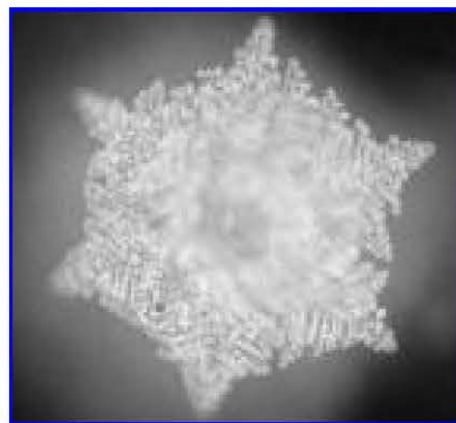
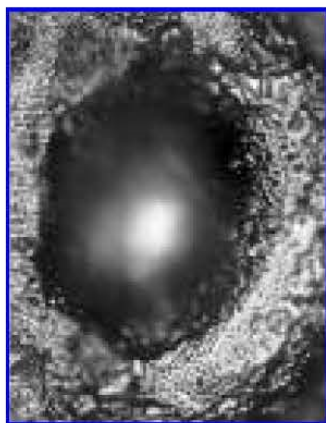
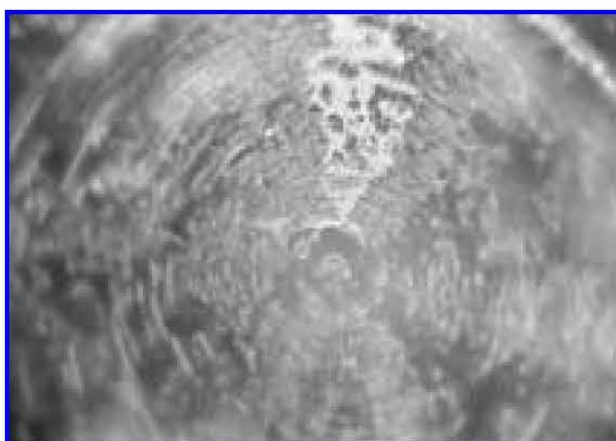


PHOTOESSAY

Healing with Water

MASARU EMOTO, M.D.



Top left: Water crystal that appears in water taken from the fountain of Lourdes, France, frozen at -25°C and observed and photographed under a microscope in a room at -5°C . **Top right:** Water crystal that appears after letting the water hear a noisy tune of heavy-metal rock music. **Bottom left:** Water crystal that appears after wrapping the vial of water with the words “Love & Thanks” in Japanese characters for a period of 24 hours. **Bottom center:** Water crystal that appears after wrapping the vial of water with the word “Devil” in Japanese characters for a period of 24 hours. **Bottom right:** Water crystal that appears after letting the water hear a composition by B. Smetana entitled “The Moldau.” All photos of courtesy of Masaru Emoto.

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Editors Notes: For more information on the Project of Love and Thanks to Water please refer to the Web site at: www.thank-water.net or for information on HADO please see www.hado.net (for English) www.hado.com (for Japanese). Dr. Masaru Emoto also has his own home page at: www.masaru-emoto.net

For a more detailed formalization of the interaction between quantum and classical fields that may account for the memory of water see Smith's paper in this issue (pp. 69–78).

*“The most beautiful thing we can experience is the mysterious.
It is the source of all true art and all science. He to whom this emotion is a stranger,
who can no longer pause to wonder and stand rapt in awe,
is as good as dead: his eyes are closed.”*

—Albert Einstein

Regardless of culture or tradition, whether East or West, the existence of “healing waters” is acknowledged by many generations. The springs of Lourdes in France, Tlacote in Mexico, Nordenau in Germany, and the Hunza water in Pakistan are well-known examples of healing water resources in the world. Also in Japan, more than 100 precious natural-water resources including the famous Kohboh’s spring have been reported to date.

