

Dhikr Therapy In Overcoming Stress; Scientific Analysis Study of Masaru Emoto The True Power of Water

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Abstract : *This research aims to discuss Masaru Emoto's concept regarding the influence of words on water as presented in his work "The True Power Of Water" and provide a scientific review of dhikr therapy in addressing stress in accordance with Masaru Emoto's concept. The study employs a qualitative descriptive method through a literature review. Both primary and secondary data serve as sources for this investigation. The research findings reveal that water exposed to positive words, such as dhikr, from beautiful hexagonal-shaped crystals, while to the opposite occurs with negative words. From a scientific perspective, utilizing dhikr therapy with water as medium can assist in alleviating stress. This is attributed to water's ability to absorb dhikr messages as a form of therapy; chanting dhikr can soothe the soul and generate positive energy, thereby altering the water's quality. In conclusion, the use of positive words spoken to the body through water as a medium has the potential to alleviate stress disorders when practiced with patience and confidence in the belief that Allah can heal all diseases through the recited water.*

Keywords: : *Dhikr Therapy; Stress; Water.*

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1. Introduction

Stress is a common problem in humans, but not everyone who suffers from stress has the knowledge or skills to deal with it. Treatment of stress problems is often carried out by psychologists and health scientists (Andi Bunyamin 2021).

Researchs shows that around 300 million people in the world currently suffer from stress, including 15.6 million people in Indonesia. Stress contributes to 50-70% of the development of most diseases, and people who are stressed experience symptoms such as headaches, fatigue, indigestion and loss of appetite (Musradinur 2016).

Islam teaches many worship activities. There are three categories of worship. Worship of the heart is feelings of fear, love, hope, joy, sincerity and trust in Allah. Worship is done

verbally and wholeheartedly in the form of dhikr, prayer heads, tahlil, tahmid, reading the koran and so on. Physical and spiritual worship includes prayet, almsgiving, pilgrimage, jihad and fasting (Khotimatul Husna 2021). Dhikr is a type of worship related to words and the heart that brings peace to the soul. Dhikr therapy is a treatment for mental disorders that originates from Islamic teachings. This is because in essence Allah SWT has given perfection to human life and every challenge has a solution. Pronunciation of dhikr therapy is not limited to the dhikr reading itself, but applies to all readings in prayer and daily activities. Allah created humans with perfect language skills. In short, language is words conveyed in the form of messages and expressions as a communication tool (Noermanzah 2019). According to (Chaer dalam Noermanzah 2019) words are a sound system, arbitrary, full of meaning, diverse, and humanly used as a tool of social interaction. Using kind words can affect health. The logical and practical explanation is the result of Masaru Emoto's analysis, which succeeded in freezing water at a temperature of minus 25°C and taking pictures of water crystals using a high-speed photo equipment. Research is carried out using words, images and sounds. The results were surprising: The water not only recognized the words as simple motifs, but also understood the meaning of the words they contained. When positive words are given (spoken, written or heard), the crystals formed will bloom amazingly like a flower in full bloom. On the other hand, when negative words are used, crystal shards of various sizes are created. According to Masaru's analysis, it became increasingly clear that the quality of the water could be better or worse depending on the words he received and the words given.

The words mentioned in this research have the meaning of dhikr. Water exists in the human body, but when exposed to external disturbances such as stress the quality of water in the body will be affected. The water in the human body contains 70% of fluids. Therefore, humans need sufficient water to maintain their physical health. The human body needs 1 to 2.5 liters of water to absorb it, which is equivalent to 6 to 8 glasses per day. According to (Djoko Pekik Irianto dalam Indah Prasetyowati 2014). (Djoko Pekik Irianto dalam Indah Prasetyowati 2014) water is the largest structural component in the human body. About 60-70% of an adult's body weight is water, and the body really needs water. When water from outside the body enters the body to improve conditions such as stress, it affects the quality of water in the body. According to (Asmadi dalam Indah Prasetyowati 2014) the use of water is very important in overcoming imbalances in the body. The relationship between the human body and application of water in the concept of *"The True Power Of Water"* is to repair disorders in the human body. Dhikr is used by drinking water as a therapeutic medium. Masaru Emoto's research provides a scientific explanation about giving wave water (Hado) to sick patients and drinking it.

