



What does he mean by information? Not information like you would see reported on the evening news but more subtle information that affects the mind and body. Mr. Emoto uses a method of freezing water, then takes it out to observe it as it melts. Within one or two minutes the water crystallizes into different forms based on the information it was given. Together with an assistant, he managed to photograph the water crystals under the microscope as they emerged and formed.

Because everything in the universe vibrates at a sound frequency (in waves), Mr. Emoto began experimenting with exposing the water to different frequencies. He took water from the same source, exposed it to different words (written on the bottles), and froze them for the same amount of time. What he discovered was astounding! Water exposed to kind and positive words developed into the most beautiful water crystals. Water exposed to negative words formed irregular and asymmetrical shapes or none at all! He also did extensive testing to different kinds of music, with varying results dependent upon the type of music. (see below for more information on his books)

What are the implications for us as teachers, parents, or social workers? When you remember that 70% of our bodies are made up of water, the implications are tremendous. Can words have an effect on our body chemistry? Bruce Lipton, cell biologist and author of *The Biology of Belief* believes our very cells are affected by our self-talk and beliefs which are formed by words.

In his books, Mr. Emoto speaks of an experiment that verifies his findings on the effects words have on our environment. In the experiment, three jars of rice were allowed to ferment over a period of time. Every day the words thank you were spoken to one jar, the words you fool were spoken to another jar and the third jar was ignored. After one month, the rice that had the words thank you spoken to it fermented into a mellow smell of malt. The rice in both of the other jars turned black and rotted. The rice in the jar that was ignored turned black and rotted before the rice that had you fool spoken to it. These experiments have been repeated many times with the same results. It would seem negative attention is better than no attention at all. Think of those implications!

This same experiment could be done by science teachers or language arts teachers who want to help students make a hands-on connection to the power in words. If you decide to try this experiment or one similar, email me your results!

*Emoto, Masaru. 2001 -- The Hidden Messages in Water, Atria Books, NY. 2003. The True Power of Water, Atria Books, NY.*



