

# Water



We all have a life-changing relationship with water – the most valuable natural resource we have on our planet; not only the water we drink, but also the water that makes up 70% of the human body.

Dr. Masaru Emoto is an internationally recognized Japanese scientist, who's research on water has attracted a lot of attention around the world.

With the help of the high-speed camera, Dr. Masaru Emoto has discovered that water forms ice crystals in different ways when specific concentrated thoughts are directed towards it. He discovered that water from clean springs and water exposed to loving words forms beautiful, complex and colorful crystals. Contaminated water and water exposed to negative thoughts form incomplete and asymmetric crystals with muted colors. The conclusions of this research create a new awareness of how we can positively influence our planet and our own health.



By making use of this knowledge, we can learn to convey love and gratitude—the strongest feelings of all, that also gives rise to the most beautiful ice crystals—ourselves, others and our whole planet...

Source: Masaru Emoto – *Vattnets dolda budskap – En ny värld av möjligheter för hälsa och fred, Vattnets sanna kraft – Upptäck och hela dig själv* and *Budskap från vatten – Älska dig själv*

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