

“With his simple but far-reaching message, Masaru Emoto has made an important contribution to global efforts for peace and harmony.”

**—Anthony Robbins, author of
*Awaken the Giant Within and Unlimited Power***

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.

“As with Galileo, Newton, and Einstein, Dr. Emoto's clear vision helps us see ourselves and our universe differently.”

—Marcus Laux, N.D., editor of *Naturally Well Today*



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Dr. Masaru Emoto is an internationally renowned Japanese researcher, lecturer, and bestselling author. He 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.



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INTRODUCTION



Starting with my first collection of water-crystal photographs, *Messages from Water* [*Mizu kara no dengen*] (Vibration Kyoikusha, 1999), I have come to realize that these water books have a strange and wonderful power. They have wings of their own and go beyond my own familiar boundaries to distant lands, where they have an enormous impact. They force people to experience a different way of seeing things, and I am often invited to speak to the people who have been touched by these books.

I sometimes feel like I'm being guided by the spirit of water. I feel like I can see and even talk to this spirit, which I see as water droplets shining brightly in the air. The droplets join together to form clouds, disappearing just as fast, all for my entertainment.

Even though I now feel like I am being guided by the spirit of water, my first conscious interaction with water was not at all pleasant. In Yokohama, Japan, where I grew up, my family lived on a plateau near the ocean. It was only a short walk down a slope to the water's edge. When the tide went out, the shallow shore was left uncovered for miles, making it a great place to hunt for various types of clams. But at high tide, the scene was completely different.

I must have been six or seven when the sea swallowed me up

one day. I had gone out swimming with the boy next door, who was two years older than I.

We had gone out farther than we should have, and I suddenly began bobbing up and down, gasping for air. It was the first time I had experienced anything like it. I was only ten meters from land, but my feet didn't touch the bottom. I panicked and started waving my arms and kicking my feet. But the more I panicked, the more I sunk, and soon I started to swallow water. I thought that was going to be the end of me, but a small boat approached and pulled me out of the water.

When I went home and told my mother what had happened, she gave me some advice based on her own ability to swim and her understanding of water. "You can float if you just give in," she said. She told me that if I let the water lift me instead of trying to resist it, it would pick me up and carry me.

These words have stuck with me over the years. Since that time, I have tried to let myself go with the flow as I gently move in the direction that I wish my life to take me.

Now whenever I go swimming in the ocean or a pool, I like to just lie on my back and let myself be carried in the arms of water. And it's times like that more than any other that I feel the presence of the spirit of water in the form of shining droplets.

I feel quite confident in saying that the reason I came up with the idea of freezing water and taking photographs of the crystals was that I desired to go with the flow of life. The spirit of water came to my aid, guiding me to live the life that I now live. The spirit has led me and guided me over the years, teaching me the many things I need to know, culminating in the publication of my book *The Hidden Messages in Water*.

Shortly after its publication, readers began sending me letters of appreciation. Their kind words have helped to create a wonderful flow for me to give myself up to. Most of the letters expressed appreciation and also amazement in seeing the truth of nature revealed through water crystals.

One woman wrote, “Of all the books that I have read in my life, this is the most wonderful. Thank you so much for this book—it’s as if it were surrounded by light. I will treasure it for the rest of my life.”

Another message read, “To see truth revealed in such a visible way is truly surprising, amazing, and convincing. This book made me realize that the effects brought about by ancient teachings, prayer, and religion are not simply superstitions and random ideas, but effects based on the truths of the universe.”

Another wrote, “My seventy-six-year-old father told me, ‘Of all the books people have recommended to me, this is the only one I’m glad I read.’ Thank you for this book that has changed my perspective on life.”

In fact, if we were to take the energy from all these messages and make a crystal, I am certain that it would be a beautiful one.

This is the work of the water crystals. I find that those who are attracted by the beauty of crystals become connected and then they resonate with each other. Like when a single leaf falls onto the surface of water, a quiet and soft but certain wave is spreading out as a result of water’s secret life being revealed to mankind.

