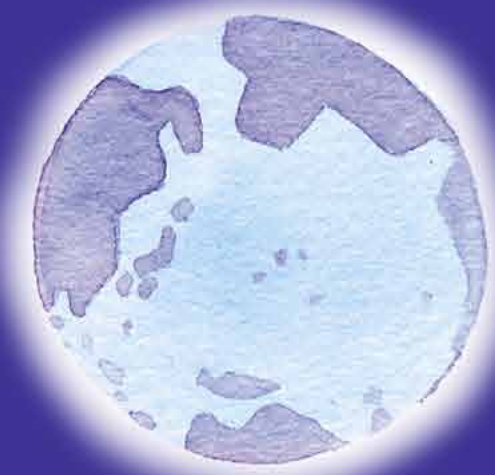


うら表紙 (D面)

表紙 (A面)

The Message from Water



EMOTO PEACE PROJECT
<http://www.emotopeaceproject.net>
e-mail: epp@emotopeaceproject.net

Not for sale

The Message from Water

Children's Version



EMOTO PEACE PROJECT
Masaru Emoto

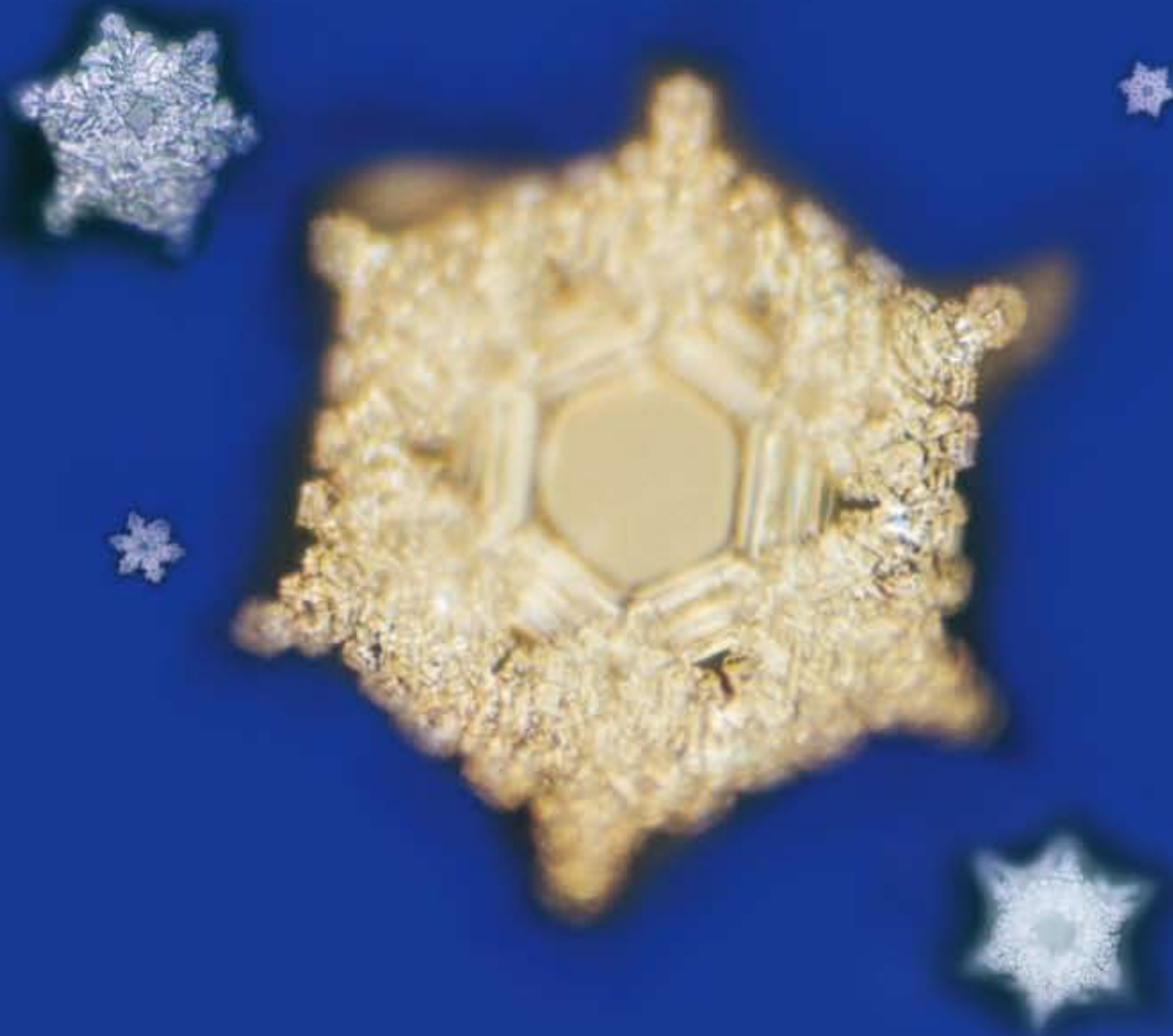


We are about 80 percent water when we are born. We are about 70 percent water when we are an adult. Therefore, we are mostly water. On top of that, we are always surrounded by water.

