

Research scientist Dr. Masaru Emoto and intuitive counselor Caroline Cory consider the Laws of Attraction and how to harness their power

Looking into the Looking Glass That Is Water

by James Conti



Could it be that water is conscious? And could it be that water's actual quality is affected by what we think? If so, given that your own body is 70% water, would you be inclined to pause before letting negative thoughts hijack your mind?

Dr. Masaru Emoto has demonstrated with dramatic visual evidence that water is, indeed, a conscious element. It absorbs information and offers immediate feedback, reflecting the frequency of positive or negative vibrations it receives. As a research scientist, Dr. Emoto has taken a monumental step toward confirming what spiritual masters have said all along: that consciousness is present at every level of existence.

It is hardly a leap of reason to surmise that personal, national and planetary health is directly related to the measure of harmony, or lack of it, that we invest in its care. If all is vibration, then all is subject to the nature of its environment: the vibrations that impact, infuse and surround it. And this would have to hold true across the board, whether in reference to the state of a person's immune system or the state of affairs in the Middle East.

Based on the crystalline water images that Dr. Emoto has captured on film over many years of study—exquisitely beautiful compositions when photographed in response to loving words or pastoral music, for example; cloudy or grotesque images in response to angry words or heavy-metal music—he has emerged as one of the world's most persuasive advocates for making positive changes in how we think, speak and relate to each other at every level of experience.

Anyone who needs convincing that Dr. Emoto's findings are more than just theoretical should (1) have a look at any of his

splendid books, (2) try an ongoing personal experiment, testing the practicality of relating to all of life with gratitude and love and (3) experience one of Dr. Emoto's presentations in person... such as the one at Unity Church of Palo Alto on Saturday, October 30, where the healing properties of water will be clearly shown in relation to particular music and sounds.

Dr. Emoto's discoveries are enormously empowering in their implications. Each of us has the capacity to end our suffering in the blink of an eye simply by choosing joy in response to life. What if we saw our enemies as mirrors that reflect our own disowned darkness and thanked them for the lessons they provide? Would our enemies not lose their grip on us and eventually choose—out of practical necessity—to respond in kind?

Life will not cease to send us difficult challenges. But we can cease to regard them as gloomy turns of fate, knowing that each contains its own solution. If we do, as water crystals tell us, blessings of love, gladness and inner wellness are required by the laws of attraction to flow.

www.hado.net See lecture October 30

Connecting to Source Energy

by Caroline Cory



If all existence is energy, and energy is vibration, it follows that everything in existence is vibrating at one rate or another. We, as human beings, are informed about our own vibrational rate through our emotions. When we feel good emotionally, we are vibrating in the flow of life, aligned with Source Energy. But when our emotions make us feel stuck, limited or fearful, we are vibrating outside that natural flow. Therefore, raising our vibration to align with Source is the key to restoring our balance and well-being.

According to the universal laws of attraction and reflectivity, we attract and manifest our vibrational match. And so, if we are in fear, anger or guilt, we will draw to us people and situations that reflect a similar vibration. Likewise, to vibrate joy, love or freedom—or all at once—is to magnetize its match.

There are many techniques or modalities to restore this Source alignment. I use the simplest one, which is a direct *invocation* of Source Energy. Since all intelligent beings are embodiments of Source, just by invoking this presence and energy, we can restore immediate well-being and balance. If we *continuously* invoke this presence, we can then *maintain* our alignment and eventually manifest all that we desire effortlessly and joyfully. Could it be so simple? Yes!

No matter what your condition, struggle or belief system may be, you are the embodiment of Source, you are one with Source. You *are* Source. As such, when in physical form, it is your birthright to reestablish your conscious link with your spirit parent: Source Energy. In my practice, I work with individuals suffering from all sorts of "illnesses" or disabilities ranging from emotional traumas and phobias to brain injury and paralysis. Regardless of the severity of the condition, all—without exception—are capable of aligning with Source Energy and experiencing immediate peace, joy and divine love. This state of connection and blending with Source Energy is achieved in less than 10 minutes through a simple invocation. Try it, it's just that simple!

(Once you have memorized this invocation, close your eyes and breathe deeply a few times in through the nose, out through the mouth. Repeat this invocation three times, and allow the energy to flow.)

- *I ask and intend to connect to Source and the energy of my Divine Creator now.*
- *I ask and intend to bring this Source Energy through my physical body and in this physical space.*
- *I ask and intend to feel the energy of Source fill my entire being now.*
- *I ask and intend that the energy of Source restore my wellbeing, physically, emotionally, mentally and spiritually, now.*
- *And so it is*

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