

Water Crystals and Healing! By Nancy O'Donohue
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Early last year, I learned about Dr. Masaru Emoto's work with water crystals. He proved that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. Dr. Emoto found that water from clear springs and water that has been exposed to loving words show brilliant, complex and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors.

Upon learning about this, a friend of mine tried an experiment with two lemons. On one she taped a piece of paper with the words, "love, peace, joy" and on another she taped a paper with the words, "hate, kill, anger." The lemon with the negative words shriveled up and spoiled at a faster rate compared to the other.

The day after hearing this, I had a client who arrived in a lot of pain. She has Fibrositis and Lyme's disease. Her hips and legs had been bothering her so much that she had cancelled a long planned trip to New York. As I worked on her, particularly on her hips and legs, I said over and over in my mind, "health, yogic flexibility, freedom of movement, fluidity, healing." She was so much better the next day that she was able to make the trip to New York.

Her pain sometimes moves around and at the next session I did the same thing. Again, there was dramatic improvement the next day. I now regularly focus my thoughts in this way during sessions, and am getting some amazing results.