Our earth is the same. 70 percent of its surface is covered by water. That is why our planet is called the "Water Planet". Isn't earth very much like us?

Water comes in many different forms; rain water, river water, sea water and water floating about in the sky as clouds or fog. All water is precious to us.

How would we know if one type of water is good or bad? Here is an idea, let's take a look at photographs of crystals found in frozen water.

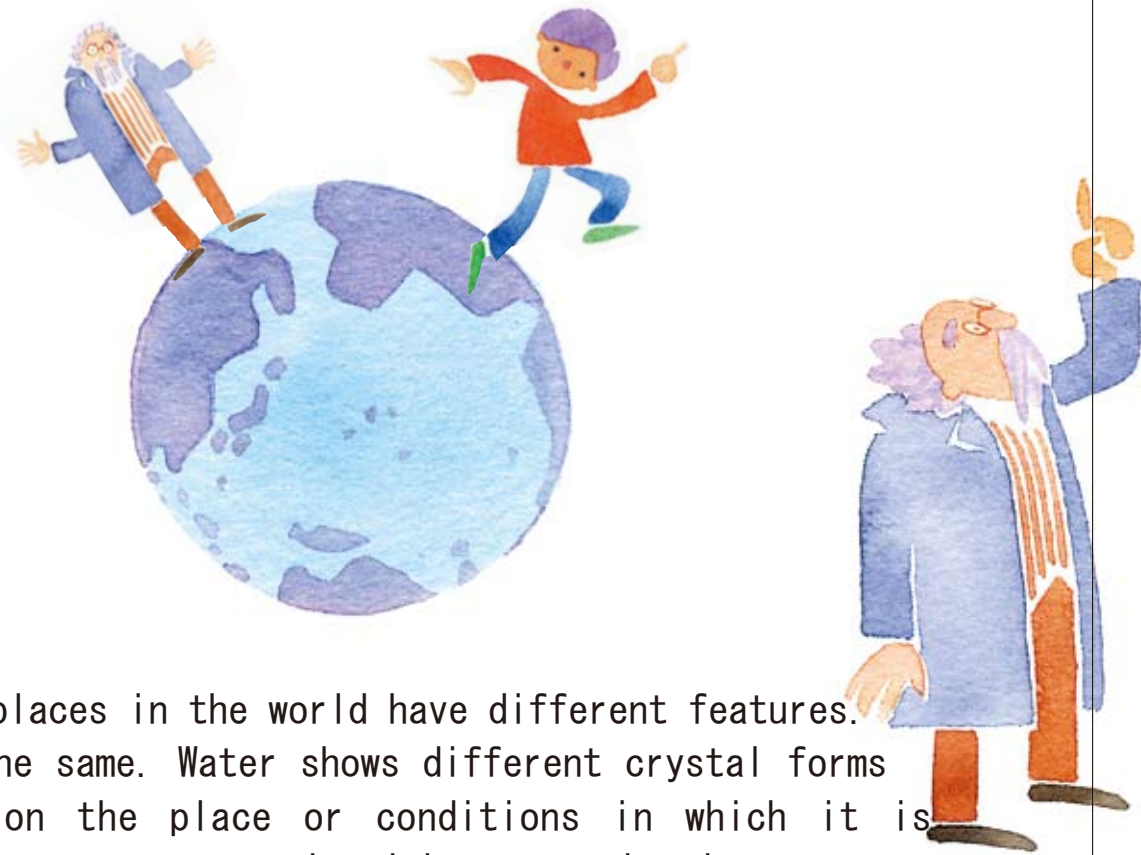


Look, this is a photograph of a water crystal.
Notice how it shines and dances.



Can you see that all are hexagonal (6 sides), but
all are different and unique?
Let's all learn the importance of water.

Water from around the world



Different places in the world have different features. Water is the same. Water shows different crystal forms depending on the place or conditions in which it is found. Have you ever wondered how your local water may look?

