

January 8, 2026

**Love and Gratitude**  
**Matthew 10:42**

At a church yard-sale last year I picked up the book, The True Power of Water, by Masaru Emoto (pronounced Em-mo'-to). I saw it years ago at a bookstore, but did not buy it. This time I bought it and couldn't put it down. The book is so interesting, and it pulls together many concepts I cherish, especially the concept of mind as the builder from Cayce, and the concept of energy transfer, which is also common to the Edgar Cayce readings.

You may have read the book, but let me summarize it for those who haven't. Masaru Emoto was reading a book and came upon the question, "Are there any identical snow crystals?" That question resonated within him and prompted him to begin a study of water. His plan was to take photographs of ice crystals. He got an assistant and set up a laboratory. It took two months before he got the first photo. The successful method was to freeze water in a petri dish, and, using a microscope, take a photograph of it during the thawing window, which lasted only two minutes.

Emoto and his assistant took many photos of water from different sources, including tap water from cities in Japan and other countries. He tested bottled water from supermarkets, and natural water from springs. Most of the water he found was tainted, and would not form crystals. Treated water had deformed crystals. He found that the purest water was spring water, water that is filtered by the Earth, a process that he said takes 30 – 50 years. Spring water formed the most beautiful crystals. I will share more of his conclusions in a minute, but suffice it to say that Masaru Emoto became known worldwide as the only person conducting a study of water crystals.

In his book, Emoto wrote about what he learned. He started with the Japanese word, hado, which literally means "life vibration." His expanded definition of hado is "the inherent energy in all things," and "all the subtle energy that exists in the Universe."

How similar this is to my best understanding of God – "the intelligent energy within all things causing them to live and evolve into higher forms of life in relation to their environment."

Cayce said the same thing. He described our material world as the manifestation of Creative Force. From 5753-1, paragraph 6: "Hence, every form of life that man sees in the material world is an essence or manifestation of the Creator; not the Creator,

but a manifestation of a first cause, and in its own sphere, its own consciousness of its activity in that plane or sphere.” Here we also see the concept that everything has a consciousness.

Emoto did his research without any religious cause to support. He merely tried to scientifically demonstrate the properties of water. He wrote, “I am not a man of religion, nor do I want to praise religions unnecessarily. However, the prayers used for a long time by a religion have a strong hado energy. I feel that if we believe in our religion and faithfully recite the prayers undoubtedly, then we will be blessed with a strong power.” Similarly, Cayce was a strong proponent of the effectiveness of affirmations and prayers.

This resonates with a concept I learned from studying near-death experiences. We are co-creators with God, and our actions, words, and even our thoughts have an effect on everything around us. For example, in the Circulating File on Agriculture in the A. R. E library I found this response from Cayce, who was asked about crop yield. Cayce answered, “What is in the vegetables and fruits has much to do with the character. If the man who raises and cares for them does it with love, it makes all the difference! Don’t think a grouchy man can ever raise a headed cabbage or a tomato that will agree as well as those raised by a man who laughs and tells a good joke, though it may be smutty” (470-35, Para 22).

I have such a joke. Easter was the pastor’s first Sunday at a new church. His wife wanted to look good. She wanted to buy a new dress. Her husband said not to spend much money because they had little. She bought a dress for \$100, which was too much. She confessed to her husband at home. He said, “Why didn’t you say, ‘Get thee behind me, Satan?’ That’s what Jesus said to Peter when tempted. The wife said, “I did say that, and he said, ‘It looks good from back here.’”

So we would do well to speak kindly to one another, to bless one another with thoughts and words, to lift others in mood, mind, and body. This works to benefit others, and to benefit ourselves. A recurrent theme in the Cayce readings is that we can gain greater attunement with God and improved health by acting to benefit those around us.

Primary is for us to set our ideals. Love is the highest ideal and vibration. Our healthiest state is achieved when we love someone or something beyond ourselves.

Cayce also mentioned First Cause as an ideal. First Cause is the reason God created humankind. God was lonely. So God created us out of Itself so that we could mature

to be companions with God. This suggests the question, “Am I living in a way that makes me a good companion for God?”

