

# The Secret Life of Water

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A small adventure beginning with a tiny little water crystal has spread to people all over the world, creating a growing movement. Hearts have been opened, and love, gratitude, and a hope for peace have spilled out, opening the way for a new adventure.

From its arrival on earth to the vast areas it traverses before emptying into the sea, water holds all the knowledge and experience it has acquired. As phenomenal as it may seem, water carries its whole history, just as we carry ours. It carries secrets, too.

In *The Secret Life of Water*, bestselling author Masaru Emoto guides us along water's remarkable journey through our planet and continues his work to reveal water's secret life to humankind. He shows how we can apply its wisdom to our own lives, and how, by learning to respect and appreciate water, we can better confront the challenges that face the twenty-first century -- and rejuvenate the planet.

Water has a memory and carries within it our thoughts and prayers. As you yourself are water, no matter where you are, your prayers will be carried to the rest of the world.

Masaru Emoto is an internationally renowned Japanese researcher who has gained worldwide acclaim. Emoto is a graduate of the Yokohama Municipal University's department of humanities and sciences with a focus on International Relations, and he received certification as a Doctor of Alternative Medicine from the Open International University.

Emoto's research has visually captured the structure of water at the moment of freezing, and through high-speed photography he has shown the direct consequences of destructive thoughts and the thoughts of love and appreciation on the formation of water crystals. The revelation that our thoughts can influence water has profound implications for our health and the well-being of the planet.

Masaru Emoto has written many books, including the New York Times bestselling *The Hidden Messages in Water*, and his books have been published in twenty-four languages.

## CHAPTER ONE

Tune in to the Hado of Happiness

What comes to mind when you think about happiness?

Do you think about love coming true for you? Perhaps the moment of birth of a son or a daughter? A job well done? Or a time you remember lying in the green grass and gazing up at the blue sky? The answer is different for everyone. We all have our own image of what happiness is. But all of us want to live a life filled with happiness.

I know of only one way to do this, and that is to align yourself with the hado of happiness. As I described in my book *The True Power of Water*, hado is the subtle energy that exists in all things.

All that exists in the universe vibrates at a unique frequency. So if you emit a hado of

happiness, then you can be sure that the universe will respond with happiness. What do you need to do to align yourself with the hado of happiness?

Part of the problem is that it's hard to know what happiness really is. Perhaps there was a time when you thought you were happy, but then you realized that it was only an illusion. Or maybe you believed that a blissful relationship was finally within your reach only to compare what you had with someone else and see your dream castle crumble in the sand and be washed away.

On a trip to Germany, my daughter, who now lives in the Netherlands, told me about one of her friends who had lived in East Germany before the Berlin Wall came down. The construction of the Berlin Wall was a time of great sadness for the people of Germany, but my daughter's friend said that despite the city being divided, life on the east side of the wall went on basically as normal. In fact, a sense of contentment came from knowing that no one had to worry about what others were thinking because everyone was poor.

But when the wall finally came down and the people in the eastern part of the city were now suddenly able to obtain everything that the western part of the city had to offer, problems began. The more new, shiny things they saw, the more they wanted. But the easterners were basically still poor, so the result was a lot of unsatisfied needs. Some even longed for the days before the wall came down when people were poor and prices low.

It seemed as if the country had first been torn apart and then put back together all without regard for the will of the people. Of course the fall of the Berlin Wall is one of the most jubilant moments of modern history, but we have to admit that even this wonderful turning point had its repercussions.

When we start to compare our happiness with that of others, we soon start resonating with the hado of unhappiness. As long as we search for happiness from the outside, then it's unlikely that true happiness can ever be found.

### Return to Bliss

The search for happiness is ultimately and simply a search for self. You can go searching for it in distant lands, but you'll only find it in the palm of your hand.

Think back far enough in your life and you'll probably remember a time when you felt innocent bliss. Your life had meaning and you were so busy living that time was forgotten. Then adulthood set in and you put those things away and locked the door. Perhaps you have even forgotten where you put the key.

But those happy feelings are not gone for good. With a little effort, you can open the door and take out those things that you thought were forever a part of your past. When you are true to your self and search for what you really want to be and do, your life will once again begin to flow.

In your job, in your play, and in your love, you need to return to the starting point to find the bliss. When you do this, you will soon realize that your life has changed. You'll first feel a renewed sense of health and well-being. This is because the bliss within you will purify the water that flows through your body. If we were to take a picture of such water, the resulting crystal would most certainly astound us.

One treatment suggested for people with cancer is "life-purpose treatment." By finding a purpose in life-giving speeches, climbing a mountain, laughing-the immune system is revitalized and the cancer often goes into remission. It's now common knowledge in the medical community that your mind has an enormous impact on your body. Filling your body with the hado of bliss is the very best secret for living a healthy life.

