

## Dr Masaru Emoto's 'Messages from Water':

### Control your thoughts, before they control you

Considering how snowflakes each take on a unique shape, Dr Emoto became curious to see if water could be frozen in a way that revealed its crystalline structures – a theory he proved true after a few months of experimentation.

It has long been known that certain waters have healing properties – and Dr Emoto wanted to put this to a scientific test, to irrefutably demonstrate the energetic vitality of water.

Traditional Chinese Medicine views thoughts as vibrations – so, whatever occurs in the abstract realm must resonate into the physical one. When we get down to the level of quantum physics, everything exists on this vibrational plane. And Dr Emoto's experiment proved that these vibrations do in fact resonate into water. Wondering if this resonance could change the crystalline structure of water, and just *how* those changes would occur, Dr Emoto wrote out two labels – one that read love, and the other read hate, in his native Japanese. He then stuck the labels to glass bottles of distilled water, facing inwards towards the water, and left them overnight. The following day, he froze the water and photographed the result.



Vibration: Thank You



Vibration: Truth



Vibration: Love & Gratitude

The water from the bottle labelled with 'love' produced gorgeous crystals, and the water from the bottle labelled 'hate' produced chaotic and distorted crystals – proving that the nature of water could indeed be changed by vibrational influence.



Vibration: You Disgust Me



Vibration: Evil



Vibration: You Fool

Of course Dr Emoto didn't stop there: he continued with his experiments, subjecting hundreds of test bottles to different words, music and other vibrational influence, and the results all correlated.

'Positive vibrations' = beautiful crystals

'Negative vibrations' = distorted crystals

Pretty amazing, and an excellent case to re-train your brain to think in positive ways. Considering you're 80+% water...what effect are you having on yourself at a cellular level?

If you love yourself, and think solely good things toward yourself, the effects will show on a cellular level. If not, the effects of that will be evident too. You are the *one* person you will spend every moment with; be kind to yourself, as you are kind to others, and your health, energy and vitality will improve endlessly.

<http://www.masaru-emoto.net/english/water-crystal.html>

In Health & Wellbeing  
Vicky x