustrates: "If you fill your heart with love and gratitude, you will find yourself surrounded by so much that you can love and that you can be grateful for, and you can even get closer to enjoying the life of health and happiness that you seek. But what will happen if you emit signals of hate, dissatisfaction,
and sadness? Then you will probably find yourself in a situation that makes you hateful, dissatisfied, and sad. The life you live and the world you live in are up to you.”

*If you are interested in reading* The Hidden Messages in Water or other books by Dr. Emoto, visit Beyond Words Publishing, Inc., at www.BeyondWord.com and if you are interested in seeing the amazing photos talked about in the above article, visit Dr. Emoto’s website at [www.hado.net](http://www.hado.net).

“Love” crystal.