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Love Thyself: The Message from Water

by Dr. Masaru Emoto

of ***What the Bleep Do We Know?*** fame

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AZ Choices Periodical
Volume 2, Number 6
Published 6 times per year: February,
April, June, August, October, December

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Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive.

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What The Bleep

When I first saw the movie *What The Bleep Do We Know?* I was awestruck by the beautiful and striking pictures of crystals by a Japanese Doctor, Dr. Masaru Emoto. I understood the concept that since our bodies are mostly water, what our body water holds, as far as emotions, feelings, etc. affects our whole being. Up to 90 percent of our body weight comes from water, and up to 60 percent of the human body is itself water. Our brain is 70 percent water, our lungs are almost 90 percent water, and over 80 percent of our blood is water. I liked the idea of putting positive words—*Love, Healthy, Peaceful, Caring*—on my containers of drinking water, and I actually do it. Many of my friends do this also. It seems somewhat more nourishing to pour a glass of water from a container that says something like *LOVE* on it. I still don't know if it *is* better for me, but I know it couldn't hurt. In any case, the before and after prayer pictures on page 7 are very telling of the results of prayer. I personally know of the power of prayer. Prayer is, in fact, according to our own governmental health organizations, the #1 alternative healing practice in the United States, and probably also in the world.

Because of the importance of both water and prayer to our health, we decided to make this (the last issue of our second year.) a special Dr. Emoto issue, with a book excerpt, an interview, a crystal photo gallery, and even a video. What happened? Did the Dr Emoto DVD fall out of this copy of *Choices*? Don't worry, you can see it on our website: www.arizonachoice.com. WOW, we are now Multi-Media!

On another note, do you need help with your business? Well then, be sure to see my *Business Coaching* Directory Listing on page 18. I can help you to be successful too!

Thanks for your support, and please support the people and organizations that paid for this issue, our advertisers, and yours truly too. Enjoy!!! **Bruce Silvey** bruce@arizonachoice.com

Love Thyself: The Message from Water

By Dr. Masaru Emoto

Dr. Masaru Emoto's research and water crystal pictures appeared in the movie *What the Bleep Do We Know*. He is the author of the *New York Times* bestselling book *The Hidden Messages in Water*, with over 400,000 copies sold world wide, as well as several other books. The following excerpt is taken from Dr. Emoto's latest book, *Love Thyself: The Message from Water III*. It is published by Hay House and available at all bookstores. Dr. Emoto's websites are www.hado.net and www.masaru-emoto.net.

Be sure watch Dr. Emoto's video about water crystals on www.arizonachoice.com.



Dr. Masaru Emoto

It was the summer of 1994. I walked into a bookstore to kill time and ended up buying a book called *The Day That Lightning Chased the Housewife: And Other Mysteries of Science* by Julia Leigh and David Savold (HarperCollins). I opened the book and immediately noticed a sentence that said something to the effect of: "There are no two snowflakes that are alike." This was it! I thought, *Snow is frozen water. So if we freeze water, the water will be crystallized.* If we're able to take pictures of water before and after the HADO (vibration) is copied, and if we're able to display these pictures so that people can see how the crystals from the same water change, the world would become aware of, and accept the existence of, HADO. I remember feeling ab-

solutely confident when I had this epiphany.

In the autumn of 1994, my plan began to take shape. After listening to me go on and on about my water-crystal idea for about two months, one of my staff members responded to my determination that we can take pictures of crystals. He was a decent scientist and a pure man who had completed his doctorate at a national university. He was new to my company, having just been hired in the spring of the same year. This man worked hard through a continual process of trial and error for about two months. (Through this and later experiences, I've come to believe that purity is an absolute requirement for the people who study water.)

One day in September he ran into my office, his face beaming, holding a picture in his hand. "I got it, chief!" he announced. We shook hands firmly with each other. I still remember how deeply moved I was.

We continued taking pictures of frozen water crystals using various methods almost every day. The technique that shows letters and pictures to water was brought about from various experiences of HADO measurement, and the idea was nothing unconventional to me, so I adopted it naturally. These first pictures were compiled and published to the world as a photo album entitled *The Message from Water* (HADO Kyoikusha). It was June 1999.

More than a decade has passed since we started practicing water-crystal photography. The laboratory staff takes pictures of all kinds of water crystals every day in the large, cold refrigerators. As I mentioned in the Preface, what started with one researcher and one refrigerator has now become six researchers and three refrigerators. Today we take many more photos than ever before, and our results are much more stable.

What Is HADO?

Having managed to obtain the HADO measuring equipment and produce the HADO water, and having been able to cure a number of illnesses, I succeeded in the development of the technique of crystal photography, and since then I've been taking and observing

pictures of various water crystals. As a result, I've come to firmly believe that the crystals themselves contain information in the form of vibrations.

After having experienced all that, I now believe that energy is created through vibrations. As I mentioned in the Preface, modern society seems lost in a maze of confusion. When you get lost, what should you do? Return to the starting point! But what is the starting point? It's our existence itself and the energy that created it. Then what is that energy?

Energy is vibrations, because everything is made of atoms, and the atoms vibrate in their nuclei. In organic matters, we can say the vibrations are life. For example, your heart is vibrating. When it stops vibrating, you'll be declared dead. That's why I think that in the middle of the Japanese character for the word *life* is found the character that means "to beat."

The problem is that the vibrations of organic matter can't keep moving automatically forever. To continue vibrating, they require the help of the third party. Resonance is the phenomenon that creates continuous vibrations. The resonance phenomena has the following characteristics:

- The matching of frequencies creates a sympathetic vibration. Take three tuning forks. Two are 440 hertz (abbreviated "Hz") and one is 442Hz. When we sound one of the 440Hz tuning forks, the other 440Hz tuning fork resonates fully, buzzing, but the 442Hz tuning fork resonates only slightly. We must listen for the sound of vibrations attentively. 440Hz is the "La" sound in the C major scale. When the 442Hz tuning fork is struck, it produces the same sound to our ears, but with only 2Hz difference, it doesn't resonate completely. As explained above, vibrations (energy) resonate only with the same frequency. The slightest frequency deviation reduces the possibility of resonance and eventually it stops vibrating.

This principle is used for radio frequencies. We used to select a radio station with a channel-selection dial. We succeeded in tuning when the frequency of the receiver in the radio and the frequency from the radio station matched. In addition, as radio has short- and medium-wave broadcasting capabilities, the length of the wave determines the distance of reach. Shorter wavelengths reach farther. In other words, the energy is stronger. Therefore, all international wireless communications and telephones are performed using short wave lengths.