As a first step in research a conceptual framework is very important to understand how the variables under study are related. The aim of dhikr therapy is to cure mental, spiritual and physical illnesses using water as a medium sourced from the Quran and Sunnah. Dhikr emerged as an alternative medicine to treat various diseases such as stress. Stress causes depression, due to the inability to meet life's demands. Water contains good words that are read from dhikr and can calm the mind. This is because the water from which dhikr is read contains deep psychotherapeutic elements (Nor Izzati Septia 2023).

Previous research was carried out by experts. Among other things research in 2021 by Atik Setiawan and Torriq Tamimi entitled "Dhikr Therapy on Changes in Patient Stress Levels". This research discusses how to deal with stress in patients by always involving God in every life problem. People who feel stressed should seek support from their religious belief. The use of dhikr therapy in this research emphasizes the element of faith to always ask for protection

and help from Allah alone. Dhikr therapy includes elements of spirituality, namely faith and belief in always being close to Allah. The energy of spirituality helps people become healthy and recover from stress. Dhikr therapy used to overcome stress problems comes from Islamic teachings (Atik Setiawan dan Toriq Taimimi 2021).

Furthermore, in 2018, three researches named Wenny Nugrahati Carsita, Ade Riski Herlangga dan Neneng Ratnanegsih Puspitasari, with the title "The Effect of Water Therapy On Stress Levels in Workers at PT". This research discusses that stress can be overcome using pharmacological and non-pharmacological methods. One way to deal with stress with non-drug therapy is water therapy. The results of analysis before and according to water therapy using the Wilcoxon test had a mean of 4.13, $p\text{-value} = 0,000$ ($\alpha = 0,05$). Before the intervention, 12 respondents (40,0%) faced severe stress. After the intervention, 11 respondents (36,7%) did not feel stressed (normal). It was concluded that water therapy was effective in reducing stress in PT workers, and this analysis studied the calming effect of water therapy reducing stress in essential hypertension patients (Wenny Nugrahati Carsita, Ade Riski Herlangga 2018).

Widuri Nur Anggraeni dan Subandi in 2018, conducted research on the impact of dhikr relaxation therapy to reduce stress in sufferers of essential hypertension. This analysis discusses the calming effect of dhikr therapy on reducing stress in people with essential hypertension. The dhikr therapy sentences in this research are "*Laillahhailallah, Astagfirullahaladzim, Subhanallah, Alhamdulillah, and Allahu Akbar*". The research approach was grouped into 2 groups, namely the experimental group and the control group. The experimental group was given dhikr therapy in 4 meetings (twice a week). Each meeting consisted of 825 dhikr readings, and the control group did not receive treatment and was made into a waiting list group. Treatment actions will be carried out after collecting data from the experimental group. The result of the analysis found that there were differences in stress levels between the control group and the experimental group, with a pre-test score of 129,67 which decreased slightly to 96,67 during the test. Further therapy is then carried out. The average score dropped to 8. This shows a decrease in stress levels. Furthermore, the average pre-test score for the control group was 117.17, dropping to 114,33 after the test. In the next treatment, the mean value in the control group decreased 112,17. It was concluded that dhikr therapy had a positive effect in reducing the stress phase in essential hypertension patients (Widuri Nur Anggraeni dan Subandi 2018).

Sor far, people who practice dhikr have a more theological background from the Quran and Sunnah. However, we don't know yet that dhikr therapy can overcome stress. With this, the researchers innovated to conduct research on dhikr therapy in dealing with stress by analyzing the effect of words on water based on Masaru Emoto's book *The True Power Of Water* concept. This research also discusses scientific analysis of water, both outside the human body and entering the body as an implementation of dhikr therapy to overcome stress.

The research method used is descriptive qualitative and literature study. Data sources in the analysis are categorized into 2 types. Primary data which became the main basis for the research was obtained from Masaru Emoto's book "*The True Power Of Water*." Meanwhile, secondary data for this research was obtained from several books, magazines, articles and news related to the research discussion. This research analysis uses the documentation method in data collection. In this case, it is a process of regularly extracting and organizing information obtained from research results. Based on the type of research, the data analysis used is data historical analysis and researchers do not need a place to research, but instead

use direct observational research techniques for dhikr therapy in dealing with stress; scientific analysis study of *the true power of water* by Masaru Emoto