The effect of the energy we send highlights the importance of living consciously, aware that we are having a continuous impact on the world around us. Emoto taught that everything is energy, and everything has a vibration. So did Nicola Tesla. Tesla said, “Everything is energy, vibration, and frequency.” In other words, everything is energy that vibrates at a frequency. Emoto theorized that the vibrational energy we project affects everything at the sub-atomic level, then at the atomic level, the molecular level, and the cellular level. If allowed to continue over time, negative vibrations will affect the organs within the body and result in illness. Conversely, positive vibrations will result in good health.

Cayce said the same thing. A condition out of balance will first be experienced as discomfort, dis-ease, with a hyphen. Then, if not corrected, over time it will become a full-blown disease. (531-1)

Cayce also said that healing starts at the atomic level. From reading 1967-1 we have these words: “Healing is changing of the vibrations from within - the attuning of the divine, within the living tissue of a body – to Creative Energies. It is the attuning of the atomic structure of the living cellular force to its spiritual heritage.”

And from 2528-2: “All healing comes from within . . . Any force must be of such a nature as to produce that necessary within those forces about the atomic centers of a given body for it to bring resuscitation or healing.”

And he made a related comment in 2968-1: “Life is that ye worship as God. If God be with you, and you choose to use those elements in His creation that cause each atom, each corpuscle, to become more and more aware of that creative influence, then may there be brought resuscitation.”

I have observed two kinds of healers. One uses energy. The other recommends the use of physical elements such as vitamins and minerals. Both are valid.

Emoto and his assistant continued over the years taking water samples and photographing containers of water labeled with various messages. The most significant result was with water that was labeled “Love and Gratitude.” It formed a more beautiful crystal than any other. He described it as “joyful.”

Emoto wrote that you need to have both love and gratitude together. Love can’t happen without a receiver. Emoto likened this to the sun and the moon. The sun

gives. The moon receives. Love is extended by the sun. The moon receives the Love and shines with Gratitude.

Just sending love to others is incomplete; others need to receive it too, and the natural response is gratitude. This is the basis for relationships. The goal is for everyone to share loving relationships, to give and to receive love. That's the way we will achieve oneness. This is the grand goal for humankind – for us all to consciously enter the Oneness of Love.

Elizabeth Kubler-Ross is well-known as a forerunner in the field of death and dying. Recently I learned that she was a patient in a nursing home for several years before her death. Why did such a loving person have such an end? The answer is perhaps she needed to learn to accept love. Perhaps her stay in the nursing home receiving the care of others completed her life's education.

With sentient beings the exchange of energy is often reciprocated. One NDEr was admiring the beauty of a flower and perceived that the flower sent back two photons of light. Here we have a description of a flower as a sentient being. We have the exchange of Love and Gratitude.

In his book, The Purpose of Life, David Sunfellow included the story of Mary Deioma. She experienced what she called “a moment of enlightenment” while she was driving. This happened during a time of distress during which she asked God for help. Asking is a pre-requisite for receiving. Cayce affirmed this. It's as Jesus said, “Ask, and ye shall receive.” If you don't ask, then God and the angels will not intervene. They respect your free will and will not intervene if you want to face our challenges alone.

Describing what happened to her, Mary writes, “In that moment a beam of pure white came out of the sky and came down and touched me on my shoulder. I was so filled with love it's impossible to describe how much love there was in that moment. . . . And then my soul went out of my heart. My soul went up the beam and as it went up the beam I felt so connected to all souls. As I reached the top of the beam, I rippled out in concentric circles and I became one with every soul on the planet. Then my focus shifted and I became one with all the trees on the planet. Physically, I could feel that I was in a tree. And I was looking at another tree in the forest, which was me, looking back at me. It was so incredible. And then, I was all the grass and I was looking at a blade of grass next to me that was me looking back at me. It was amazing.

“Then my focus shifted and I was a rock on a mountain. I was the Earth. And that really surprised me because I never imagined that inanimate objects are filled with God Consciousness. Then my focus shifted again and it was all of the entire universe – the complete, entire universe. So humongous!