- Pure waves reach farther. When waves become shortened, they can be seen as increasing in purity, because when the wave is short, interfering vibrations decrease. There is less space for disturbance. Therefore, the shorter wave can reach farther. When we sit in Zen meditation, we're told to find a spiritual state of nothingness—a state that transcends self. This may mean that when we think about things in the

normal course of our daily lives, gaps open up between the vibrations of our thoughts. This interferes with the creation of short waves, thus preventing our thoughts from reaching very far. I believe, therefore, that entering the state of nothingness is a HADO technology that allows us to come into contact with cosmic information.

Human beings have physical limitations regarding the range of sounds we can hear. That range goes from about 15Hz to 20,000Hz. To hear or transmit sounds far away, we have to use a frequency band exceeding the scope of our capability. In order to do this, we need something like a "communication box" that will carry information.

What allows us to accomplish this is water, and the molecular clusters in it. I believe that water circulates around the universe. Thus, by having an affinity to water, we can entrust our information to it. When the water reaches our counterpart, we can receive a message back from it through the echoing of resonance.

When the air surrounding the earth gets contaminated due to environmental pollution, the water also gets contaminated. We become lost children in the universe and get anxious that we're completely alone and living an unaided existence. But I believe that meditation may be developed and designed as one of various technologies to allow us, and thus our earth, to become pure. I published a book, *Awareness for the Universe and HADO* (PHP Institution, Inc.) in collaboration with Dr. Ravi Batra, an economist and master of meditation from India. On one occasion I saw him going into meditation. It was such wonderful art. Even though it was in a hotel room in the middle of a busy city, I felt that he was truly a man of unblemished character.

Let me tell you about an experiment some children performed to confirm the connection between HADO and purity. They prepared two bottles of cooked white rice with a label attached to each. One said "Thank You" and the other said "Idiot." They also repeated aloud to each bottle daily what the label said. One month later, the rice with the "Thank You" label had fermented to a yellow color, and the rice with "Idiot" had spoiled and gone black. I presented their results in *The Message from Water*, and many readers responded. They reported, with pictures, how they did the same types of experiments.

Almost all the responses we received were from children who had conducted similar tests. We received a few letters from adults, but in many cases their experiments didn't go as well—the outcomes were completely opposite or worked once but failed a second time. The thing is, children don't doubt. On the contrary, adults tend to be pessimistic, thinking, *What will I do if it doesn't turn out right?* or *It went well this time, but next time I need to do even better.* That is to say, they have a lack of purity about them. It's important not to doubt,

and to just accept things as they are. This is key in the world of HADO.

One of my favorite responses came from a girl in elementary school who lived in Shimane Prefecture. For her experiment, she prepared containers of strawberries, oranges, and other fruit. She made several labels, which read: “Thank You,” “Love,” “Hello,” “Ignored,” and so on. She observed how they changed. Depending on the words, the fruit decayed differently. The samples with positive words took longer to go bad, and the samples with the negative words spoiled quickly. The reported results were wonderful.

Her comments from her experience were very moving, so I will share them with you: “If good words are created by good hearts, and good words change the water to make it possible to change the world for the better, then I’d like to start with what I can do to change the world for the better. I’d like to offer many “Thanks, I love you” calls from my heart to my father, mother, brothers, friends, and all the people I meet.”

Prayers and Words Change Water and Crystals: Four Case Studies

Now I’d like to introduce the results of experiments conducted under the theme of this book, which is prayer. There are photos of the crystals obtained in some of these experiments throughout the book.

Study 1: Experiment with the Prayers of 500 HADO Instructors

The first success of this experiment was on February 22, 1996. I put some tap water on the desk in my office in Tokyo and asked my fellow HADO instructors* all over Japan to say to the water the following sentence: “The water on the director’s desk in Shinagawa, Tokyo, has become clean.” That was all. I asked them to say this at two o’clock in the afternoon, and five minutes later, we froze the water. Three and a half hours later, the staff researcher came out from the refrigerator, muttering, “This can’t be true!” You can see in the picture what we obtained after sending the sample out to develop right away. My fellow instructors had confidence in me, didn’t they? That’s why those words and wishes became pure HADO.

I was inspired to conduct this experiment by an experience I had at a “cloud-erasing game” that was taught by a friend of mine and was first started by Ms. Betty Shine from England. She discovered that when you say to the clouds in the sky, “The clouds have disappeared, thank you very much,” in the past tense, the clouds disappear. I’ve erased the clouds before an audi-

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ence many times, and I was even called the “Cloud-Erasing Game Man.”

Of course I wondered why this worked, and my experience with curing many kinds of illness with the HADO water made me think that the vibrative aspect of words imparted some kind of physical effect to the clouds, which are made of water. Since it’s possible, if the size is proper, to erase clouds in the distance easily, I asked my colleagues all over Japan to send words to the water in Tokyo, just as I had done in the cloud erasing game.

Study 2: The Dam-Water Purification Experiment

...After praying over the water of (the Fujiwara Dam in Japan), we were able to obtain some absolutely breathtaking crystals. But there’s more to this dam-water purification experiment: One week after we visited the dam, the office of the chief priest, Mr. Kato, informed us that a young woman’s dead body had been found in the water near Fujiwara Dam. On the following day, the criminal who had killed the woman was arrested. Since we’d just been at the site, we were all shocked to hear this news. We reexamined the water crystal picture taken before the prayers,

and guess what we found? An image that looked like a woman writhing in pain. Yes, much like spirit photography. I think it was because of the incantations and prayers of the chief priest that the body eventually surfaced.

The findings were incredible, but I could also interpret them in such a way that the spirit of the woman attained enlightenment. You see, in addition to the first crystal, I looked back on the other photos taken after the prayers, and there were some pictures of heptagonal crystals instead of hexagonal. Now I felt that I understood the meaning behind it. If hexagonal denotes a 3-dimensional world, then heptagonal denotes the 3.5-dimensional world, which made me think that it must contain information from the world of spirits. I believe that water transcends dimensions and gives us information about other levels of existence. This conclusion is based on this experience.

Five years after this experience, I realized something very important about the water brought back from Lake Fujiwara. Both before and after the prayers, the typical dam water was obviously dirty. We could observe through the plastic bottle that it wasn't clear—it was polluted. I'd been questioning how we could obtain such beautiful, unearthly crystals from such filthy water.

That question was finally answered. The discov-

ery was brought about by one incident: A Swiss woman made an absurd claim that she took the Fujiwara Dam crystal picture and announced this in her seminars and associated bulletins. This was in April 2003.

This irritation developed to the extent that I hired a local attorney and went to negotiate with the woman personally. The issue was finally settled, and she personally admitted that it was her fantasy and apologized. Because of this experience, I again wondered how we could have achieved such wonderful crystals from the polluted water. I was also puzzled as to why someone would make the crazy claim that she took that picture. The woman who had done so was clearly not just after the publicity; in fact, she seemed very intelligent.

