

Book Review

WATER A MIRACLE THERAPY

A.R. Hari, Pustak Mahal, 2008 Edition, pp. 112, Rs.80/-

The more we are advancing in terms of innovations and inventions the more we are moving away from Mother Nature. Water is also one of the four elements, the most beautiful of God's creations. It is a general observation that we don't give adequate importance to water, even to quench a natural urge like thirst we imbibe synthetic substances like cold drinks, juices, and caffeine loaded drinks.

In this book, the author attempts to explain the importance of water. It is a comprehensive book that provides a deep insight into the universal phenomenon that is water. It has been proven that water, in its natural and healthy state of purity and integrity, is intelligent and highly responsive to all other forms of life. It is no longer just theory, that water, like everything else, has consciousness. The best part of this book is that it is well supported by researches, surveys, references and insights.

The book is divided into 17 sections ranging from The Water Doctor, Water protocol, Quality of Water, Magnetized Water, Wisdoms of Ancient India and so on. The very first section has a concise profile of a person known as "Water Doctor" i.e. Dr. Fereydoon Batmanghelidj, born in 1931 in Iran and was the person who discovered and contributed to the curative power of water. He has devoted himself in spreading the message of the importance of water. He is an author of the Best seller, "Your body's many cries for water".

The book has given basic details that our body is made up of 70% water and brain is almost 90% water, hence one can easily deduce why water plays a vital role for good health and wellbeing of an individual. Water is not important only to quench our thirst but also in curing many physical ailments like headaches, asthma, arthritis, urinary infections etc. where we miss upon the root cause of problem and rush to doctors to get a short term relief which at times turn into a long term nightmare. The author emphasizes on following a proper drinking protocol of water.

The author has thrown a light upon the qualitative aspect of water. He has brought to the notice of the readers that the widespread system of water purification by chemical treatment of chlorine has been under suspicion by various researchers and doctors who have been working on the possibility of certain deadly diseases like arteriosclerosis, heart attacks due to chemical treatment, etc.

He has in this book focussed on a very interesting phenomenon of Water Memory i.e., "Water appears to have a power memory". It states that if certain dangerous chemicals are dissolved in water and when this chemical is completely removed through a chemical process, the consumption of such water may still have the negative effect as though the chemical is still present. In this regard he has quoted many researches conducted worldwide especially excerpts from an interview with Dr. Ludwig founder director of Institute of Bio-Physics in Sinzhaim Europe.

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There is yet another interesting feature on Miracle message of water wherein he has quoted and highlighted the work of a genius researcher Masaru Emoto of Japan. Emoto has proved that water almost acts like a living being in response to human thought, emotions, music and words whether oral or written. It is, therefore, easy to say that “whether it is man or a plant the memory and actions are coming from water inside them and not due to organic matter.”

In the book there are many interesting sections on Vortex Revitalisers, Miraculous messages from water, Wisdoms of ancient India, Magnet Therapy, Magnetized water, etc.

In the closing section he has provided an insight on purification devices and experiments being carried out in different parts of the world like Beamer, Nordic Water Revitaliser, ADR’s Energy Stimulator, Aqua Vortex, Energy Mug, etc., in this section revolves around the Wellness Filters and its application, design, specification, cost and other unique attributes.

This book is a reader’s delight as it provides a deep insight into a miraculous world of water and the chapters were interesting and much more clearly and concisely written. This book talks about the water protocol and pivotal role it plays in our health.

An excellent resource and entertaining reading material for upliftment of consciousness.

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