

## The Joy Of Water

As a Piscean I am a water sign, which may explain my fascination, interest and sheer enjoyment of this multifaceted element. I find the qualities and power of water endlessly fascinating. It is incredible how vital it is to human survival, health and wellness, and it is indeed the very basis of life. As friends and family well know I am always to be found with a glass or bottle of water nearby and regularly extol the benefits of drinking an optimum amount of water daily. I also take delight in the external effects of water, not just as a necessary cleanser but as the source of many experiences of upliftment and joy. Living in the lush island of Dominica with its 365 rivers and travelling within the Caribbean region allows me to indulge in my favourite activities on a regular basis. The following is a list of some of the ways I enjoy the truly blissful, varied and multiple pleasures of water in nature:

- Floating luxuriously within rock pools of seawater at the base of a winding rainforest trail. Created by solidified volcanic lava and sculpted into shape by relentless and constant crashing waves these three basins allow you to swim and benefit from the saltwater and vibrant energy of the Atlantic Ocean. The union of earth and water naturally crafts dramatic patterns and the terrain is constantly rearranged and reinvented. For a moment the wild and free ocean is tamed and contained within these chiselled structures before being replaced with fresh surges in a never-ending cycle of renewal. I feel replenished and whole.
- Discovering the mysterious world beneath tropical waters. The, intricately designed and delicate corals softly sway with the rhythm of the waves and a numerous variety of multi-coloured fish swim either alone or in collective shoals. Hours pass as I glide through the water observing and becoming lost within this secret underwater Garden of Eden. I truly appreciate the privilege of being able to dip in, to briefly be a part of this hidden ecosystem and view the spectacles that occur in this often forgotten but incredibly beautiful and wonder-filled landscape.
- Submerging myself into and under a pool of hot sulphur water. I allow all my aches and pains to be eased away by the combination of heat and healing minerals dissolved within. I am soothed to sleep and enter a deep state of relaxation during which time by body is restored and replenished. Lazily I awake and spend time contemplating the joy of such tranquillity. I am guided to emerge and wake up my being in the coolness of the river below...
- Plunging and bathing in the cool depths of the river, which has journeyed fresh from peaks where the mountains kiss the clouds. Meandering through the lush green forest carpet it

collects a range of precious earth minerals on its journey to restore and heal. Nestling into the right spot where the flow rushes rapidly over rocks | relax underneath, immersed within a natural jacuzzi where the pounding current massages my neck and shoulders and the water swirls deliciously around invigorating & cleansing my entire self.

- Swimming in the pool of power created by the immense and intense flow of an ancient and majestic waterfall. Feeling the spray from a distance as softly covering mist | move closer and begin to sense the saturation of self within the new enveloping liquid atmosphere. Closer still at her base | am treated with the healing therapy of acupuncture as the force of renegade drops beat upon my being unlocking and releasing my inner life force energy in order for it to be channelled freely and increase the optimum health of my mind body and soul.
- Sailing on a small fishing boat riding the crest of waves and being soaked with the huge splashes that jump up to join in the ride! Turning off the engine and allowing the boat to float and bob as the water tickles the bottom and rocks it rhythmically and soothingly according to the current and tides. A blanket of clouds creeps ever closer from the mainland to the sea until the boat is suspended and sandwiched between water showing the delights of its fluidity and variety of forms above and below.
- Watching an intense rainfall from the comfort of the veranda. | am outside enough to enjoy the cool dampness of the space and benefit from breathing in the air as it is recharged with harmonising and restorative ions yet inside enough to avoid being drenched in its continuous and uncompromising descent. Noticing the way leaves are pressed and stroked from these insistent and never-ending drops and the new glistening effect they are given as a result of their transient liquid coating.
- Up in the mountains | awake to the sound of heavy rain so | do what is natural – take off my clothes and shower naked in it! | allow the heavy rainstorm to bless me with juicy round raindrops from the heavenly sky. Whilst strolling within this downpour | visit many of the huge surrounding tree leaves to empty the collection of water balancing within using it to wash over my body resulting in a feeling of thorough refreshment, inner tingling and a sparkingly clean sensation. As | walk barefoot my feet are nourished and cushioned by the fresh spongy grass and soft fertile earth beneath. The joy continues as | dry my re-energised body, with a thick towel warmed and balanced by the heat and dance of an open fire.

Hhhmmmm the list could go on...

All these experiences and in-speriences lead me to a deeper appreciation of water. Wonderful water - so amazing in its qualities and so unique in its role. Water - the precious joy and the simple pleasure.

Science teaches us that incredibly water is in a constant cycle - there is no more or less water on the planet since the dawn of creation. Through the natural cycle of renewal and recycling we are afforded the privilege of drinking and bathing in water as it is evaporated, transpired, perspired and transformed from one form to the next.

Because I recognise the value and water as such a sacred resource and I know the nature of its existence I am led to play a part in its conservation and care. If I want to continue my intimate and life giving relationship with water I must take care to treat her well. I take care not to pollute by using harsh chemicals when I wash my clothes and myself. I am mindful not to use chemical sprays in my garden in order not to pollute the water running into our rivers and streams. I also realise that all of nature is intricately connected so look to the wider environment and how it is linked in the water cycle. Trees play a crucial part in the water cycle from holding down and containing ground water, transpiring water from it's leaves and ensuring soil stability so that rainfall is not washed straight over the soil causing desertification (the creation of deserts). Quite obviously therefore the cutting of trees has a destructive impact on water cycle so it is important to ensure this is done as little as possible and any wood we use needs to be gathered in a sustainable way. Water like everything in life has to be balanced yet the effect of climate change on rainfall has been causing either droughts or floods. These are extreme symptoms of the world in chaos and illness and these issues must be addressed by all people and their governments. I urge everyone to play a part in the preservation of water so that when feel like taking on one of the experiences outlined above or creating your own in the magical presence of water then the water is available to enable us to do so.

Let us enjoy water for life!

© T. Henry  
May/June 2004.