At this same time, I'd been advocating my theory as to why people get sick from the perspective of HADO theory, illustrating the difference in vibration level between elementary particles and atoms. Subsequently, when I seriously thought about the mystery again, I felt something snap in my head, and a diagram came to me that provided clues to follow in order to solve this mystery...

I believe that no matter how small pollutants and other trash are, they can only reach down to the atomic level. At the level of elementary particles, no matter how minute something is, as long as it has materiality, it can't enter. It's already a complete "World of

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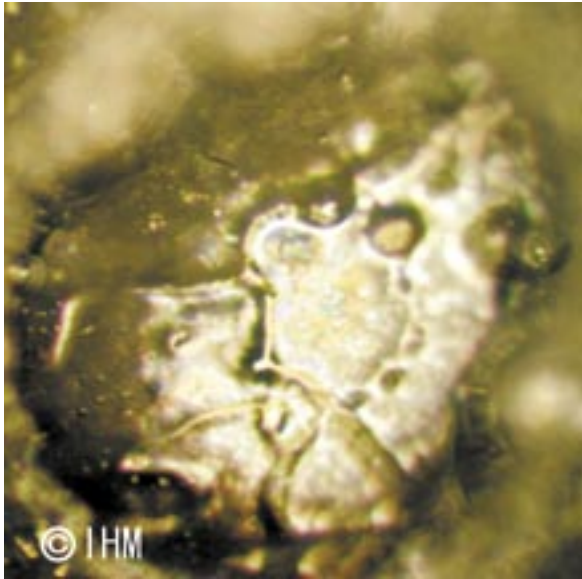
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We also have many other Dr. Emoto's books and water crystal products!!!

- Books: Messages From Water, Water, The Secret Life of Water
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- Water Carafe: [Image]
- Calendars: [Image]

HADO”—that is, “a world of senses and images.”

But the chief priest’s incantations and prayers reached that area of elementary particles and created a picture there. It played the role of drawing in the ac-



Before the prayer at Fujiwara Dam

tual three-dimensional world beyond the atomic level. That’s probably the reason why the dead body that had sunk to the bottom of the lake came to the surface after a time gap of approximately one week.

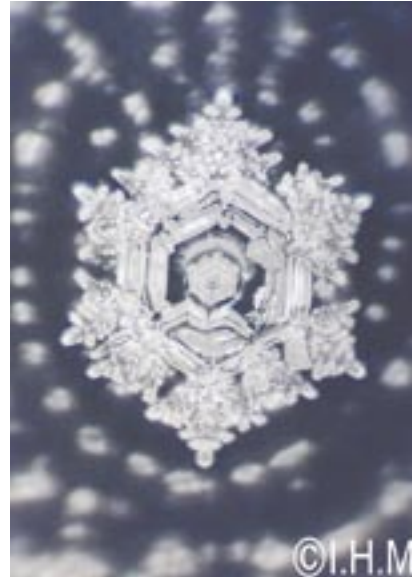
Mr. Masaya Sato, a staff member of the laboratory who shot the picture of the water, is an artist who has a pure heart. His mind’s eye that seeks truth, virtue, and beauty went through the suspended substances and pollutants that normally block the view of the three-dimensional field on the cellular, molecular, and atomic level. He captured the picture that the chief priest drew. In other words, he resonated.

Resonance always accompanies the “echo phenomenon.” The picture that Mr. Sato captured gave rise to the echo phenomenon, and it returned to his sight. Then it stayed at the molecular level as if it had always existed there. Mr. Sato caught that moment and released the shutter.

The Swiss woman who caused the disturbance might have, to some extent, had an ability similar to Mr. Sato’s. From the moment when she first saw that crystal picture, the picture stayed in her mind. Without realizing it, she fell into the illusion that she took the picture herself.

If the above assessment is correct, we have made a big step toward understanding the essence of water. This means that human beings can start again any number of times, and that essentially there are no bad people.

One could conclude that what can be freely drawn on the white canvas called the elementary particle level is the prayer of a pure person, and this makes the importance of prayer more clear.



After the prayer at Fujiwara Dam

Study 3: The Experiment of Prayer at Lake Biwa

The next notable experience deserving special mention happened on July 25, 1999. It was the Lake Biwa purification experiment using the “Kotodama”—the power of words. Some 350 members gathered before sunrise that day at 4:30 A.M. I chose the date in accordance with the Mayan calendar, and the tradition that these ancient people prayed together at the crack of dawn.

That morning we all said the following: “The infinite power of the universe coalesced, took solid form, and created a truly harmonized world.” It’s a grand affirmation created by Tao Master Nobuo Shioya, who was 97 years old at that time. Under the direction of Master Shioya, who joined us eagerly in spite of his great age, we repeated the grand affirmation ten times. These words and wishes surely reached out to the universe. The story is already very famous, so I’m sure many people know about it, but I’ve included a summary of an article printed in a Kyoto newspaper on August 27 of that year:

A mysterious phenomenon is occurring in Lake Biwa this year. Usually at this time of year, we have an abrupt increase of algae of foreign origin that kills domestic algae due to the progress of the pollutant dioxin. This normally creates a foul odor, and over 300 phone-calls complaints from the neighboring residents pour into

the relevant offices every year. This year, however, there is no acrid smell; therefore no complaint calls were received. Although this is a very welcome phenomenon, it's not understood. The authorities concerned are trying to determine what's causing the change.

I was excited to see this article, since I wasn't expecting an outcome as spectacular as this. I reported this news to Master Shioya and, with composure, he told me that this was the obvious result. There is an infinite energy in the universe, and we said the great affirmation together to reach it. Then it created a true and great harmonious field around Lake Biwa. That's why the algae coexisted in harmony.

Was it the effect of ultrasonic waves? To be honest, at that time I felt unsure whether or not I truly understood what had happened. About eight months later, I finally got it after reading another newspaper article about dioxin, this time in a Sankei newspaper from April 16, 2000. Allow me to me paraphrase the article:

A research team led by Professor Maeda of Osaka Prefecture University succeeded in the purification of lake and marsh water. They eliminated more than 95 percent of the dioxin and PCB in these lakes and marshes by running ultrasonic waves of 200,000 hertz to the water. The research team explained that when ultrasound waves are sent to water, countless bubbles are formed, and PCB and dioxin enter those bubbles because their nature has no affinity for water. Reacting to the stimulation, however, the bubbles soon explode. This releases heat—which reaches 5,000°C (more than 9,000°F)—causing PCB and dioxin to break down into their component nontoxic elements.

