

The Importance of Water & Health

Water, though the most fluid of all, can move through mountains and rock formations. Obstacles do not hinder water, and it never loses its direction. Following the way of water, flowing in its essence can keep us healthy and our lives in order, yet in movement.

Following the Virtues of Water

1. Water always takes the lowest position. Therefore, water teaches us how to stay safe and protected from unwanted competition and jealousy.
2. Water in the ocean is deep and profound. Therefore, water teaches us that the profound mind stays away from and is undisturbed by the waves on the surface, and the energy of the superficial.
3. Water constantly gives without asking to be repaid. Therefore, water teaches us how to give generously, without any thought of return.
4. Water faithfully flows towards the sea. Therefore, water teaches us how to stay faithful and committed to what we know to be our rightful place.
5. Water moves with gentleness, yet can overcome even the hardest stumbling blocks. Therefore, water teaches us that by living gently, we can overcome our most difficult challenges.
6. Water can fit into any shape or size, yet it does not change itself. Therefore, water teaches us how to work adaptably and flexibly, yet stay loyal to our own true nature.
7. Water freezes in the winter and melts in the spring. Therefore, water teaches us how we need to accept endings, in order to welcome in new beginnings.
8. Water never fights for itself. Therefore, water teaches us that by staying free from vengeance and retaliation, we stay beyond and free from blame and guilt.
9. Water is never in conflict with another element. Therefore, water teaches us that its nature, unlike human nature is not at odds with another.
10. Water meets many obstructions, yet it just remains with its own flow. Therefore, water teaches us that when we meet external problems, we must maintain our inner integrity, and in doing so, we will ultimately overcome all problematic hurdles.

Suggestions for Water Features to Incorporate Into Your Home or Office

Inside

Water Fountains

Diffusers

Humidifiers for Sleeping

Fish Bowls with Iridescent Fish

Music with Water Sounds

Outside Home or Office

Ponds

Water Fountains

Rain Catchment Cups

Visit

Ocean

Rivers

Lakes

Water Falls

Aquariums