“At the same time, I don’t know how, but I could see the smallest, tiniest particle. What the universe is made out of. It was this massive, uniform field of particles. At the tiniest level, the tiniest particle, smaller than anything we can record, it was pure white, sort of a radiant light. This particle was pure energy. But more than that, this particle that everything in the entire universe is made out of is LOVE! A tangible love that is the stuff of God. It just blew me away! It was awesome.

“I realized that at the same time all of this was happening, I was driving along the road. The whole thing didn’t take more than a second and a half.”

In her story Mary affirms what Emoto and Cayce taught about everything being energy, everything sharing God Consciousness, and everything on Earth being a manifestation of the Creative Forces, including water.

Mary’s story is not unique. Robert Monroe reported similar experiences that happened during his out-of-body travels. Without a physical body his consciousness was able to enter into other life forms. If I remember correctly I believe one was a tree. Another was an eagle.

In reading 900-465 Cayce said, water vibration “affects the activities of every atomic force in a human body. It’s felt in the heart and trains the soul.” If we accept these things as true, then it’s important to know how to apply them to ourselves. Emoto points out that we are 70% water. We need to drink the purest water available, but we also need to monitor the energy we give to others and accept from them. As far as taking in water, Emoto wrote that we can put a Love and Gratitude label on a container of water, and the water will respond by becoming purer. He wrote that we can also talk to and pray over the water. This is such a simple thing to do, and it resonates as true. So I did it at home. I put a Love and Gratitude label on a pitcher of water and on the water sources.

The experiments of Emoto also affirm the effectiveness of prayer. He cites the story of Chief priest Houki Kato of a Japanese Esoteric Buddhist temple, who prayed at the fouled Fujiwara Dam for an hour. Prior to the prayer the water had no reflection on top. During the prayer an observer said, “Wow! Look, the color of the reservoir is changing rapidly!” It got clearer. Water samples were taken before and after.

Tests showed no crystals forming from the water sample taken before the prayer, but “a crystal of heavenly beauty” formed from the sample taken afterward. It had a double structure of a small hexagon inside a beautiful outer hexagon.” In the book it’s Fig. 3.3.

Furthermore, Emoto taught for us to pray in the past tense, and to visualize the prayer as having already been answered. This fits well with the concept that time is an illusion. There is no past or future. It’s all happening in the now. In essence, time doesn’t exist. That’s the message we also receive from QHHT sessions and ETs.

While she was conducting one of her QHHT sessions Dolores Cannon was told by the Higher Self that humankind is the only species in the Universe that has devised a way to measure something that doesn’t exist.

Not only do we need to drink good water, but we also need to be mindful of the information we receive. Negative information will have a negative influence on us. This might apply to watching the news, selection of movies, video games for children, and even the company we keep. This resonates well with words from Cayce that “Mind is the builder,” and that we be careful about what we think because as he quoted from Proverbs 27:3, “As a man thinketh in his heart, so is he.” This seems to imply that we become what we think.

In his experiments, Emoto noted that water kept close to cell phones and computer screens failed to form crystals, unless it was labeled “Love and Gratitude.” That positive message seemed to overpower the negative effects of electronic radiation.

I have a friend, Marlon Colley. He had a spiritually transformative experience after which angels communicated many messages to him. One of the messages was for him to move out of the densely populated area of Virginia Beach because there was too much negative electronic vibration here. He related this and other messages he received at the Mind, Body, Spirit Discussion Group at my home many years ago. He said it was difficult for him to attend the meetings because of all the electronic vibrations, especially from my old TV set. He took the message of the angels seriously and moved to a more remote location in southern Virginia Beach. Since then he is happier and I have replaced my old TV.

Emoto also observed the effects of hado in experiments with rice. He used three jars of rice. One was labeled “You fool,” the second “Thank you,” and the third was not labelled at all. It was ignored. The test was to last a month. The results were remarkable. Before a month was up, the rice in the ignored jar turned black. Soon after that the rice in the jar labelled “You fool” also turned black, but after a month



the rice in the positively labeled jar retained its color and smelled mellow as of fermented malt.

This experiment showed that receiving negative attention is better than receiving no attention at all. This informs us about the behavior of children and grandchildren who misbehave. Even though they know they will get only negative attention, they would rather have negative attention than no attention at all.