I think this article explains exactly what happened at Lake Biwa on that day in July when we prayed at the water. I believe the choral voice we made was vibrating near 300Hz. It was in fact, very pure. This is because everyone who participated adores Master Nobuo Shioya. In addition, it was dawn, so there were fewer interference vibrations in the environment. The vibrations were led by Kotodama, the power of words, and flew straight into the energy zone of the universe.

My belief is based on the idea of the octave theory (similar to the theory put forth in the Sankei newspaper), where each 600Hz; 1,200Hz; 2,400Hz; 4,800Hz; 9,600Hz; 19,200Hz; 38,400Hz; 76,800Hz; and 153,600Hz wavelength zones repeat their resonance and echo phenomenon and finally resonate with the frequency zone that resolves dioxin and PCB. We triggered the same phenomenon as the experiment at Osaka Prefecture University at Lake Biwa.

I'm confident that this idea will be widely accepted in the future, even though Kotodama (the power of

words) is actually a religious phenomenon measured on a scientific scale.

Study 4: The Experiment of Prayer from the Sea of Galilee to the Tap Water of Tokyo

Words and prayers transcend distance. I certainly came to believe this after a trip to the Sea of Galilee in Israel on July 25, 2003. This visit to Israel was for the Project Love and Thanks to Water, the purpose of which was to send love and thanks to the water of the world. I chose the River Jordan to hold an event with the support of the local people.

The experiment I was hoping to conduct was to send the words of prayer, or the power of words, from Israel to Japan and examine it with crystals. How far is it from Israel to Japan? It's probably about 10,000 kilometers (about 6,200 miles). To confirm beforehand the details of the experiment, I had a meeting with Mr. Kizu, who's in charge of the laboratory in Japan. The discussions centered around the time we would send the words of prayer, which words we'd send, and the preparation of slides so that the people in Israel could see where they were sending their words. We also discussed how to contact each other after the prayer, the amount of time it would take for Mr. Kizu to receive it, freeze the water, and take photos, and how to send the images captured back to Israel.

On the day of the experiment, I had a lecture scheduled at 11:00 A.M. local time. Three hours before I began, I asked the people attending the seminar to join me for a few minutes so we could conduct our experiment and have the results back from the lab in Japan in time for my talk. I had some photos prepared to illustrate exactly where the water was and where the people should send their prayers. Here's what I said to my audience of 200 that day:

Ladies and gentlemen, thank you for coming today. I'd like to ask you to send to Japan a few words of prayer. Specifically speaking, I'd like you to send these words to the tap water that's standing in my office in Tokyo. First of all, please check where Japan is on the world map. And this is Tokyo. Here is my office and this is the entrance. Can you visualize it now? My room is in here and I'm sitting, as you can see. The water is right in front of me. This is the Tokyo tap water. Usually the water is in this condition and it forms no crystals, because it contains a lot of chlorine for sterilization. Isn't that pathetic?

Now, please send words of prayer to this water. It's late at night in Japan, but I have a member of my staff waiting for you to send these words. In three hours, he'll take a photo of whatever he finds in the water and e-mail it to me so I can show it to you. So please send prayers with all your heart. Repeat after me: *Water, we love you.*

Water, we thank you. Water, we respect you. (I asked them to repeat this chant three times and then join me in one minute of meditation.) Thank you for your cooperation. I'll see you again at 11:00!

The picture Mr. Kizu would take was tentatively scheduled to be received by e-mail between 11:30 and noon. Pretending to be calm, I started my talk as usual. However, in my heart, I was beside myself with worry. Time passed. Before I knew it, I was worrying about what I'd do if no crystals were found. I kept glancing down at my computer. Finally, I received the e-mail. I announced to the audience: "The result of the Kotodama has apparently just now come. I'm also seeing this for the first time, so my heart is pounding."

The computer was already connected to the slide projector, so the image was immediately splashed on the screen in large scale. A stirring sound swept through the entire venue, then tremendous applause thundered. For a moment I was moved to tears.

I would never have dared to conduct a test like this on such a grand scale if I hadn't already had success with experiments such as the one with the 500 HADO instructors in the past. Because of the outcome of these events, I'm even more convinced of the power of prayer.

Put Your Hands Together and Pray

Sometimes it's rather difficult to pray "purely" in this complicated society. That's why I wrote a manual based on my many experiences with the pattern of prayer to water derived from the Project of Love and Thanks to Water. The manual states that we should make a circle holding hands with one another, put the water in the center of the circle, and chant together the following phrases: *Water, we love you. Water, we thank you. Water, we respect you.*

I later realized that the most effective shape of prayer wasn't in holding hands, but in the form of praying hands—palms pressed together. We Japanese, in fact, were very accustomed to putting our hands together in the past. We still put our hands together from time to time, before and after meals and in front of the family Buddhist altar. This is also the way in which children apologize for being mischievous—and how they wish for a lot of New Year's presents.

In recent times, however, there are many people who feel hesitant to put their hands together, or who rarely do so because they feel it's too religious (although such people, in spite of themselves, make this gesture when something terrible happens—perhaps it's in our DNA). It's a pity. After witnessing the positive results of so many experiments based on this shape of prayer,

and as a celebration of the publication of this book, I've decided to call out to my fellow global citizens: Let us pray by putting our hands together in the prayer position.

Once you're in the position to pray, there's one more thing I'd like to discuss, and that's the method of our prayer for world peace. It is, as I expressed in the Preface, to pray to yourself. Let me explain: There's a principle that nothing can continue vibrating all by itself. For example, when you spin a top, at the beginning it whirls vigorously, but soon it loses its force and comes to a halt. All kinds of engines or motors—including those in our cars—can't continue running without some type of fuel.

In the same way, no life can exist without water, because water delivers the energy that's called *vibration*; when the means of the energy supply is lost, no life form can survive. The 60 trillion cells of your body send a signal when their vibrations are becoming weak. It's expressed as the feeling of hunger, and therefore you eat. Each cell has a unique role, so each has a different vibration frequency. When the vibrations fade, your cells require the support of food with the same vibration frequency to create a resonance phenomenon and activate the cell again.

Junk food—in other words, food that doesn't have the required frequency level—disturbs the vitality of cells. It's the same as being around someone with whom you don't get along; you get stressed and lose energy. When you pray for world peace on behalf of someone other than yourself, what you're really doing is sending good vibrations to other people. To do this, you yourself need to be vibrating in good health. And for that reason, you need to be well and happy. This is the basis of everything, the beginning of it all.

It's only when you like who you are, feel grateful for your existence, and respect yourself that you're able to have the same feelings toward other people. The nature of vibrations is such that negative resonates only with negative and positive resonates only with positive. No matter how much you say and think good things, you can't give off good vibrations as long as you have a distorted image of your substance.

