

Healthy Vibrations for a New Year

Lynn Mayer, MA, CNC

We often think about water as to its importance in nature and in our bodies for hydration. Additionally, we are familiar with the healing benefits of hydrotherapy as well as a good soak in a mineral pool. What is being more fully understood about water is that it is capable of memorizing, retaining and relaying any type of information such as music, pictures, words, prayers and human consciousness. It has been demonstrated that molecules of water are affected by our every thought, word and feeling.

The hidden messages that water contain were revealed by Japanese scientist Marasu Emoto. In his work of photographing frozen water molecules, Dr. Emoto discovered that the crystals dramatically changed shape depending upon the specific concentrated thoughts that were directed towards them.

Dr. Emoto found that crystallized molecules of water had brilliant, complex snowflake-like patterns when coming from spring water or water that had been exposed to loving words and classical music. Kind words of “*thank you, you are beautiful, I’m sorry, love, wisdom, angels and let’s do it!*” resulted in crystals that were beautiful and complete. This was true even in the many different languages that *thank you* was spoken.

When the water came from polluted water or was exposed to words with negative meaning or heavy metal music, their molecular shape became incomplete, asymmetrical and dull in color. Cruel words of “*you fool, you make me sick, hate, Hitler, Satan and do it!*” (the latter a command versus an encouragement) resulted in distorted molecular structures.

Dr. Emoto found that the vibration of these concepts and words could be activated in the water just by taping the word on the outside of the water container. He also experimented with having the words spoken aloud to the water. He observed that if the water was ignored or the words were spoken infrequently, the molecules reflected less of a brilliant form. When the words were repeated with intention, the molecules strengthened into a radiant pattern.

The implication of this in our personal health and the health of the planet is profound. As a fetus we begin our life as 99 percent water, as a newborn 90 percent and as an adult our bodies average being 70 percent water. If the water molecules of our body have a framework that resides in the vibration of loving, kindness and gratitude, there is likelihood that good health would be more available to us.

The pictures of the change in these molecules are pictures that speak a thousand words. To see the transformations for yourself, there is Dr. Emoto’s website: www.hado.net as well as his book *The Hidden Messages in Water*. The photographs and a retrospective of its meaning have also been featured in the movie *What the Bleep Do We Know?!*. If you haven’t yet seen the movie, do yourself a mind-expanding favor and do so.

It is Dr. Emoto’s belief that by holding the intention of peace and speaking the words of peace that all of our planetary water molecules could be positively influenced toward creating peace.

How to make this work for you as well as add to the healing and peace-making opportunities through water available on our planet:

- think and speak the words of kindness and do so often, especially to yourself. How might the molecules of water in your body as well as to those of your spouses, children and community be positively influenced under the magic of positive expressions?
- if taping words around a beaker can change the molecules of water in its contents, how might doing so change the water molecules in your body. Consider taping up words of encouragement and goodwill around your office, your kids room or room of family gathering. Be an observer.
- Bless your own water. With a bottle of spring water, bless it on a daily basis. Pray that it hold healing power, love and new beginnings...whatever is your prayer or hope for highest good.

Imagine yourself drinking of these benefits as you pour the water into your glass and sip it down. Build the healing benefits of your good intentions upon the water by never totally emptying the bottle, but by adding fresh water and new prayers upon it daily. Again, take note as to any changes you observe. Be your own scientist.

If water is affected by our thoughts and actions, what else of material nature might be affected? It certainly broadens our sense of responsibility in creating our own reality.

Native Americans have always held that every aspect of life has consciousness and is not to be disregarded, but instead appreciated and thanked for its value. Perhaps we are returning home to that understanding.

Lynn Mayer is a Certified Nutrition Consultant and Health Coach here in Telluride, Colorado. Lynn is available for consultation in person, by phone 970 369-4790 or through her website www.thejoyofhealth.com