Emoto reminds us to say positive and inspirational words to our children, and to give positive messages to those who are sick. He wrote that it sends a negative vibration to tell children, “Do this!” but a positive vibration to say, “Let’s do this together.” “Do this!”, when written on a water sample, made the shape of a frightening circle in the ice, but “Let’s do this together” formed a crystal Emoto described as “cute.”

I note that Jesus spoke of water when he taught about giving love to children. He said, “And if, as my representatives, you give even a cup of cold water to a little child, you will surely be rewarded” (Matthew 10:42).

[Cayce also had a word on Parenthood, something I sought for myself. It’s found in 759-13, paragraph 13,

“There is not to be a repression by force or to induce the body other than what it should think and as to how it shall give expression to same. But make forever the companionableness, so that there may ever be the seeking by the developing mind for counsel, for guidance, and for the answering of why the thoughts arise under various circumstances. . . . Parents are not to call forth combative reactions, which lead to egotism and selfishness inasmuch as self-protection is the First Law.”

Cayce added in 830-2 Paragraph 10: There is “no short-cut to knowledge, to wisdom, to understanding. These must be lived, must be experienced by each and every soul.” And paragraph 20, “For each soul, each mind, each entity, is endowed with its choice, and the choice is the result of the application of self in relationship to that which is the ideal.” God hath willed that every soul should be a material manifestation of His force in the Earth. Parents should provide for the physical, but in prayer, thought and desire, not constantly picking, suggesting, or finding fault.

And in paragraph 25, in answer to how can a parent be of greatest help, Cayce responded:

“As indicated, in counsel, but not in worry. In advice, but not in envy or strife, nor in any of that of such anxiety that ye create a mental barrier. Be a loving influence that is constructive in the experience of each.”]

Emoto measured the hado in water, and also created a device that would measure the hado in items he examined, including foods. He determined that different foods have different vibrations, and the various vibrations resonate with the various cells and organs of our body. How similar this is to what Cayce said – that the process of revitalization involves our endocrine glands taking to the various organs of the body the necessary nutrients from the vitamins in the foods we assimilate (2072-9 and 2968-1). This is the mode of healing that depends on the elements of Earth.

During her QHHT session I asked Sarah if different plants from the garden provide different benefits to the various organs of the body. She affirmed what I believed. She said that each one is like a little doctor with its specialty. She affirmed that when we eat a fresh garden salad with a variety of leafy vegetables, it’s like receiving a whole medicine chest for present and future use.

Recently I read the book, *Avalon*, by Sarah Breskman Cosme. This is her fourth book. On p. 128 I found this related information:

She asked a question of Merlin, who was speaking through the subconscious. Her question was, “I’ve heard that every plant has an elemental spirit. I have a mango tree outside. How could I work with its elemental to encourage more fruit?”

And this was his answer: “Yes, every plant has an elemental spirit. To work with the mango tree’s elemental, begin with acknowledgment and gratitude. Connect with the elemental through your heart, projecting a vision of what you desire - healthier fruit, more abundance, and the joy it brings. When your intentions are rooted in love and gratitude, the elemental will receive this energy and work with you to enhance the growth and vitality of the tree. The Earth responds to the energy of the beings living on it, and the plants that grow around you are aligned with what you need for healing. The elementals assist in this process, guiding the growth of specific plants to provide remedies tailored to our needs.”

Emoto also agrees with Cayce that we should eat a varied diet. In fact, Emoto’s scientific conclusions for a good diet compare favorably with what Edgar Cayce said, with what dieticians tell us today, and also with what souls progressed into the future told Dr. Linda Backman. It’s a diet of light protein such as fish and chicken, fruits and vegetables, seeds, nuts, berries, legumes, and unprocessed grains.



Backman recorded that dairy and gluten are acceptable unless there is an intolerance, and that meat should be ingested in moderate amounts, with fish and seafood as the main sources for protein. High-fat and fried foods are to be kept to a minimum or avoided. What we accept as true today for a healthy diet remains true in the future.