When we shine and keep sending out positive vibrations, they reach the people and the water around us, and eventually they spread like ripples all over the world. It reminds me of when I was a child and I used to see all the flotsam and jetsam from distant countries that had reached the shores of Tokyo Bay. As proved in the experiment at a lake in Carapicuibá, when the group of less than 20 sent the prayer of love and thanks to the small amount of water taken from the lake, the vibrations spread all over the lake. The pure prayer to

Dancing on the Path

A listing of news items, tidbits and events of interest to our readers. Submissions welcome by email to: info@arizonachoice.com

★**Saturday, February 10th, 8pm Realize the Oneness Harmonic Sound Attunement with Maha Ras.** Music for the Healing of Humanity, Live Celestial Music Concert and Heart to Heart Sharing with World Sacred Music. Featured at the Sacred Relationships Retreat, and Open to the Public with donation. At **Tree Of Life Rejuvenation Center**, 686 Harshaw Rd, Patagonia, Arizona. More information: 394-2520, or see www.treeoflife.nu.

★**Saturday, February 17th, 7:30 pm. An Evening of Sacred Song and Dance, with Babukishen, Songs of the Mystic Wanderers of Bengal Tour.** At Anjali yoga studio, located just off Fourth Avenue on Seventh Street. Fee charged. Babukishen das Baul of Bengal represents the ninth generation in his family to perform; his music has been described as Bengali or Baul Gypsy, mystic chanting, Sufi trance, Bollywood and even 'world fusion.' More information: Joanne at 449.2290, or see www.anjali.com, or www.babukishan.com.

★**Sunday, February 18th 1:00pm, A New Science of Peace** An interactive webcast which addresses the effects of Group Meditation on crime, terrorism and international conflict featuring Dr. John Hagelin, quantum physicist, educator, author, public policy expert and featured in the movie "The Secret". Open to the public, Free. The DuVal Auditorium, University Medical Center. 1501 N. Campbell Ave. (just north of Speedway Blvd.) More information: 326-1894, or see www.ionstucson.org.

★**Saturday, February 24th, 11 a.m.-5 p.m. The 25th Annual Tucson Peace Fair & Music Festival** will take place at the Reid Park Band shell. Broadway near Country Club. Continuous live music all day long on the large stage. Food, booths, children's activities. All free. A full day of fun, information and music. All free! More information: 792-6500.

★**Wednesday, February 28th, 6-7 PM Heart Health with Sylvia Haskvitz**, at Wild Oats - Ina/Oracle. Free. More information: 572-9295

★**Friday, March 2nd, 11am, Messages from Water/Water and Live Food.** Listen on: www.worldtalkradio.com. Dr Gabriel Cousens, MD, MD(H) Director of the Tree of Life Rejuvenation Center in Patagonia, AZ, will interview Dr. Masaru Emoto. More information: 394-2520, or see www.treeoflife.nu.

★**Friday, March 2nd, 6:30pm, Escaping the Mind Prison with Mark Evan Furman**, of Cognitive Neuro-

the small amount of water was capable of conveying the same vibrations to the surrounding water. Indeed, we shouldn't forget that we ourselves are water.

I've been studying why people get sick, from the point of view of HADO, for about 15 years. It's clear that illness is primarily caused by distortions of vibrations at the level of elementary particles.

Think of it this way: If the planet Earth, or the entire human race, is a person, then each one of us is an elementary particle. The distortions of each individual will grow to become the disease of the entire world.

If you accept this idea, even if you don't fully understand it, pray for yourself from today in the following manner. I'm sure something will change within you. Here's how to do it:

- **Time/Place:** You can pray anytime and anywhere: when you wake up, before you go to sleep, when you're taking a walk, before a meal, or anytime you're spending a quiet moment alone.
- **Feelings/Image:** Try to recall feelings of thanks to the water. Picture all the people in the world holding hands with one another in harmony; and our water planet, Earth; and the water of our bodies.
- **The Three Phrases:** Say to yourself: *[Your name] I love you. [Your name] I thank you. [Your name] I respect you.* If it's difficult to say aloud, say it in your heart first. You'll get used to it. After this, it's also a good idea to say the name of a person who you're concerned about or who is on a different wavelength.
- **Posture:** Close your eyes and put your hands together.

It's very easy, isn't it? Each prayer lasts only 30 seconds. And of course it's no problem if you want to take a little longer.

When you start praying, something will definitely transform within you. And when more and more of your fellow humans evolve in the same way, your surroundings will change, society will change, the country will change, and the world will change...all in a good direction, of course.

Masaru Emoto was born in Yokohama in July 1943. He is a graduate of the Yokohama Municipal University's department of humanities and sciences, with a focus on International Relations. In 1986, he established the IHM Corporation in Tokyo. In October of 1992, he received certification from the Open International University as a Doctor of Alternative Medicine. Subsequently he was introduced to the concept of micro cluster water in the US and Magnetic Resonance Analysis technology. The quest thus began to discover the mystery of water. Dr. Emoto's websites are www.hado.net and www.masaru-emoto.net.

- Be sure to watch Dr. Emoto's video about water crystals on www.arizonachoice.com.
- Dr Gabriel Cousens, MD, Director of the Tree of Life Rejuvenation Center in Patagonia, AZ, will interview Dr. Emoto on Friday, March 2nd, 11am on www.worldtalkradio.com. The topic will be Messages from Water/Water and Live Food. See www.treeoflife.nu for more information.

Dr. Emoto Answers Our Questions

Arizona Choices: *What's the relationship between the attitude of the person writing the words "thank you" and the effect on the water? E.g., what happens to the water crystals if someone writes "thank you," but does so with a very bitter, sarcastic attitude, as in "thanks very much for nothing"? Conversely, what happens if someone writes, "you fool" but with the emotional attitude of saying it jokingly and lovingly? In both cases, is the water reacting to the words or to the emotions of the person involved?*

Dr. Emoto: Whether water crystals turn out to be beautiful ones or ugly ones would be influenced by the actual words or phrase shown to the water. Therefore we always use typed words for our experiments. Additionally, there would be a big difference between the word "Thank you" written by a calligrapher and the same word "Thank you" written by someone with no sincere feeling of gratitude.

Arizona Choices: *Similarly, what happens if the person writing the words is sadistic and gets happiness and pleasure from another's pain? In that case, painful words would elicit happiness and pleasure from the sadistic person, while positive, soothing words might elicit revulsion and disgust. How does the water react in such circumstances? Does it react to the sadistic person's pleasure, and if so, how?*

Dr. Emoto: We have never conducted this kind of experiment and I am not certain about the result. However, I suspect that if the person who wrote the words stayed close to the water and emanated negative feeling towards the water it might affect the result, or, more importantly if the photographer is a sadistic person and has negative feeling towards those words, it might affect the result. I am only speculating since we have not conducted any such experiment.