2. Results

2.1. Biography Of Masaru Emoto

Masaru Emoto is a famous scientist from Japan who was born on Thursday 22 July 1943. His daily life always depended on water, until the idea arose in his mind to study water. In 1986, Masaru graduated from college at the Faculty of Arts and Sciences, Yokohama National University, majoring in International Relations, and founded IHM Corporation in Tokyo. Masaru Conducted research on water with his colleague named Kazuya Ishibashi. Due to the many seminars, knowledge, achievements and successful research has carried out, Masaru became a famous scientist who studied the mysteries of water. One of the many seminar activities he carried out was that in 1989 Masaru obtained exclusive rights to publish magnetic resonance analysis, a magnetic field tool that can detect all types of disease. This device is called the Hado device. Masaru became an alternative medicine doctor in India in 1992 and was given the position of health chairman at an organization called "*Emiretus International Water For Life Foundation*". Masaru persistently and enthusiastically researched water reactions, producing the first photographs of water crystals taken by Kazuya Ishibashi using a high-speed microscope during a 2-month experiment. Masaru conducted intensive research for five years by collecting photographs of water crystals and the results were published in a book he wrote with his colleague Kazuya Ishibashi. Masaru was praised by a professor named Dr. Kazuo Murakami from Tubuka University presented the results of his research at the Society for Human Body Science in 1998. Among the many subjects that Masaru explored through words, images and sounds, Masaru did so near water. Masaru prayed to the water with good words and tried to research zam-zam water. These words are in the form of the words ar-rahman and ar-rahim, according to the name zam-zam, the result produces unique crystals forming two piles of water crystals. But that's not all. Masaru did a nano test using zam-zam water. As a result, it was found that one drop of zam-zam water is equivalent to 1000 drops of ordinary water. With Allah's permission, Masaru converted to Islam thanks to the extraordinary research he wrote in his work entitled *The Miracle of Water*. Since then, Masaru has received many seminar calls regarding the publication of his books on water and Hado including *The Hidden Messages in Water* in 2001, *The Secret Life of Water* in 2003, *The Healing Power of Water* in 2004, *Water Crystal Healing; Music and Images to Restore Your Well Being* in 2006, *The True Power of Water* in 2006, *The Miracle of Water* in 2007, and *Messages From Water and The Universe* in 2010. The title of the most popular book in revealing the secrets of water is *The Hidden Messages in Water* in 2001 and *The True Power of Water* in 2006. A long time has passed since the publication of Masaru's book, which shocked the whole world with its secrets of water. Masaru died on 17 October 2014 at the age of 71 after suffering from pneumonia

2.2. Masaru Emoto Concept Of The Influence Of Words On Water In The Work *The True Power Of Water*

The appearance of water can provide an image or change the reaction to the words spoken. When water gets a positive reaction such as dhikr or positive words, a beautiful hexagonal crystal shaped is formed. Masaru Emoto's research work, "*The True Power of Water*" (Wisdom of Water in Soul Cultivation) is an extraordinary study of water, showing that water is alive and responds to messages sent by humans. Masaru's research results are

the result of hard work and perseverance as a manifestation of his love for science and knowledge. Research experiments were carried out using samples of tap water, natural water and mineral water. Tap water samples from Hokkaido, Kyushu, Okinawa, Sapporo, Sendai, and Osaka were found to be unable to form crystals because they were contaminated with chlorine, which is said to have a bacteria-killing effect. However, because 60% of Katano City's tap water is groundwater, Katano City's tap water forms beautiful crystals. Natural water forms hexagonal crystals in clusters. Natural water is water that emerges from underground after rain. In addition, mineral water samples were also tested of the three brands of mineral water tested, two brands of local mineral water were able to form crystals. In contrast, imported mineral water from well-known supermarkets does not form crystals. This is because the imported mineral water has been contaminated by human hands. His discoveries about water were brought to the UN Headquarters in New York in 2005 and became a well-known research phenomenon regarding the power of water. Masaru Emoto carried out the analysis for two months with his scientist friend Kazuya Ishibashi, an expert in the use of high-speed microscopes.

The water study was carried out using word and image responses. As many people have read, Masaru discovered surprising results. In fact, water can receive the messages it receives. This topic is also discussed in another book entitled "The Hidden Message in Water". Masaru states that water is like a magnetic pipe. Water not only recognizes words as simple letters, but also understands the meaning the words convey. Water creates beautiful crystals in response to positive words. When water expresses feelings of happiness, water crystals bloom like flowers. On the other hand, water does not turn into crystal when negative words are given. For example. If we say the word "happy" to water, the the water will create very beautiful crystals that look like gems with balances sizes. In contrast, water labeled "unhappy" had crystal fragments of various sizes. The power of water in responding to words received is very important, especially in healing. Plus there are words that contain the meaning of dhikr which come from the Quran.