In one video of Dolores Cannon she said her Higher Self told her to eat live food. Eat fresh out of the garden when possible. Processing will reduce the hado value of the food.

Emoto rated foods not only on their content, but on how they are prepared. He found that home-cooked meals rated high for value. That is food prepared with love. On the other hand, food prepared at home with anger had low hado. Some frustrated cook might ask, “Why do I have to make such a troublesome dish when I don’t have time?” So Emoto recommended for those preparing meals to energize them with love, and for family members to receive those meals gratefully.

When NDEr Howard Storm was recovering from a perforated stomach in a hospital in Paris, he was unable to keep any food down. His nurse told him she had a remedy. She would prepare a milkshake with love, and he would be able to keep it down. She did, and he did.

Emoto also applied his discoveries to healing. He wrote, “To live a healthy life, keep your thoughts positive. I am not a medical doctor, but I believe that all doctors should be philosophers as well as healers. The doctor’s deep insight and compassion heals patients.” He noted that in the old times doctors were deeply involved with spirituality and religion as priests and shamans. He recommended self-healing by writing the antonym of your illness or malady onto a label and putting it on your water container. This teaching is that water can be programmed to restore health.

Both Cayce and Emoto recommended listening to music for its good effect. Emoto wrote, “Good music reaches every one of our sixty trillion cells.” He advised against heavy metal music, which did not form crystals.

Emoto recommended a positive daily routine, saying “Thank you” at every activity, affixing a Love and Gratitude note in the shower, on the phone and on the computer screen. Emoto recommended opening a window if the weather allows to permit an exchange of air. This avoids stagnation. He noted that still water often stagnates. Cayce also recommended walking in the open air. Information coming through QHHT is the same - spend as much time outside in Nature as possible.

Emoto allowed drinking of alcohol in moderation inasmuch as it facilitates the expression of true feelings. In one of her videos, Sarah Breskman Cosme received from the Higher Self that no one should ever drink alcohol alone, but only in the company of good friends. This keeps the vibration level high.

Emoto would not allow negative talk in social gatherings at his home. This is in line with what we have received from Edgar Cayce. He said, “If thou cannot speak well, speak not at all – and think not at all, for thoughts are deeds” (281-1, paragraph 13).

Emoto recommended that we fill our lives with those activities that cause us to want to say “Thank you,” and then to let the gratitude rise up within us. In a video, Dolores Cannon asked, “Do we say ‘thank you’ to our bodies for serving us so well?” That was a new thought to me. Our bodies have a consciousness of their own, and they like to be appreciated. They will only serve us better if we thank them. This understanding clarifies that we are not our bodies; we are spirit utilizing our bodies for experience, learning, and growth.

Emoto’s experiments also give us hope. Earth Changes is a topic of concern. The Earth is 71% water. Our prayers for the renewal of the Earth are effective. As an illustration, Emoto rated tap water in various cities three years apart. In one Japanese city, the water was tested but failed to produce a crystal, but the people of that city were prayerful about restoring the environment. Three years later the water was tested again, and it produced a display of beautiful crystals. Such prayer is a way for us to live in harmony with Nature, which is the future toward which we are moving.

One of the main topics of the new information coming through QHHT is Ascension. The Earth’s vibration is being raised by galactic energies, and by energy coming from the center of the Earth. Humankind is being raised too. We are part of this biosphere. We can catch the wave if we resonate with higher vibrations of love and peace. The future Earth will be changed. There will be less people, but those who remain will live closer to and in harmony with Nature. Those who want to continue to live as separate from God, to manipulate people by wielding power and control, will be safely transported to another planet to live out their choice.

Emoto’s book is easily understood and easily applied. I brought lots of blank computer labels with me today. You can make some for yourself. I made some and put one on my water pitcher, over my computer screen, on my cell phone, and

another one over the door of my granddaughter's bedroom. I also began signing all my e-mail "Love and Gratitude."

In summary, as Emoto and Cayce said, everything is vibration. Your thoughts will resonate to everything around you. In your work, extend Love and Gratitude. Send Love to the people, animals, and plants in your daily walk. Be appreciative. Say "Thank you" to everyone and everything that adds to your life.