Arizona Choices: *You said that the message of water is that "the world is linked together by love and gratitude". And that "the message of water is love and gratitude". When I read this I was immediately reminded of the Findhorn Community, and the Findhorn gardens in Scotland. Are you familiar with what transpired at Findhorn in the 1960's and 70's? In the early 1980's I met Peter Caddy and Dorothy McClean, two of the Findhorn founders, and they basically said that the message of the Findhorn gardens was about love and gratitude. Are you*

familiar with their work with various devas, elementals, and spirits to grow an amazing garden in nothing but barren sand?

Dr. Emoto: I have heard about Findhorn from my friend Mr. Shinichiro Terayama. However I do not have very much knowledge about it.

Arizona Choices: *What are the effects of putting names of drugs and psychedelics (LSD, cocaine, heroin etc) or tobacco on the water? Is there any possibility that the water would then be of help in easing withdrawal symptoms from such substances?*

Dr. Emoto: We have never conducted this kind of experiment. However, I personally think that such water may have this kind of beneficial effect on withdrawal symptoms. In other words, if a person wishes to recover from drug addiction, it might be effective to keep drinking Hado water that has been exposed to those words.

Arizona Choices: *Can we use water to gauge whether we are being good to ourselves, and if so, how?*

Dr. Emoto: Well, one method I can think of would be to dilute the blood of different kinds of examinees, such those with mental disorders, criminal dispositions, or those with very pure minds, etc, over and over. Then by comparing the data in a statistical way, we might be able to see a result. Water crystallizes most beautifully when it is shown the words "Love and Gratitude", so if the diluted water of someone's blood forms beautiful crystal like the one of "Love and Gratitude," that would suggest that this person loves him/herself or appreciates him/herself, and takes good care of him/herself.

Arizona Choices: *What happens if you mix water subjected to a positive state or word with water subjected to a negative state or word? What do the crystals of the mixed water look like and what do they tell us?*

Dr. Emoto: In the past we conducted an experiment showing two different words to one bottle of water, we didn't mix two different kinds of water though. As a result, we observed a beautiful hexagon that was a very transparent and clear image. Although we only have a limited amount of results from our study, I think this

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shows that the positive words such as "Thank you" have stronger energy than the negative ones such as "You fool."

Arizona Choices: *Is it possible for a group of people to send their intentions/prayers into water so that the water becomes healing water without any words written on the container?*

Dr. Emoto: Yes. We sent our prayers from Lake Galilee to our institute in Tokyo. Two hundred people sent their intention saying, "Water we thank you. Water we love you. Water we respect you" to the tap water in Tokyo. Usually we do not observe any beautiful crystal from tap water, but this time, after the prayer it formed a beautiful crystal. This was conducted live. And on another occasion, people sent their prayers to the Noetic Science Institute in the suburb of San Francisco from European countries such as Austria, Germany, and from Tokyo. The Noetic institute has a special shield room in their laboratory and the water was placed in there. This water also crystallized so beautifully. I believe that water with beautiful crystal has a healing effect.

Arizona Choices: *What are the effects of images on containers of water, such as an image of the Buddha, Christ, and so on?*

Dr. Emoto: I have no doubt that the crystal will be beautiful. However, I think that testing this kind of image would be dishonorable, so I have never conducted such an experiment, even though there have been some requests to do that in the past. I feel that just trying it would be a blasphemy.

Arizona Choices: *Can you program water to change taste, for instance putting the word or a picture of an "orange" on a container of water?*

Dr. Emoto: I think that is possible. In the past there have been a number of people who felt that the tap water being shown some words or letters became sweeter than before. However, these feelings or senses are so subjective and it is not easy to measure the difference. At the moment, my institute is conducting experiments with scent and color, such as exposing water to specific scent or color.

*Translated by Fukiko Kai
 English Proofreading by Paul Mitchell
 Questions by Arizona Choices, the Bamboo Guru, and Matt.*

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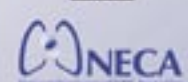
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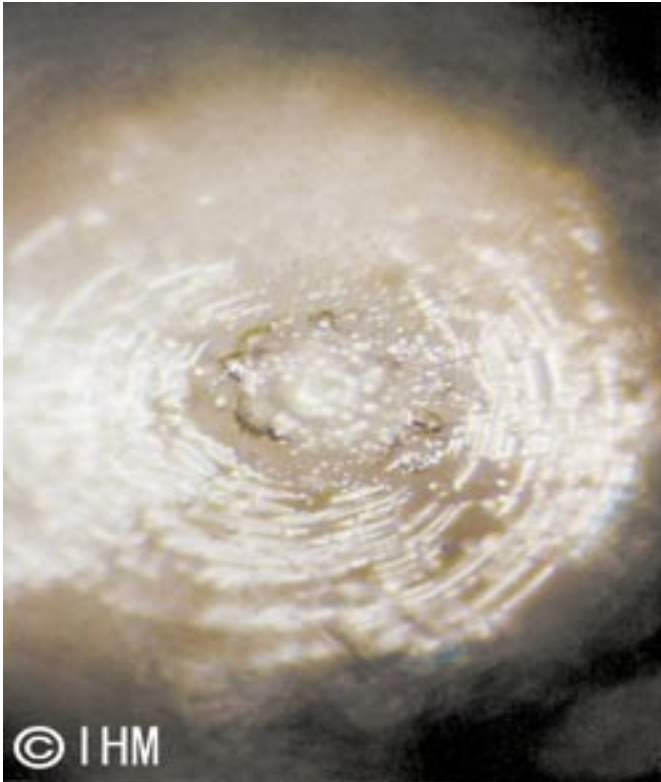
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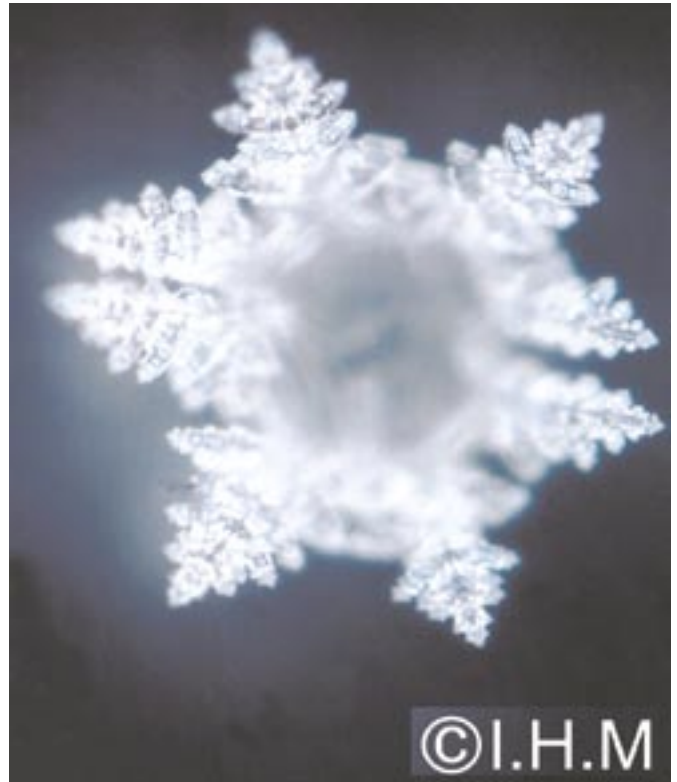