4

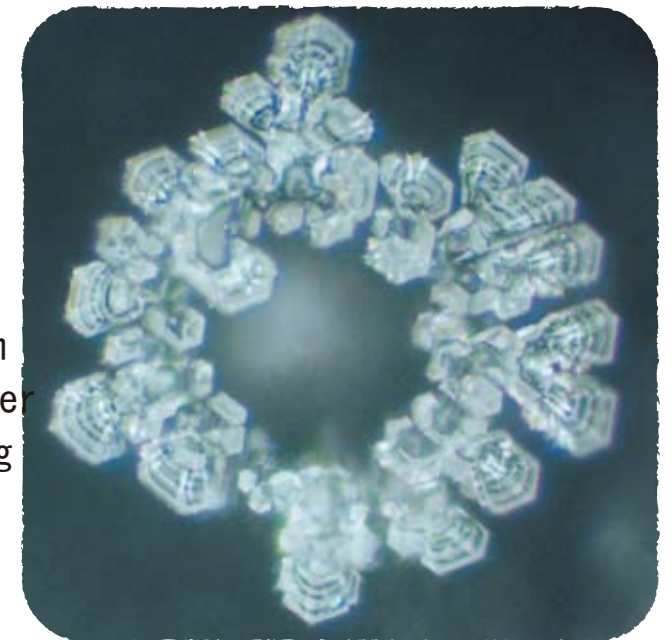


Sanbu-ichi Yusui
spring water, Japan

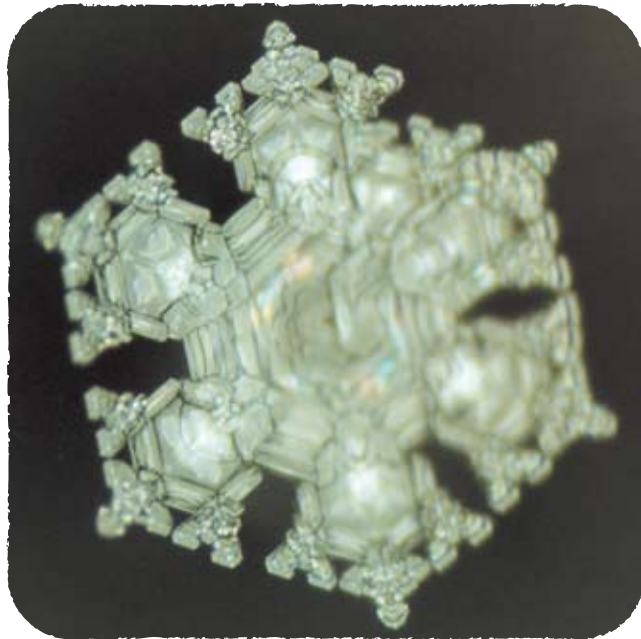
This is a crystal of Yatsugatake snow that has melted into a spring. Doesn't it look like people holding hands in a circle?

Spring water
of Lourdes, France

This water is known as the miracle spring. People from all parts of the world gather around this special spring water.



5

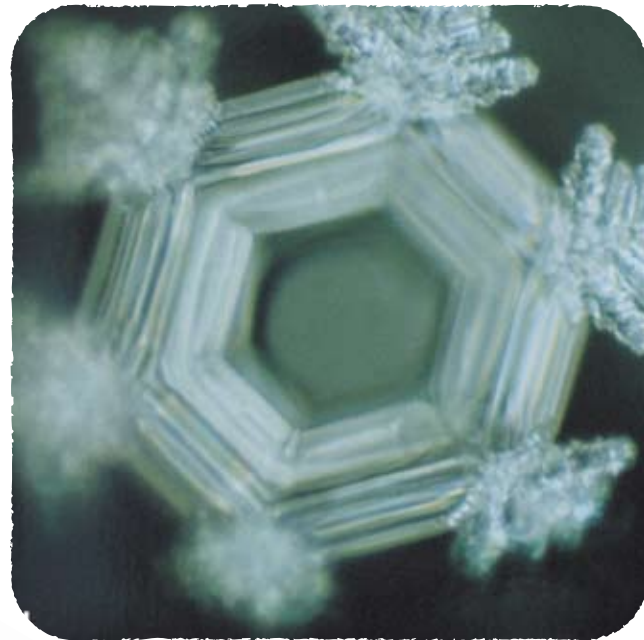


Shimanto River (Midstream), Japan

Many people say this river is the last clean river in Japan. The effort of the people near the river to keep it clean shows in the beauty of the crystal.

Groundwater in Northern Island, New Zealand

On this island, you can swim in the ocean and ski in the mountains on the same day. The local people know water is important on this island and they know the importance of preserving their groundwater.



6

Shinano River, Japan

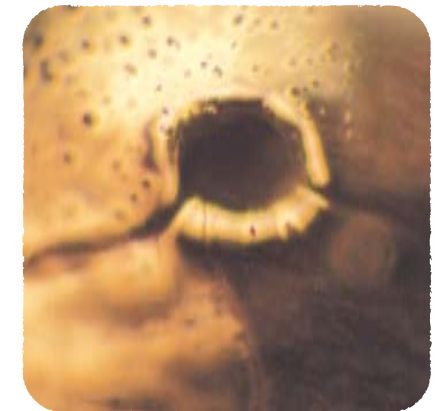
These are water crystal photographs of the same river; upstream, midstream and downstream. Water seems to get dirtier as it gets closer to the city.



upstream



midstream



downstream



7

Playing music to water

Can music change water? To find out, water would need to listen to music. What type of music shall we use? How long should water listen to the music? How loud should the music be? Where should the water be placed?



Research was done to find out. There were many factors to think about before playing music to water.

Here is what we tried: We placed a bottle of water between two speakers and played an entire song at normal volume. Then we tapped the bottom of the water bottle and left it overnight.

The next day, we tapped the bottle again before freezing the water to make crystal photographs.

