

What Water can Teach Us

On a physical level, we are composed of at least 70% water. Therefore, just for health reasons, we should be aware how water quality affects us physically.

Water is associated with the emotions and with creativity. Becoming more aware of water's energy will enrich our emotional and creative life.

Water is the common denominator of all of life, so to understand life, we need to understand water and the sustainability it requires of life. All of life is linked by water — it is what gives humans a sense of connection with Nature and with other animals.

Water moulds the landscape, controls the weather & climate, growth & fertility, health & sickness, harmony & beauty, communication between organisms, pulsation & rhythm. Understanding how this works will help us to become better guardians of the Earth.

The most important lesson is that Nature will not tolerate gross inequalities: water's role is to bring down to size, to level, to stimulate fertility and productivity of the whole, not individuals in isolation. Humanity's growth has reached the point of smothering the rest of creation and, with its gross inequalities between rich and poor, in individual countries and between nations, human society has failed the test of a sustainable organism.

Through water, quantum coherent organisms invariably become entangled with one another. A quantum world is a world of universal mutual entanglement, the prerequisite for universal love and ethics. Because we are all entangled, and each being is implicit in every other, the best way to benefit oneself is to benefit the other. *[Dr Mae-Wan Ho]*

Thinking like water, our personalities are able to soften, so that we can empathise better with others. Understanding why water flows the way it does will teach us that it is better to 'go with the flow'.

An important role of water is to carry an electric charge, which it can do only when impure and unstable. Water teaches us that impurity and instability can stimulate creativity and growth.

Water adapts itself to the shape of its container. If we are able to adapt to a situation that is presented to us, we will be better able to change negative situations from within.

Its balance of flexibility & stability is a metaphor of physical reality and ideally of our own relationships with ourselves and others.

In the way it generates equilibrium and harmony, water is a brilliant ecological model. Its movement and rhythm cultivate the beauty of an aesthetic model.

Water's fundamental property is that of holism (the inter-dependence of all life), which was the model for human society until individualism became rampant, the ego inflated, when the lust for [seduction by] wealth and power became dominant. This model is that of the ideal integrated community and of true sustainability.

Solubility is the capacity to assimilate anything and everything into a context where all can coexist. This essential property of water provides us with a model of the ideal integrated community.

Humanity's present identification with a mechanistic worldview and the falsity of our present human social and economic structures make a holistic worldview impossible; water can show up our denial of the obvious.

It is the restlessness of water which gives living systems the ability to become ever more complex and to strive towards the perfection they can never reach. As the driver of evolution, water is a model for our own striving, allowing us to evolve through our own mistakes. This is the self-empowerment process of holistic biology.

Water raises its energy through turbulence and chaos which, in the bigger picture, mirrors the turbulence of change in human society.

The dynamic way that water creates energy shows up our technology's way of generating energy as wasteful, dangerous, and harmful to the environment.

Perhaps an appreciation of what water contributes to the collective consciousness may help us better understand our own heritage, our past experiences and our life purpose.