

# The True Power of Water



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HEALING AND DISCOVERING OURSELVES

Masaru Emoto

Translated by  
Noriko Hosoyamada

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## I N T R O D U C T I O N



Although I have studied water for a long time, my educational training was not originally in science. At Yokohama City University, I majored in American-Chinese Relations at the Department of International Relations, the Faculty of Humanities and Sciences. My background is in liberal arts. It wasn't until 1987, at age forty-three, when I encountered the wonder and mystery of water. I was working in the trading business at the time, and one of my counterparts introduced me to a type of water that worked miraculously on my foot pain. This experience fascinated me.

My fascination led me to study water deeply, and over time I became convinced that water took in information. I do not mean the information we receive when we watch television or listen to news on the radio or read articles in magazines and newspapers. Instead, I'm referring to the external factors that affect the mind and body. For example, when you look at beautiful scenery, you feel peaceful. When you listen to beautiful music, you feel your heart purified. I use *information* to mean all of these external factors that affect our mind and body.

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I have come to the conclusion through my many years of research that water changes its quality according to the information it takes in. Unfortunately, this rather radical idea, which upsets the common sense of conventional science, was not well received. I needed to find something that could be used as physical evidence for this idea.

One day, I casually opened a book, *The Day That Lightning Chased the Housewife: And Other Mysteries of Science*, by David Savold and Julia Leigh (editor), and one heading caught my eye: "Are there any identical snow crystals?"

This book made the point that no two crystals of snow, over millions of years, have ever been identical. As a child, I had learned this. It wasn't anything new. However, in the context of my search, I was thrilled by this line, which was nothing more than mere common sense.

A new idea flashed in my mind: What if I freeze water and look at its crystals? Immediately, I told a young researcher to begin an experiment. (The details of the experiment will be explained later in the book.) After two months of struggle, he was able, in September 1994, to take a picture of a beautiful hexagonal frozen ice crystal. It was the first water-crystal picture ever taken.

Naturally, when I first published my discoveries about water in a book titled *Hado no Shinri* (The truth



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of wave fluctuation) (PHP Publishing, November 1994), I had no idea that my work would be received with surprise and appreciation from the world and would resonate so strongly with people. I supposed that somebody else must have thought of a similar thing and perhaps used it for a long time.

Since then, I have been hooked by water. After we succeeded in photographing water crystals in 1994, we accumulated water-crystal pictures for the next five years. During this time, I published some books on the subject of *hado* (the energy or vibration inherent in all things, which will be explained in more detail later) and my water research, and I presented my work at three academic meetings. However, I met no one who knew about similar studies.

In late 1998, I presented my work at the meeting of the Society for Human Body Science held at Tenri University. Dr. Kazuo Murakami, a well-known gene researcher and professor at Tukuba University (currently professor emeritus), happened to be in the audience. His compliment was the first that I had ever received from a scientist of authority.

Consequently, I made the decision to publish my photos in a book titled *Messages from Water*, published by my wife, Kazuko. The time of publication was set for June 1999, and I ventured to add an English translation to the whole text and to begin the subtitle with

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the word *Sekaihatsu* (World first). Using both Japanese and English for the explanations of each picture in the book changed my life, as many foreigners paid attention to it. The book has now been translated into twenty-three languages.

Time has flown, and it has been six years since then. Now I receive invitations to speak on the topics of water and *hado* from all over the world.

The interest in and response to the material I present has been overwhelming. About three years ago I was interviewed by the public-relations director at Siemens. After the interview I heard that the company had started to provide hado water (water given good energy) at its cafeteria. In Augsburg, I am invited every year to speak to approximately one thousand people about hado. Since 2002, they have used Hado for the name of their symposium. *Hado* has become an independent word in Germany.

In the Netherlands, I had the honor to meet with Princess Irene, a sister of Queen Beatrix. Princess Irene is a naturalist, and she invited seven or eight scholars to individual discussions. I was chosen to be a representative intellectual regarding water. These discussions, including one with the famous British biologist Rupert Sheldrake, were published in Dutch. (Please see the back of this book for more details on available books.)

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In North America, I have lectured in a number of cities in the United States and twice at Harvard University, and I have received many speaking requests from Canada, where there is a high interest in nature and environmental problems. During my seminar tour of Canada in May 2003, I visited Victoria, Vancouver, Calgary, Edmonton, Montreal, and Toronto, where SARS (severe acute respiratory syndrome) was a major subject of attention.

The more countries I visit, the more people I resonate with. However, I have yet to meet an individual who is doing similar work or who knows about someone doing it. An ordinary man like me with no exceptional knowledge or connection to natural science and religion has become a water researcher lecturing throughout the world and writing books on water, one after another, for publication and translation. This fact shows how little research on water has been conducted elsewhere and how long the true power of water has been neglected.

An adult body is 70 percent water. Therefore, in terms of materials, we can say that we are water. Yet, water has hardly been investigated up until now. Perhaps that is why we don't understand other people, nor do we understand the essence of ourselves.

Usually, we drink water without paying much attention to it. We know that water is important to

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maintain our life, but because of its familiarity, very rarely do we consciously appreciate it. Here are a few questions and ideas to ponder, questions that we'll explore in this book:

- How seriously do you think about the characteristics of water?
- Are you aware that the water you drink has the ability to improve your health and your life?
- Do you know that your consciousness has the ability to change water? When you send your gratitude to water, its quality improves. When you call water by names or ignore it, it deteriorates.

The twenty-first century is said to be the Age of Aquarius, and in astrology, Aquarius is the sign of the water bearer. And the United Nations has designated the year 2005 as "The Beginning of the Decade of Water (2005–2014)." We must not make this just fanfare.

Let's learn about water more and more. Let's pay attention to water more and more. Then let's learn more about ourselves. The more you know about water, the more clearly you will see yourself. As you become clearer, you will see the society, the nation, the world, the earth, the universe, and eventually the divine being. It is because "Water is the first principle of all things," as the Greek philosopher Thales said.

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If this book provides you with an opportunity to have a positive thought about water and to think about what it means to live healthily and happily, it is the greatest pleasure for me as the author.

I am indebted to Kodansha's Mr. Akihiro Maruki, chief of the life culture department, and Ms. Azusa Shinmi, editor, for the publication of this book in Japan. Thanks also to Noriko Hosoyamada for her translation into English and to Beyond Words Publishing for publishing it in English. On behalf of water, I express my gratitude. Finally, to all readers, I offer my love and gratitude.