This state of bliss is also the key to expanding what we can do. We all know that if you enjoy something, then you usually excel at it. Yukio Funai, a famous business consultant in Japan who has provided advice to some three thousand companies, advocates an effective method for strengthening the abilities of companies and individuals. He calls this method the "strength-development method," and it simply involves focusing on the strengths of the company or the individual and working to expand those strengths. Weaknesses are not even considered. The result is that the strengths become stronger and the weaknesses take care of themselves.

For example, if you run a store, it's easy to focus all your attention on how to move the products that aren't selling well. But most stores will have a product that's a strong seller. For a boutique, it may be a particular style of dress; if they can focus their attention on that dress, then sales of that product and other products as well will increase. For a business to succeed, it needs to focus on what is selling well, what's most effective, and what they do best.

We see this concept reflected in the hydroponics method of growing vegetables, which makes it possible to harvest ten thousand tomatoes from a single tomato plant. How, might you ask, is such a thing possible? The answer is surprisingly simple: create a good environment for growing tomatoes.

Plants, of course, grow in soil, but with hydroponics farming, the roots grow in water infused with the nutrition that a plant requires. And because the plant doesn't need to use up energy to push its way through the soil, the roots can grow at will and easily find all the necessary nutrition. In this way, the tomato plant is able to take advantage of all its hidden potential. I remember visiting an experimental farm operated by agronomist Shigeo Nozawa, the inventor of the hydroponics method, a few years before he died and seeing the tomato plant he had grown. To put it lightly, I couldn't believe my eyes.

The same thing applies to us as humans. When you find what you do best and realize that this is where you need to focus your attention, then you will be well on your way to returning to bliss. It won't be long before you sense that your life is undergoing a change. If you know someone, perhaps a child, who is focused on a sport or a certain aspect of study, then you need to provide nourishment in the form of encouragement and compliments. This will

help the person become even more focused and more determined.

A good illustration of what can result from the right words can be seen in the formation of water crystals. When water is exposed to the words "You have to do it," the result is never a well-formed crystal. This also goes for words like "You fool," and the worst, "It's no good." Perhaps it's time to take these words out of your vocabulary. Fill it instead with words like "Thank you," "Let's do it," "I love you," "Beautiful," and "Well done." Make these warm and beautiful words the ones you use the most.

The words that make beautiful crystals from the water that flows through your body are the words that fill you with a gentle feeling of peace. And that is when you will be able to expand on your abilities and go about each day with passion and bliss.

In my previous book, I explained how we put cooked rice in three glass jars, and to one of the jars we said "Fool!" To another we said "Thank you." And we simply ignored the rice in the third bottle. The rice that was told "Thank you" fermented and had quite a nice fragrance. The rice that was told "Fool!" darkened and rotted. The rice that was ignored turned black and emitted a highly repugnant smell.

However, that's not the end of the story. I took these same jars of rice to an elementary school, and the students said "Thank you" to the rice in all three containers. It wasn't long before the rice in all three containers fermented and started to emit a pleasant smell—even the rice that had spoiled.

This indicates that even that which is dying and decaying can be brought back to life by caring attention, kind words, and positive thoughts.

Shinichiro Terayama, a former director of the Japan Holistic Medical Society, is a testament to this. Terayama spent his career as an impassioned businessman, and before that he had kidney cancer. He started making it a habit to wake up early and go to the rooftop of his condominium to greet the rising sun. As he watched the morning sun each day, he began to realize that life is a gift, and the words "Thank you" started coming out of his mouth. Without turning his eyes from his cancer, he instead spoke words of appreciation to the cells, and the result was that they began to recover. The cancer receded until he was declared cured.

The ability of the spoken word to give life is much more powerful than we can imagine. A ten-year-old girl conducted an experiment similar to the rice experiment but instead used sunflower seeds. On the seed envelope, the flowerpots, and the watering can, she wrote the words "Thank you" for one and "Fool" for the other, and then she spoke these words to the respective seeds as she took care of them each day.

The plant exposed to "Thank you" grew tall with full, lush leaves. In sharp contrast, the plant exposed to "Fool" had a deformed stem...

Other Books

Water, Peace, and War. This pioneering and authoritative study considers the profound impact of the growing global water crunch on international peace and security. Writing in a direct, non-technical, and engaging style, Brahma Chellaney draws on a wide range of research from scientific and policy fields to examine the different global linkages between water and peace. Offering a holistic picture and integrated solutions, his book promises to become the recognized authority on the most precious natural resource of this century and how we can secure humankind's water future.

United Nations Population Fund, *The State of World Population 2009* (New York: UNFPA, November 2009), 41. Charles Fishman, *The Big Thirst: The Secret Life and Turbulent Future of Water* (New York: Free Press, 2011), 250, 42."