The response has been the same all over the world. I have met with people from Germany, Switzerland, Austria, Holland, England, France, Italy, America, Canada, Costa Rica, Uruguay, Ecuador, Brazil, Australia, South Korea, the Philippines, and Taiwan, where I

have given lectures. In June 2002, I was invited by the Greek Orthodox Church to join a luxury-cruise seminar tour on the Adriatic Sea along with religious leaders and scientists from around the world. Symposiums were held in Greece, Albania, Montenegro, Slovenia, Croatia, Italy, and other ports of call. Called the International Symposium on Religion, Science, and the Environment, the event was being held for the fourth time. I had been invited just three months before the symposium by one of the organizers of the symposium, a Greek woman whose daughter had showed her the collection of crystal photographs. The emotions of the many people who saw the crystal photographs reached behind the individual and resulted in a flow of wonderment from one person to another that has now become a flowing river.

There's another way to express the response to the water-crystal books. It's as if the water crystals have brought moisture back to the dried-up souls of those who live in the harsh conditions of modern society. They have replenished the brilliance of life to individuals and society. More than anything else, the photographs have succeeded in starting an enormous movement that is taking place among people around the world.

The act of living is the act of flowing. If a dam is built in a river to stop its flow, the river will die. Likewise, if the flow of blood gets dammed up somewhere in our bodies, it will mean the end of life.

The same is true for cities and countries. I was recently blessed with the opportunity to lecture to a large audience in Berlin. As you know, Berlin is a city that was once divided in two by a wall. I told the audience that just as water should remain free to flow, in no way should a city or a country be divided. The splitting of Berlin in 1961 resulted in a great hardship, loss of homes, and loss

of dreams.

Then, twenty-eight years later, the wall was torn down and, like water allowed to flow freely, millions of people began to come and go of their own free will. The people emulated the flow of water, a principle of nature. And the reason is that people are mostly water.

About 70 percent of our bodies are water. This is the case for adults of all races, and it is why people should not be divided by political strategies and ideologies. Just like water, people must always be allowed to flow freely.

When I finished speaking to the audience, I noticed that a change had come over the hall. It was like a feeling spread over all of us. A wave of people stood up and started clapping. Their souls had been touched by my message, and the result was a wave of emotion that encompassed the hall, creating an ever-larger wave that would expand to others.

The desire for peace and prayers of love cannot be contained within borders. Differences in skin color or language are easily overcome when hearts resonate together, creating a new flowing wave.

A small adventure beginning with a tiny little water crystal has spread to people all over the world, creating a growing movement. The water crystals have resonated with something pure and holy deep within the souls of the people who see the photographs. Hearts have been opened, and love, gratitude, and a hope for peace have spilled out, opening the way for a new adventure.



Through this book and through these crystal photographs, I hope to convey the power of prayer.

When water is exposed to certain expressions—“You’re cute,” “You’re beautiful,” “Love and gratitude”—a beautiful crystal results when the water is frozen. What does this really mean for us? The thoughts in our hearts have an impact on all life and in the creation of our world tomorrow.

A wondrous power resides within the human soul. We hear all the time that our actions are a result of our thoughts, and this principle is truly demonstrated in how water forms crystals according to what influences it has been exposed to.

But the power to affect action with thought is a double-edged sword. If people desire to see the destruction of the world, then that is what will result.

A lot has happened in our world since people have become aware of the water crystals. Gigantic buildings—symbols of civilization and prosperity—have collapsed before our eyes. New wars have erupted. We have seen sadness give birth to anger, and anger create more sadness, creating a cycle that encompasses the world around us. Some people cry, some look down in despair, and some look up in prayer. We must use the power within us to keep our thoughts focused on the good around us and not on the forces of destruction.

We are at a point in human history when we most need to rediscover some important truths that we have somehow forgotten. In fact, this might be our last chance. And this is the lesson that I feel water crystals are trying to teach us.

My research into crystals began with the desire to get even one tiny step closer to understanding the universe, but that has now

led to the evolution of a broad field of study for me.

I have seen the effect that bright smiles of people throughout the world and expressions of emotion can have on the formation of beautiful crystals. But you may ask, can world peace occur from mere water crystals? It is my desire to take the first step in that direction and then one more and then another and on and on toward that end.

As I continue my conversation with water, the crystals continue to teach me many lessons: the importance of living in tune with the rhythm of life and the flow of nature, leaving the earth beautiful for future generations; love; and prayer. All of these various messages have been included in this book. I could be no happier than to find that it has had a positive influence on all those who have picked it up.

Finally, I would like to express my appreciation to Beyond Words Publishing, my English-language publisher of *The Hidden Messages in Water* and *The True Power of Water*, and all others who have helped in various ways, and also my staff at IHM who endured many hours in a refrigerated room taking pictures of crystals.

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