One last quote from Cayce: "In love, all life is given; in love, all things move." ECRL 345-1

Recently I received an invitation from Michiko Hayashi of the Emoto Peace Project to join a worldwide meditation for the healing and regeneration of the waters of the Earth and of the water in our own bodies. Michiko included these words in her invitation: "In recent years, global experimental results have scientifically revealed that **Water is not merely a substance**. Our own data and experimental results have confirmed that **collective prayer** amplifies the changes in water's crystalline and molecular structure, and can even lead to the **improvement of water quality itself**." <https://www.emotopeaceproject.net/>

On Dec. 21, 2025 I attended the meeting by Zoom, along with about 100 other people. Hiro Emoto, son of Masaru, was also present. He summarized the power of water this way: "Water is the mirror of the mind." During the meeting we thanked water, apologized for misuse, sent it Love and Gratitude, and prayed for its purity in our bodies, on the Earth and beyond.

Once I received the invitation from Michiko Hayashi I had the opportunity to ask if Masaru Emoto had ever studied the works of Edgar Cayce. I wrote to Michiko Hayashi, and this is her reply:

Hello Dick,

Thank you so much for reading the invitation e-mail for the Winter Solstice Miracle – Online Prayer event, responding, and sharing it with your friends.

I am very happy and very grateful to hear from you. I was a personal assistant to the late Dr. Emoto for almost 11 years until his transition in 2014, and I am honored to succeed his legacy.

He knew about Edgar Cayce, and not only that, he gave his talk at the Edgar Cayce center in Virginia. I heard that he met Edgar Cayce's grandson at that time. There is Edgar Cayce Center Japan, and Dr. Emoto introduced for some years Edgar Cayce's work and hypnosis to many people in Japan through monthly magazine he was publishing. It's wonderful to hear from you. It'll be wonderful if you can join us at this Online Prayer of Winter Solstice.

I printed your article so I can read well. Thank you for sharing it.

I hope you and your people have happy holidays!

With much love and gratitude,

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Now let me ask you, "Does any of this resonate with you? Did it feel true to you? On Coast-to-Coast AM on the night of Thursday, Nov. 4, 2021 I heard author Dean Radin talk about his book, Real Magic, and the research the led up to writing it. His scientific findings confirmed what Emoto wrote. In double-blind experiments people had better moods after eating chocolates that were blessed. The same happened with tea that was blessed.

A third experiment was done with a species of plant that is known to respond to human emotions. There were two identical plants. One received water that was blessed; the other with water that received no blessing. The first one flourished noticeably more than the other.

So it would seem that both Edgar Cayce and Masaru Emoto had access to the Creative Forces. Each asked his own questions and received many of the same answers.

The channel to the Creative Forces, to the Higher Self, God, the Subconscious, can be accessed during QHHT sessions. You access it naturally twice a day, once when you go to sleep, and once when you wake up. I would like to share more about this with you, and you can contact me if you would like to have a session. My phone is 757 575-2759. My e-mail is RichardADinges@aol.com.

I think it's amazing that we have agreement on many aspects of life and belief from five perspectives – Edgar Cayce, Masaru Emoto, near-death experience, QHHT, and the Bible. This deeper knowledge is something that was hidden from most people throughout the ages, but it has become accessible to us. We are most fortunate. Personally, it enhances the Love and Gratitude I feel for the Earth and the plants that flourish in my garden during most of the year.

Questions and answers:

Thank you for your presence. May your days and nights be filled with love and gratitude.

I have brought markers and computer labels. Please find a place at the table where you can create several labels for your own use.

P. S.

I have been giving this lecture monthly at the A. R. E. for about year. On the way to give it on Wednesday, January 8, 2026 it dawned on me that a better understanding of the dynamics involved is that water has the capacity to receive and retain energy applied to it. The power is not in the water; it's in the words. The water becomes infused with that energy. All of that seems evident from the experiments of Masaru Emoto, and it is confirmed by other sources. Hiro Emoto, son of Masaru, summarized the capacity of water this way: "Water is the mirror of the mind." In other words, it reflects back what is given to it. This clarification is only a fine point, but it's worth mentioning.