Their actual healing effects have been reported in various ways: Allegedly, some water has outstanding effects on eye sickness and others have effects on back pain, digestive systems, and so on. There are many cases reported in which those waters have been applied to cure various diseases.

Although the successful stories on healing with water have been told by many generations for hundreds of years, there has been almost no scientific verification to prove physically the healing power of water even at this point in time. As a result, most of the stories have become ordinary gossip and have faded away naturally. Many attempts have been made by scientists to prove the fact that water can actually memorize information and hold it within (see Smith in this issue, pp. 69–78). Yet, regardless of the persistent efforts by scientists who attempted this work, they always had to face attacks from other scientists, and the claims have been regarded as nonsense. One good example is the case of Benveniste, who was a professor of the University of South Paris, France, at that time and published his paper regarding this aspect of water in the 333rd issue of *Nature* in 1988 (Benveniste, 1988).

These photos from the photograph collection that appears in the book *Messages from Water*, released in 1999, have given positive support to those who believe in such stories and in the “mystical quality of water” (Emoto, 1999). Many samples of water were studied including tap water of such cities as Tokyo, Japan, to waters that are considered sacred, such as Lourdes, France. In order to observe the distinct tendency of water to show its crystal structure, we chose to freeze 100 samples of each type of water. Five tenths (0.5) of a mL of water was dropped into each of 100 petri dishes and frozen for 3 hours at -25°C and then observed under a microscope in a room kept at -5°C . In many cases, the observer did not know what type of water was being observed. Crystal structures were photographed at magnifications of 200–500 times. It is impossible to reproduce the

same crystal twice perfectly; however, we can learn many things from the tendency of water to form a crystal structure.

We find that water in harmony with nature produces beautiful crystals and waters that are polluted or exposed to certain discordant vibrations do not produce beautiful crystals. While Tokyo’s tap water is said to be safe for drinking, it contains many chemicals and, when 100 samples were tested, beautiful crystals still did not form. However, the water of Lourdes did produce beautiful crystal structures, even though no two of these crystals were alike.

We also exposed distilled water to words and music as seen in the photos above. Distilled water was chosen as a control. It usually forms a simple, standard hexagonal shape. We wrote the words in different languages onto a piece of paper that was then wrapped around a vial of distilled water for 24 hours. After creating 100 samples as described above, we observed that the words “Love & Thanks” produced beautiful crystals and the word “Devil” or “You Fool” produced no crystals at all.

Exposing water to music also has profound results. We chose to expose distilled water to music and process the water as described above. The duration of the exposure is dependent upon the length of the particular piece of music. Certain vibrations such as classical music and traditional Cherry Blossom music produced beautiful crystals and heavy-metal music did not.

This technique has also been applied to health and, in the last two decades, 15,000 people have been treated with HADO with excellent results. HADO is both energy and vibration at the level of human consciousness. I developed HADO counseling. In this method, a HADO measuring device called a magnetic resonance analyzer (MRA) is used to detect any disharmonious energy in the organs and tissues or various emotions in a client. When such an area is found, special HADO water is created with the same MRA machine by transferring vibrations into the water that can bring a balance of harmony to that area of the client. Microclustered water and some other special waters are used for this process because of their ability to retain externally applied vibrations. The client drinks the special HADO water that will deliver the necessary vibration and bring balance and harmony to the diseased area. As the process is repeated more and more, healing will occur within the client.

After two decades of using this method to view the existence of invisible energy via our water crystal photography, enormous public interest has evolved. Alternative therapists, religious leaders, spiritual researchers, artists, and musicians have found this research to be instrumental in their work. The repercussions of these theories and facts are gradually but steadily penetrating the world with positive vibrations even today. These results clearly show us the importance to choose what we speak and listen to in our daily life.

In closing, I would like to state that, in the near future, I believe our water-crystal method will be recognized as one of the innovative technologies in the twenty-first century and applied in various aspects of our ordinary living environment. It is truly an honor for me to be given the responsibility of such an important task as a researcher and a lecturer.

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