8

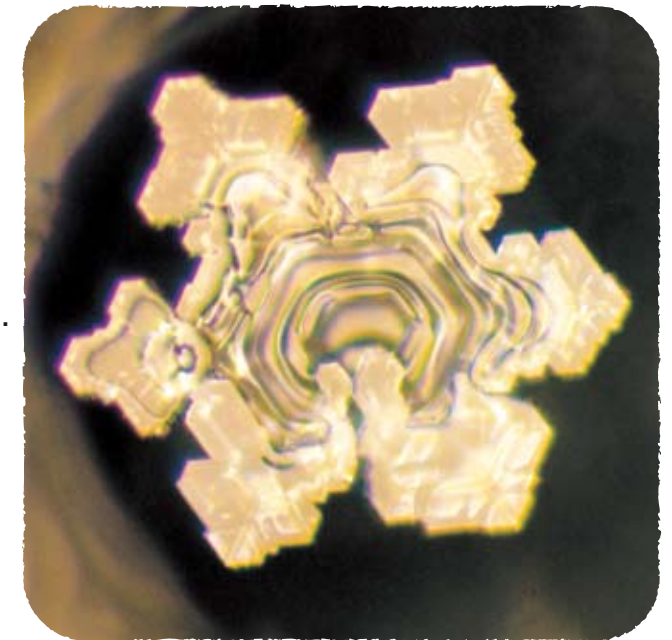


Beethoven's *Pastorale*

This is a bright, happy, joyous music. This beautiful crystal tells us that good music can positively affect water.

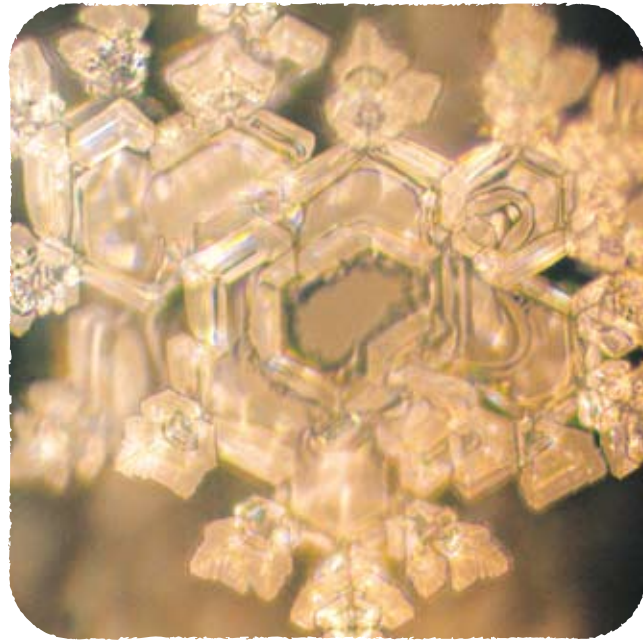
Mozart's *Symphony No. 40 in G Minor*

This music quietly heals the hearts of its listeners.



9





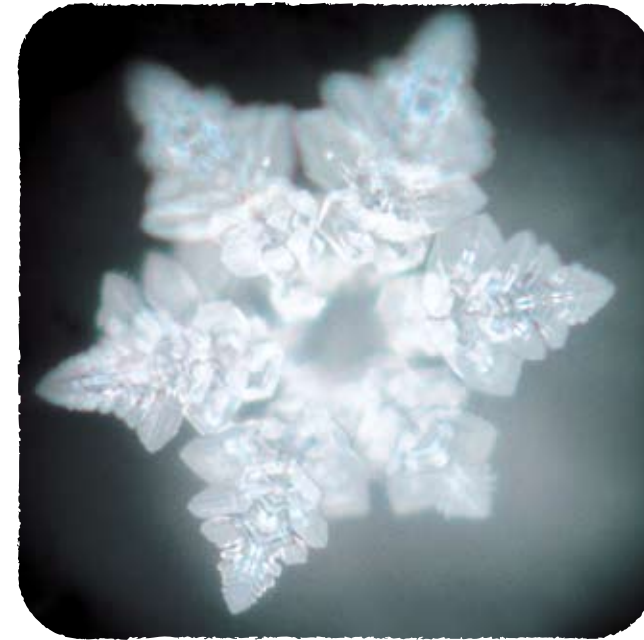
Bach's *Air for the G String*

This water has been enchanted by the sound of a violin! Each branch of the crystal is stretching out freely.



Tchaikovsky's *Swan Lake*

This music tells a story of a girl who is turned into a swan by a demon. Doesn't the crystal look like a sad swan?



Vivaldi's *The Four Seasons*
Spring, Summer Autumn, Winter

Spring - The flower is budding.



Summer - It has fully bloomed.



Vivaldi's *The Four Seasons* :
Spring, Summer Autumn, Winter

Autumn -
The seed of love starts ripening within.

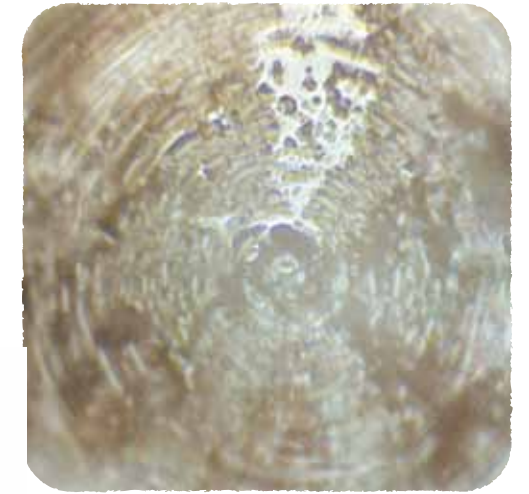


Winter -
It stores the energy until the coming of another spring.



