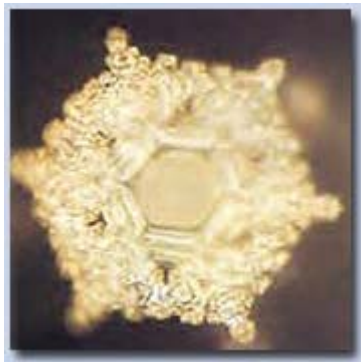


## Welcome to the Second Edition of ~ Subtle News ~

### Prayer for the Pacific Ocean

Because of many events, the attack upon America being the most important one, I will keep this bulletin very short. In the light of the attack upon the Americas and upon our Spirit, this email is of even greater importance and urgency. As many of you may know, the Japanese Mr. Masaru Emoto has written a book about his research on Water and how it responds to human thoughts, music and written words. His book is called the **Message from Water**. His research makes it crystal clear that Water indeed is alive and responds to our human vibrational energy, thoughts, words, ideas and music. His photos shows the molecular structural changes in the Water following various inputs/impressions.

He freezes droplets of water and then examines them under a dark field microscope and takes photos. His work clearly illustrates the effect of the environment upon the structure of the water. Let us see a couple of examples of this.



'Love and appreciation'  
results in this structure in the sample of Water.

You Make Me Sick.  
I Will Kill You  
results in this structure in the sample of  
Water.



Thank you  
results in this structure in the sample of Water.

In the coming issue of Subtle News I will write more about Mr. Emoto's work. For now I wish to introduce you to the idea of joining thousands of like-minded people in a meditation or prayer for the healing of the Pacific Ocean.

This global prayer/meditation is tomorrow at Fall Equinox, September 22nd at 8 p.m. and you are welcome to participate in any way you feel like. Please use your own inspiration to do what feels right for you.

70% of the earth is covered with water and 70% or more of our bodies are made up of Water. This illustrates very well our interconnectedness with Creation and the work described above makes it very clear that we have a response-ability towards the Oceans and when we heal the Oceans we heal ourselves. Just think of how your thoughts and emotions affects the Water inside your body's trillions of cells!

Imagine how the fearful talk of war affects the Water inside of us as well as all the Water in the Oceans, Rivers, Lakes and underground basins.

Let us unite our efforts and start by focusing upon healing the Pacific Ocean this Saturday September 22nd.

Time zones are on  
<http://www.earthlinkmission.org//timezones.htm>  
or  
<http://www.timeanddate.com/worldclock/>

The EQUINOX is 7:04 pm New York time, or, 1:04 pm in Hawaii and 4:04 pm in Vancouver.

Barbara Wolf, who told me about this event, states that the exact moment always is a very powerful moment, and so, if you can be in meditation at that moment to send healing energies for the Pacific, that would be wonderful.

To read more from Barbara Wolf click on:  
<http://www.globalmeditations.com/equinox.htm>

I would love to write more to you; but I will wait until the next issue of Subtle News. I have lots of piled up information to share with you in the near future.

I know my many subscribers are of very different background and of many different beliefs. Let us unite in the understanding of our interconnectedness with the Creation we live in and take it upon us to act as stewards of this Earth. Let us clean up our act in a peaceful manner.

Go down to the Ocean, the River, the Lake or if you cannot leave your home, go and take a bath.

When you are there you can focus the very best in you and give it to the Water.

Next time you drink Water or shower/bathe in it, you can say thank you, knowing what effect it has upon the Water both inside of you and outside of you. Copy and paste the Thank You photo and put it up by every sink or faucet in your home to remind you of the power of your thoughts.

With respect,

Mikael Lund  
Nordic Living Water Systems  
<http://www.alivewater.net>