

Water Energy for Natural Healing and Well Being



WATER is the source of all life. It is formless, needing something to contain it, and channel it. Water also has the healing properties of purification. Water is associated with the West, the fall, the time to go deep into our lives and let our emotions flow. Astrologically, Cancer (June 22-July 23) rules the breasts, Scorpio (October 24 to November 22) the genitals, and Pisces (February 20 - March 20) the feet. Emotionally balanced water allows us to relax and let go

WATER'S BASIC CHARACTERISTICS. Water is formless, feminine, magical and healing. It's tides are influenced by the moon. The source of life, (we begin in water in the womb) water is associated with purification. Depth of feeling, emotions and the ability to let them flow are a part of water. A shape changer, water exists in different forms under different conditions. Water needs the help from other elements to move and is contained in and channels through other elements. Water is also a universal solvent, with abilities to dissolve materials. Located in the 2nd chakra, water is associated with our relationships with others and ourselves.

In essence, Water is versatile and adaptable. It has the ability to change in response to varying conditions. A person with the Water element dominant will "go with the flow, use a light touch, and trust the process". They also may be viewed as being "wishy washy" and unable to "stand firm" on their beliefs and decisions.

WATER AND DIS-EASE. The medical profession currently diagnoses a disease by placing a label on a complex set of physical signs and symptoms. This label "encapsulates" the problem and places it in a category in which mechanical and chemical means may be used to resolve the problem. Polarity Therapy recognizes areas of dis-ease, areas where energy is not flowing smoothly. Dr. Stone stated "Causes are always in the Energy Field, never in Matter". Lack of flow in the energy field may well invite dis-ease, however, it is a simple matter to encourage the energy to return to its natural, healthy state of flow. With this in mind, I now list potential dis-ease associated with the Fire element.

Problems in the following areas may indicate an imbalance of the Water energies.

- Breast lumps or tenderness
- Menstrual problems
- Prostate problems
- Foot problems
- Pelvic and lower back problems
- Skin problems (in association with the fire element)
- Over-sensitivity to touch
- Allergies

WATER AND SECRETIONS. Water is associated with body secretions. Saliva is ether in water. Sweat is air in water. Urine is fire in water, Semen or Vaginal fluid is water in water. Blood and Lymph is earth in water. Disturbances in any of these areas indicate unbalanced proportions to water to the other elements.

WATER AND THE BODY. Water has its positive pole in the breast and lymph areas, ruled by the sign of Cancer. Its neutral pole is in the genitals, ruled by Scorpio, and its negative pole in the feet, ruled by Pisces. "Watery" people are easily able to go with the flow, sometimes resulting in taking a form imposed by someone else. Remembering that water will conform to its container and change shape according to the "temperature", the flow of water may be interrupted by both internal and external events. In nature, if water is contained in a pool without access to flow, it becomes stagnant. Air bubbling through water results in clarity and renewal. The water element in our bodies interacts with all other elements in profound ways.

BALANCING WATER The Water element is associated with the negative (receiving) energy of the ring finger and fourth toe. A very simple way to encourage the flow of water is to massage these digits. Try it the next time you are feeling stagnant or confined and let the flow, flow!

Another technique that is useful for balancing the water element is called the Five Pointed Star. Sit or lie down in a comfortable position. Touch your left pelvic area with your right palm, and your right upper chest area with your left palm, fingertips touching left shoulder. Gentle rest both hands in this position until you feel "complete". You may feel a sense of relaxation of muscles, or a tingle of energy, or simply a feeling of satisfaction. Then move your upper hand to rest gently on your throat. This is the contact point for the top of the five-pointed star you are making on your torso. Again wait for a sense of completion to occur. Now do the same contacts on the opposite hip and shoulder. Touch your right pelvic area with your left palm and your left shoulder area with your right palm. Wait for the relaxation to occur. Then place your right hand gently over your throat. Feel the energy beginning to move and flow. Finally, hug yourself by crossing your arms and placing your hands on opposite shoulders. Relax and feel the flow of the water element through out your body. Feel water mixing with air to stimulate you, mixing with fire to calm you, and flowing into the space of ether. Feel the new balance and flow.