Heavy metal music

The lyric was full of anger.
The crystal has broken in pieces. Could the words in this song have caused this?



Popular Japanese music

This is a popular song for young people. However, it only made four-sided crystals. Seems like a popular song doesn't necessarily create good crystals.



Showing words to water



Did you know that spoken words have vibration? We thought there may be a difference between softly saying "aren't you a fool" and screaming "you fool!" to someone. We did the following experiment: We placed a typed label saying "thank you" on one bottle and "you fool" on the other and left them both overnight.

Later, we froze these water samples and took the crystal photographs. We found that water crystals were different depending on the words spoken or shown. We did the same experiment many times and we always got similar results.

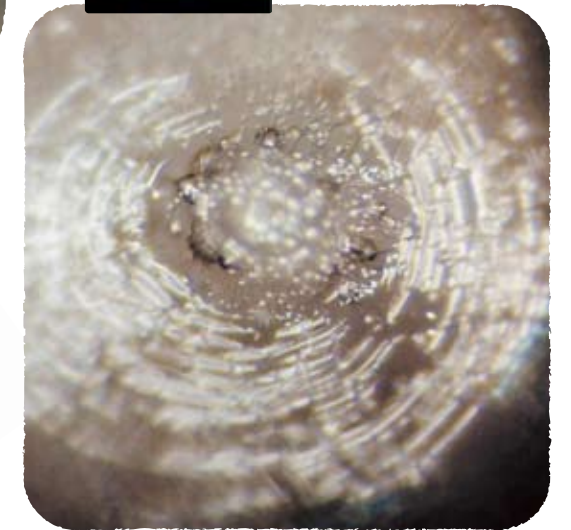


ありがとう Thank you

Thank you/You fool

These bottles of water had the words "thank you" and "you fool" left on them overnight. The word "thank you" in Japanese means to be grateful for our own existence.

ばかやろう You fool





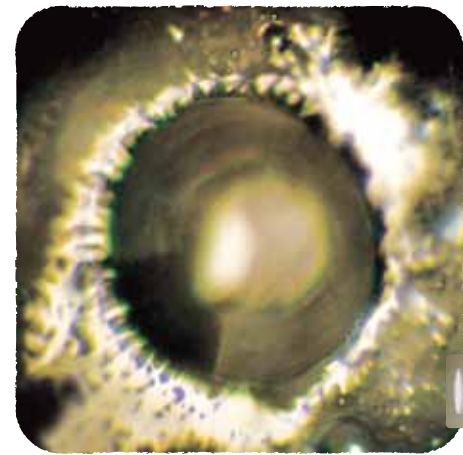
しょうね

Let's do it



きれいだよ

You're beautiful



しなさい

Do it

Do it/Let's do it

Can you see the difference between the bossiness of "do it" and the softness of "let's do it"?

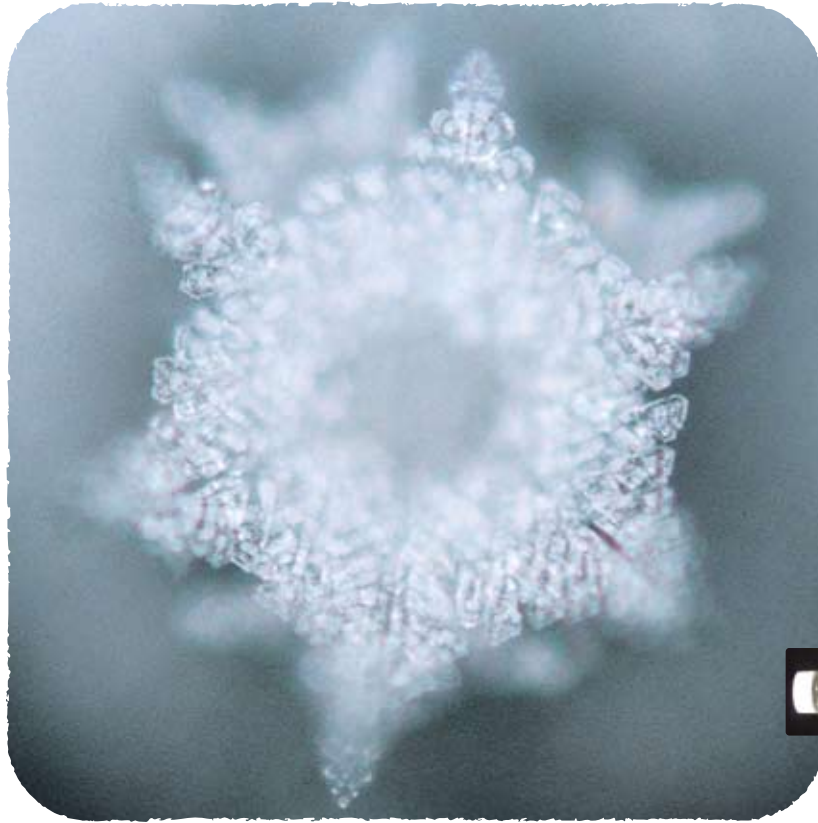
You're beautiful /Dirty

A beautiful crystal formed when we showed the word "You're beautiful". A dirty crystal formed when we showed the word "dirty".