Contact Nancy Moyer
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A Gallery of Crystal Images



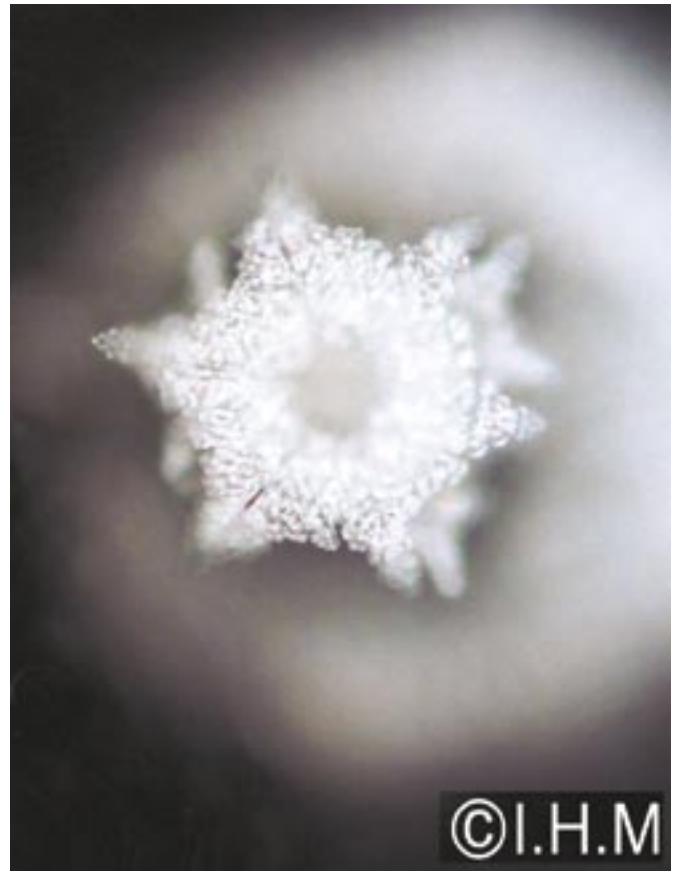
You Fool!



Amazing Grace



Love of Husband and Wife



Peace

The Cosmic Clock

by Paul Reeder

In some respects February and March will be a transitional period between more eventful configurations. These 2 months will be a sort of quiet lull between more intense times. Yet there are several very interesting astrological events to consider. So even though the drama may be at a lower level, very significant things will be occurring.

Mercury enters Pisces on February 2nd. From now until February 26th communications are a bit fuzzy. Effort is needed to make clear, and well defined agreements necessary to coordinated action. Mercury in Pisces is perfect for story telling, creative writing, and healing communications which benefit from a sensitive understanding, but requires intent and effort to be clear and specific in verbal exchanges, both in speaking and in listening.

Mercury turns retrograde February 13th and perhaps as early as the 10th communications and travel matters have more stress than usual. Mercury remains retrograde until March 7th. Mercury retrogrades are not bad. They are times when communications systems and pathways for implementing agreements are overloaded, much like the highways during rush hour. Everything slows down. Worn components breakdown attention and repair is required. Often loose ends from recent activities need to be tied down before we continue forward. Often, during Mercury retrograde, some elusive but essential bit of information, necessary for a good agreement, finally comes out of hiding. This is one reason folks wait until after Mercury goes direct to make new agreements or contracts. This gives needed time for all necessary data for a good agreement to come out into the open. This waiting is not always possible or even a good idea, so entering into agreements with enough flexibility to adjust agreements appropriately as new vital information becomes available.

On February 7th, Venus is conjunct Uranus. Exciting, high energy influences from outside influence personal aesthetics and attractions. Last month Jupiter made the first of a series of squares to Uranus. From today until February 9th, Venus is effectively triggering this configuration. There is a magic in the air for short term affects in personal relationships and team

efforts. For the next several weeks, team efforts and personal relationships come to the fore. February 13th Venus is sextile Mars. The day before Valentine's Days this transit is almost perfectly timed! Sweet and satisfying interactions between women and men, friends and lovers, team members come quite easily with this configuration.

Probably the most significant transit of this 2 month period is the opposition from Saturn to Neptune which is exact on February 28th. This is the second in a series of 3 exact oppositions the first of which was last late August and the 3rd of which comes next late June. This is center point of both Saturn's retrograde and of the 10 month period defined by this opposition. While exact on the 28th, Sun, moving through Aquarius triggers this configuration from the 8th through the 10th.

The energies of Saturn and Neptune are so different they only produce good results with careful, skillful, patient effort. Short of such effort, this configuration brings much sadness and melancholy. With such effort, works of timeless beauty and uplifting spiritual value are possible. This is a configuration where idealistic drives and pragmatic concerns confront one another seeking a new more conscious balance. When our skills in handling the material plane fall short of those needed to create and experience the beauty we envision, disappointment and disillusion are natural.

Business and financial crunch in the petroleum and chemistry industries, in the entertainment and commercial arts as the Saturn archetype restricts resources forcing more folks to compete harder for fewer supplies and less capital. Banking and other capital intense businesses may experience losses as Neptune's archetype dissolves resources that seemed to be certain.

A lunar eclipse 12° Virgo 59', opposite Uranus, occurs March 3rd triggering the Jupiter/Uranus square once more. There is magic in the air for those who are capable of bold and spontaneous action. The signature of Uranus is unexpected challenges, changes, and influences from outside affecting a system. So expect the unexpected in early March. Setbacks may be opportunities dressed in drag. Apparent opportunities may be

pitfalls. Stay alert, on your toes, ready to zig or zag as your situation merits.

Technological breakdowns and breakthroughs are typical with this configuration. Uranus rules aviation, electronics, computers, and communications networks. Challenges, opportunities and accomplishments involving the hi-tech sector will be likely now.

Affective a few days before and after the eclipse, a factor in this eclipse chart, is a grand trine between Venus, Jupiter and Saturn. For most of us, this is not a time for going it alone. Rather this is a period when synergy, the benefits of team efforts, is so valuable that going solo in your efforts is counter-indicated now.