Masaru himself uses the power of water for healing and seeks the effects of energy waves called Hado (a collection of energy or vibrations that are visible in humans). Body vibrations when shaking. This indicates that the person is sick. Using Hado Masaru can format the energy effect of water to treat various diseases suffered by humans. Treatment with Hado is an alternative medical option. According to Masaru, many researchers are starting to explore alternative medicine because conventional Western medicine can only treat the causes of disease symptoms at the cellular level, and traditional Western medicine has several shortcomings. On the other hand, Hado water can treat diseases down to the smallest subatomic particles in the human body system. As evidence of Masaru's research, several patients recovered after drinking Hado water. According to Masaru's research, it seems increasingly clear that water quality can increase or decrease depending on the words received. Since the adult human body is 70% water, researchers believe that humans can also be influenced by the information they receive.

Logically that humans, whose majority consists of water, need access to adequate knowledge, in QS. Al-anbiya verse 30 says "and we created everything that lives from water". If we practice it, a healthy mind and body will be created. There are also those who believe that the body will feel pain and stress when it receives bad information. For example, some people feel better just by going to the doctor. The "placebo effect" comes into play when a trusted doctor says "this is normal. You just need to get lots of rest and think positively, so your body will recover quickly". Fear and anxiety disappear, and the power to heal oneself

arises. In ancient times, doctors referred to religious experts such as healers or moonks. Apart from providing traditional solutions, the treatment also offers a “placebo effect” through positive words such as prayers and words of spiritual value. This also applies to consultants who can send good vibrations to correct abnormal waveforms in patients. The influence of spoken words can cause negative behavior. People often commit suicide after reading information and sources about suicide. Let’s remember once again that when we give positive words to water, beautiful crystals will form. Water has great meaning for humans. In fact, humans can’t count the blessings of Allah SWT whose embodiment is water.

2.3. Scientific Review Of Dhikr Therapy In Overcoming Stress According to Masaru Emoto’s Concept

Based on scientific discoveries, it was found that dhikr therapy has been used as a therapy to overcome psychological problems such as stress since the time of the Prophet Muhammad. Dhikr therapy provides functional benefits for humans, namely creating mental peace. If your soul is sad, stressed and confused, dhikr therapy can help heal your soul. Because dhikr therapy has a relaxing effect, thereby reducing stress and bringing peace of mind (Hana Qatrul Nada, Hamidah Arsyad 2023). Scientific facts show that words in dhikr therapy cause changes in brain waves. Robert F. Hinck believes dhikr therapy can be used to adjust a person’s brain wave patterns and mental condition. American scientist Lee Salk discovered that dhikr therapy can convey messages in water to overcome stress. The truth of his research was revealed through the work of Masaru Emoto which explained the relationship between sound waves and changes in water particles. Masaru explains that water can be influenced by human language. Masaru discovered that these word waves could turn water particles into crystals. Therefore, the use of words when saying dhikr as therapy in water media creates sound energy which can influence objects in the surrounding environment (Lee Salk dalam Iskandar 2015). Masaru Emoto’s discovery proves that water recited with dhikr can treat stress. Water molecules absorb dhikr messages as a healing therapy medium, store them, transmit the vibrations of the words spoken in dhikr to water molecules, and the water we drink is able to heal the human body which is experiencing stress.

3. Kesimpulan

A common problem that humans often face is stress. Stress causes feelings of depression as a result of being unable to meet life’s demands. Through water reciting dhikr therapy makes people feel calm. The research results show that water can receive spoken messages. When water responds to positive words, it forms beautiful crystals, but when water responds to negative words, the water does not form crystals. Masaru himself discovered the effect of an energy wave called Hado and utilized the power of Hado water for healing. Hado water is an alternative medicine because it can treat diseases down to the smallest subatomic particles in the human body system. This proves the research question hypothesis that saying good words such as dhikr therapy has an impact on water in the body. The book “The True Power of Water” scientifically explains that water has a sensitive function in the human body and that water can react to spoken words. Masaru explains that water can receive and record messages. Water filled with dhikr or kind words has been proven to cure diseases such as stress. When we say dhikr to water and drink it, the water will overcome the problems in the human body down to the smallest subatomic particles in the body. Chanting dhikr in water overcomes physical ailments, and produces energy that changes the quality of the water so that it has the effect of calming the soul. This research is intended to provide new knowledge about the scientific analysis of dhikr therapy and water as a medium for dealing with stress.

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