

THE HIDDEN MESSAGES IN WATER

A PAPER WRITTEN FOR THE *GEOMETRY OF HEALING* TEACHER TRAINING CLASS

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November, 2005

Most of you who are reading or listening to this paper are familiar with Dr. Masaru Emoto's two previous books : "MESSAGES FROM WATER, Vols. 1 and 2". Those books are documents of the author's initial experiments with photographing frozen crystals of water from both pure and polluted sources. The books describe and beautifully illustrate how the structure of those crystals reflects the relative harmony, complexity and beauty of the water crystals based on the relative vibrancy and health giving quality of the water tested. In his most recent work, *THE HIDDEN MESSAGES IN WATER*, Dr. Emoto continues to explain and demonstrate with his photographs that other sources of vibration, especially sound and thought, profoundly affect the structure of the water exposed to a variety of music and language.

Modern physiological research has shown that our bodies are mostly water. Water is the ground substance of all life and all forms of life are thus various structural patterns of water. Just like the infinitely varied snowflakes, Dr. Emoto's ice crystals display an amazing capacity to form unique patterns depending on what frequency of vibration the water being frozen has been exposed to. Water is a mercurial compound, retaining its basic chemical components whether in the subtle form of vapor, the fluid form we call water or the dense, solid state we call ice. Water is a changeling, able to respond to outer circumstances and take on the characteristics of the outer environment without losing its identity as two hydrogen and one oxygen molecule, H₂O. Water has the ability to contain dissolved elements and also to release dissolved elements and return to its nature as pure water. Water is ever-changing and yet remains forever the essence of itself.

Dr. Emoto's experiments prove that on an even more subtle level, a "quantum" level, water takes into itself, into its own energy field, the vibratory pattern of what it is exposed to and can then display the materialized pattern of that subtle vibration when it is frozen into ice crystals and those crystal structures observed through a microscope by the human eye. Thus the subtle forms of vibration in the energy field, whether caused by patterns of light, sound, feeling or thought is "stepped down", literally frozen into a visible material form. This process, according to Dr. Emoto, parallels all creative processes which begin with thought, give rise to an activating energy and gradually become materialized in either substance or behavior. Thought, energy and matter are all just varying rates of vibration and are essentially inseparable. Dr. Emoto has given us a demonstration of $E=mc^2$. The energy of words that express love, gratitude, praise and appreciation creates beautiful, complex, shining, hexagonal crystals. The energy of words

that express hatred, aggression, worry and criticalness creates globular dark structures often unrecognizable as crystals.

According to all spiritually realized Masters, the world of matter that we perceive with our senses is simply the frozen “dream” of the Creator manifested by an intelligent vibratory Force. And we as individual souls have been given by our Creator the power of free will, the power to grow in consciousness, the power to make choices on a moment to moment basis, to use our divinely given will power to become aware of our conditioned negativity and ignorance of our true identity. We can use our will to create thoughts in harmony with our divine nature, or not. According to the Masters our thoughts create our lives and our world. This is just the point Dr. Emoto is making through his experiments with water and IS the “hidden” message of water that is the title of his book. Are we creating beautiful shining crystals of thought or dark globules? How does our state of happiness or unhappiness reflect these choices? How does the state of our world reflect the nature of our consciousness? Do not each of us have the power to bring love and peace into the world each moment by the nature of our thoughts? And don’t we affect the world in a loving, positive way when through Zero Balancing we bring a clearer, stronger vibratory field into a person’s experience, giving them an opportunity to be in greater contact with their essential Self and release what is not of the Essence? Of course we do – if we think we do!

Dr. Emoto states in his book (and demonstrates it photographically) that the most beautiful and luminescent crystals are formed by thoughts and statements of gratitude, crystals more lovely than even those formed by thoughts of love. Thus, says Dr. Emoto, gratitude is an even more powerful force for happiness than love. The author’s explanation is that love is an active force, an energy of giving that goes outward and is a result of gratitude. Gratitude however is a receptive state, a state of having already opened oneself, filled with happiness from being in contact with the Divine Source. Having drunk from this spring, one is filled, one is full, one is fulfilled. Love naturally pours forth from an overflowing vessel. Thus gratitude is prerequisite to the ability to love effortlessly and unconditionally. The spectacular beauty of the “gratitude crystals” displays this primacy.

I think that the state of gratitude, this state of being filled from the Source, may be accessed in the “space between vibrations” that we explore in *Geometry of Healing*. All vibration is active, whether on the plus or minus side of the sine wave. Only at Zero, when we are neither positive or negative, when we are out of the field of time and motion completely, when all movement of thought stops – at that non moment of Zero – we are in a state of Grace, in contact with the Divine.

The root word for “grace” is the Latin “gratia”, the same root word for “gratitude”. One of the Oxford English Dictionary’s definitions for “grace” is : “ The divine regenerating, inspiring and strengthening power, freely given”. Gratitude and Grace - accessed in the gap between vibrations. Imagine the possibilities.

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