March 7th Mercury goes direct. Many folks draw a sigh of relief at this time although it will still take several days for stress on communications and transportation systems to return to normal levels.

March 18th is a solar eclipse at 28° Pisces 6' square Pluto at 28° Sagittarius 55'. This is only a partial eclipse as the new moon is almost 14° away from the transiting north node of the moon, effectively limiting the scope or effect. The square to Pluto is almost exact indicating destructive results of confrontations and power struggles. The primal expression of Pluto is often vengeful, continuing the cycle of hurt and anger, and the enlightened expression of Pluto is forgiving, bringing the past cycle of hurt and anger to a close and liberating folks from pain and death to joy and life.

Mars triggers Saturn/Neptune

From the 18th of March, until the end of March, Mars is opposite Saturn and conjunct Neptune triggering that longer term transit into action. This is not an easy time from a selfish individualistic point of view. Self interests are best served through selfless actions and actions directed toward fulfilling duty and responsibilities to others first. The second half of March will be most difficult in situations where self interest and collective, group interests are out of balance or harmony. In any case things are slow going now at best.

Pluto goes retrograde March 31st at 28° Sagittarius 58'. Pluto will be retrograde until the 1st week of September when it goes direct at 26° Sagittarius 18'. This station calls the relative lull of February and March to a close. Pluto is currently transiting over the Galactic Center. As such its influences are active in a global context affecting everything and everyone. Pluto is death and rebirth, dramatic transformation, the results of




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Casbah Tea House	Shop Natural Cooperative
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COPE El Rio on Broadway	Sunflower on Broadway
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Desert Mountain Healing	The Coffee X change on Grant
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El Rio Dental Office on W. Congress	The Eclectic Café
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All things vibrate, and they vibrate at their own frequencies. When you understand this, you will significantly broaden your understanding of the universe. With this understanding, your eyes will open to things you have never seen before — things previously pushed to the back of your consciousness — and these discoveries and feelings will give new life to your soul.

~ Masaru Emoto

power exchanges and the influences of the few in the lives of the many. If you have personal planets or positions in your natal chart in the last degrees of mutable signs (Gemini, Virgo, Sagittarius, and Pisces) than you are experiencing Pluto's dramatic effects personally.

Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive. See Paul's directory listing on page 18.

DANCING ON THE PATH, CONTINUED FROM PAGE 10

physics. Presented by The Tucson Community Group of The Institute of Noetic Sciences. Open to the public, donation requested. Marshall Auditorium, Tucson Medical Center, Grant Road at Craycroft. More information: 326-1894, or see www.ionstucson.org.

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★**Sri Karunamayi is coming to Tucson** earlier in the month of April than normal. We want to let people know as soon as possible that the dates for Mother's programs in Tucson are: April 12 Evening Program, April 13 Individual Blessing Day, April 14 One day Meditation Retreat, April 15 Homa. More information: 760-0364, or see www.karunamayi.org.



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Astrology



Paul Reeder

Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive. His work is empowering and uplifting even in our most challenging situations.

Paul is on the faculty of the Providence Institute Yoga Teacher Training program, and is an inspiring teacher of spiritual psychology and mysticism. Classes

in beginning astrology and horoscope synthesis are held weekly for those who wish to learn to read astrology charts.

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See Paul's column on page 14

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cancer treatment recovery. Dr. Drewry is highly recommended by the Holistic Nurses’ Association, Noetic Sciences, and many other organizations. Private client success stories are found on her web site. Day and Evening classes begin in February for: Vibrational Medicine and Sound Healing; EFT (all levels), and Creating New Realities for Women (support group). (not a licensed psychologist in Arizona)

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well as major businesses; published books and magazines; produced trade shows; set up and managed entertainment and learning centers; written, received, and have been the executive director for major development grants; authored a book on a Thought Power System, entitled, PEP Thoughts! (www.pepthoughts.com); and managed and produced musical and other entertainment groups and productions. I am currently the Editor and Publisher of this magazine and the Producer of Arizona Choices Exposition (www.arizonachoice.com), as well as an active business consultant. I am available on a reasonable sliding fee basis. Let’s talk about YOUR needs.

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energy moving through it. The practitioner works gently with specific bones and joints to establish a clearer relationship between energy and structure. This allows for the dissolution of limiting, uncomfortable patterns, and reinforces integration and wholeness.

Miriam graduated from Stanford University and has been a Bodywork Therapist since 1982. She is a licensed Massage Therapist and Certified Practitioner of the arts in which she now specializes.

Miriam Bloomfield, LMT
Tucson Medical Square
Bilva33@hotmail.com 520-743-7577

Miriam Bloomfield

Energy Healing/EFT



Phyllis Winslow

Floatation Therapy



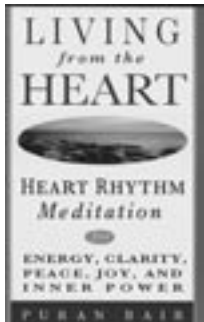
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Lynette Maya

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contained and are especially useful to develop psychic ability. Each class is followed by a guided meditation and a time of sharing.

Sunday services are offered at 10 A.M. and 2 P.M. They include a guided meditation, laying-on-of-hands healing, a talk, psychic messages and prayer. Welcome.

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Transpersonal Counseling



John Freedom

Zero Balancing



Dorsett Edmunds

DesignBuild Collaborative is a passionate group of architects and builders who are committed to creating mindful environments that reflect the native beauty, climate, geological environment and culture of the Southwest. Through a thoughtful integration of locally occurring native materials, including rammed earth, adobe, scoria, native stone, masonry, oxidized steel, weathered concrete and timber, and an award winning design expertise in sustainable water and energy technologies, DBC is committed to the creation of meaningful built environments intended to nurture

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There come times when we may feel confused, hurting, 'stuck' or unclear. As a transpersonal counselor, I specialize in helping individuals and couples resolve issues of all kinds, and achieve greater success, happiness and inner peace. I am skilled in compassionate listening, guided imagery, reflective inquiry and tapping to achieve high-level wellness. I have found Energy Medicine and EFT particularly effective in clearing body memories and 'issues in our tissues.' My background includes studies in Tibetan Buddhism, A Course In Miracles, and the Work of Byron Katie. I teach seminars

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greater capacity to manage difficult transitions in life and live more fully.

Dorsett Edmunds is a licensed physical therapist who has been practicing Zero Balancing for more than 17 years and teaching it for 10 years in the southwest and northwest. Her goal as a teacher and as a clinician is to empower the self-healing process and awareness in her clients and her students so that they can live and practice from their own core well-being.

Dorsett Edmunds, M.A., P.T.
2612 E. Drachman St.
Tucson, Arizona 85716
520-326-5221 dorsette@gmail.com

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