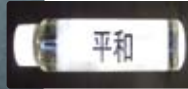
Dirty

きたない



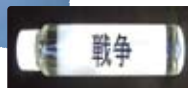
Peace

This is a beautiful star! A crystal appeared on top of another, but they are not in the way of each other. They look like they are getting along very well.



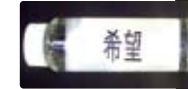
War

This created a broken crystal. It represents the fact that wars will not create anything.



Hope

Doesn't the beauty in this crystal give you hope?



Despair

This crystal may not be as beautiful, but it's trying to get better. Could despair be the beginning of a new hope?

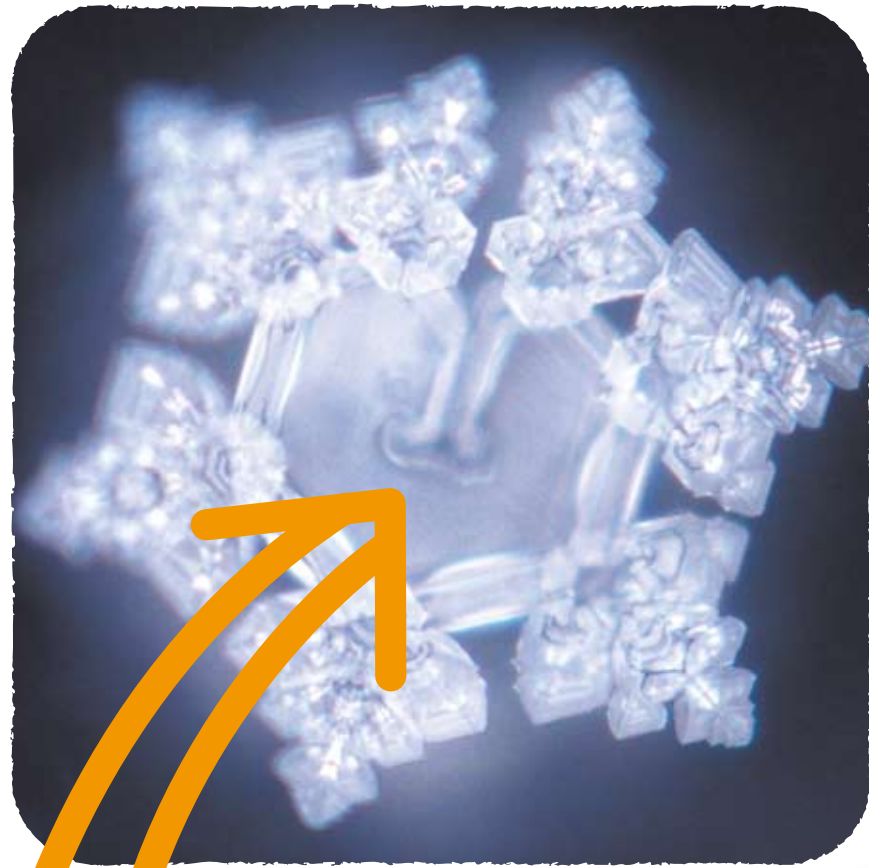


Showing images to water



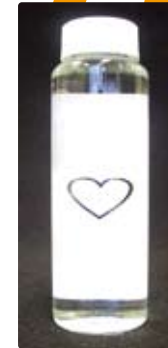
We placed a bottle of basic water on a photograph of a dolphin. Did you know that dolphins have special abilities? Dolphins are amazing and the water crystal seems to realize this too.





Elephant

We showed this water a photograph of an elephant. Can you see the long trunk in the middle of the crystal?



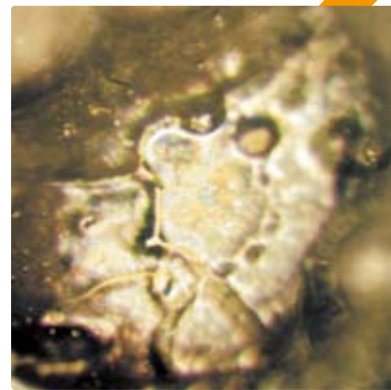
Heart mark

Look how water can copy what it was shown. A cute little heart appeared!

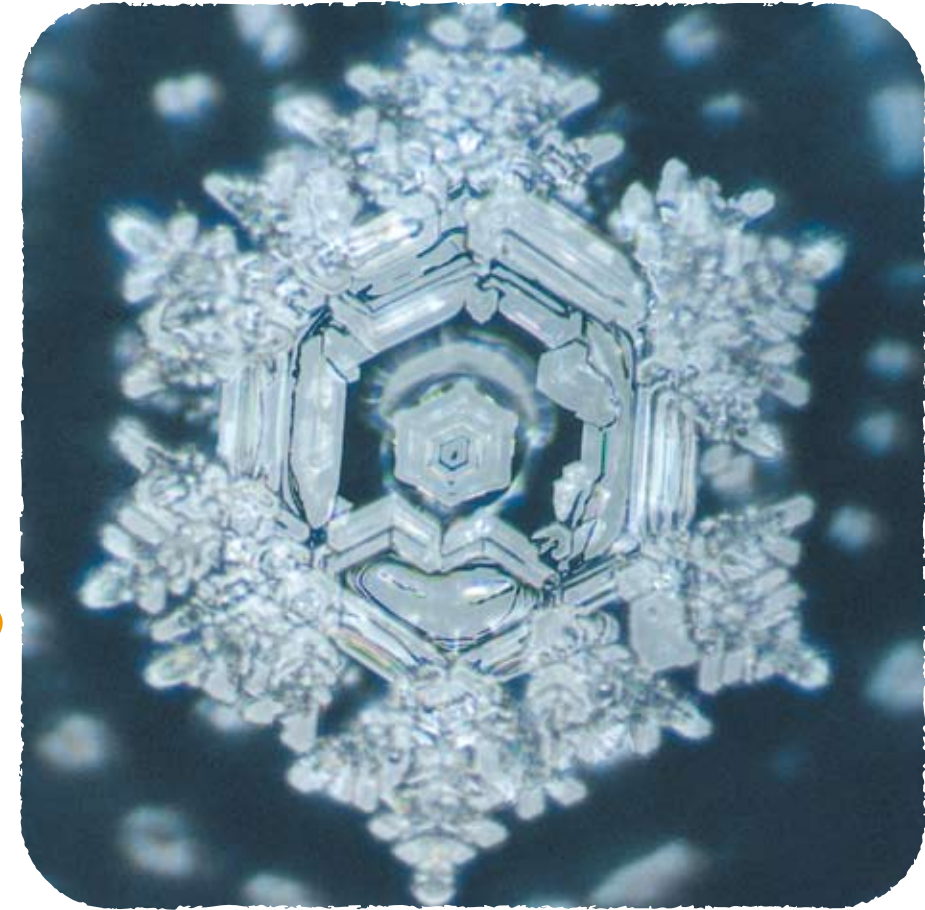


Communicating our feelings to water

What will happen if we communicated our feelings to water by praying and saying words of thanks to it? This is an experiment done at Fujiwara Dam in Gunma Prefecture of Japan. In ancient Japan, it was believed that words had spirits.



Before Prayers



After Prayers

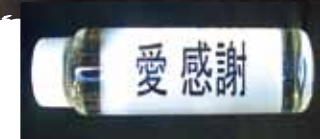
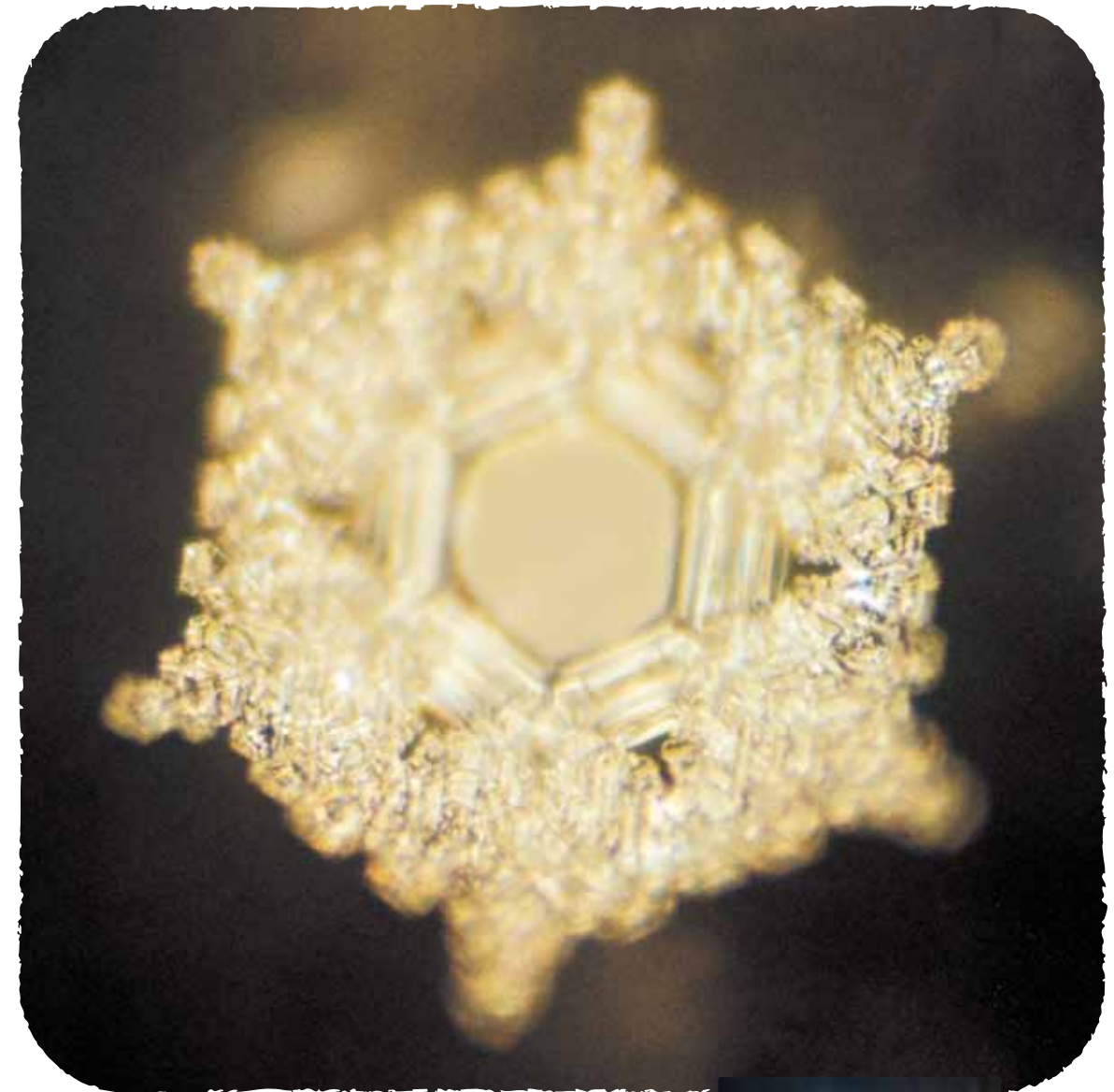


The water crystal photograph before the experiment looks scary. We prayed by the lake for about one hour. The water became clearer right before our eyes! This is the photograph taken after the prayer. Can you feel the anticipation that something wonderful will happen when our feelings of love and gratitude harmonize with water?

The most extraordinary photograph



We have taken countless crystal photographs, but we have never seen anything as beautiful as this one. There is no stronger feeling than that feeling of "love and gratitude". Can you imagine how wonderful it will be if the water in our bodies became as beautiful as this one. By just showing "love and thanks" towards ourselves and others?



Love and Gratitude

Let's try

Experiments with different words and intentions

Craig McPoyle's Rice Experiment (above) and Emoto Peace Project's Experiment (below)



Craig started the experiment in February 2010. For one month, each day, he dedicated 5 minutes a day loving rice in the jar on the far left, 5 minutes a day hating the rice in the middle jar, and completely ignored the rice in the jar on the right. The photo is the same rice experiment 4 years later.

Dr. Emoto on the right and Craig on the left



Emoto Peace Project Japan's experiment. On each glass jar, we glued "Love and Gratitude," "Thank you," "You fool," and "Ignored" and left them without saying the words. In 5 days, rice began to show the differences, and in 3 months, the result was obvious. The photo is from 1 year and 3 months passed. We can see how beautiful and powerful the energy of "Love and Gratitude" is, and "Ignored" is the worst.

Colophon

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Author: Masaru Emoto

Dr. Masaru Emoto, July 1943 – October, 2014, was the founder and chairman of the EMOTO PEACE PROJECT. He was successful in capturing the ice water crystals on film. He published a photograph collection, *The Message from Water*, in June 1999, and hence published numerous books such as: *The True Power of Water*; *The Secret Life of Water*; *The Miracle of Water*; *The Shape of Love*; *Water Crystal Healing*; and *Messages from Water and the Universe*. His book, *The Hidden Messages in Water*, was listed in the New York Times Bestseller List. He conducted more than 1000 seminars throughout world to share the importance, understanding, and appreciation of water. On May 26, 2005, he spoke as a keynote speaker at a conference held in the United Nations Headquarters, Conference Room 1, organized by the Spiritual Dimensions of Science and Consciousness Subcommittee of the NGO Committee on Spirituality, Values and Global Concerns. There, he introduced the idea for "EMOTO PEACE PROJECT."

www.emotopeaceproject.net

Masaru Emoto launched the project, EMOTO PEACE PROJECT, to make the Earth a place where all children can live peacefully and in harmony, based on love and gratitude.

"The Message from Water" teaches the truth and importance of the message from water as being love and gratitude. It teaches children these lessons in an easy and fun way with photos and illustrations. We are very grateful that people around the world have helped us with the translation. Now it is available in over 30 different languages.

What can we do as an individual person to make the world without fighting, without wars? Even if it is difficult for just one person to accomplish change, I believe the world WILL change for the better if we all work together in love and gratitude.

Ms. Malala Yousafzai, who received the Nobel Peace Prize in 2014, said in her speech she gave at the United Nations: "One child, one teacher, one pen and one book can change the world". I would like this children's book, THE MESSAGE FROM WATER, to be such a precious and invaluable "One book" and for its beautiful message to ripple out to every place in the world.

I would like to express my deep appreciation to everyone who have supported and who are supporting this Project to make this world a peaceful place. Thank you very much.

In love and gratitude,

Kazuko EMOTO Chair, Non-Profit Organization EMOTO PEACE PROJECT

As part of the United Nation's International Decade for Action: Water for Life, Dr. Emoto wished to share his discoveries about the responsive nature of water with children around the world through this book. Completed in 2006, this book presenting Dr. Emoto's research from his first book, "The Message from Water", is provided to all the children in the world at no cost. This effort is called the "EMOTO PEACE PROJECT." The project will seek to reach every child on the planet with this message: water is me; water is life; peaceful water means peaceful me, and it means a peaceful world. In this way, children around the world - raised in tune with the sacred nature of themselves as water beings and the sacred nature of every drop of water - will bring peace to the world.