

THE WATER ELEMENT

The water element is connected with the emotions of stillness, calmness, gentleness and tenderness when it is balanced and with the fear when it is disturbed. Fear and love are the most basic emotions in the human psyche. Basically, through any experience either we registered love or fear. All the unbalanced emotions, unhealthy for our being, as anger, frustration, hatred, jealousy, worry, sadness... have at the root of their existence a unresolved fear. So any deep movement of evolution of our consciousness will at a point bring us back to the water element inside ourselves in order to release a fear and bring deep space of relaxation instead. The water element is at the base of our being. It brings us back to the amniotic liquid of the womb of our mother, to the time when our bioplasmic system has been built. When we connect deeply with the water inside us, it can make us feel either very vulnerable as a very small child, an embryo, if we are touching some deep fears hiding inside us, or very still, calm and full of tenderness as a grounded mother. Our body is constituted of 85% of water. There is water in every cell even in the bones cells. This large amount of water makes our body very flexible and adaptable to any situation. It gives us the ability to absorb the different vibrations of our spirit and soul and to transform physically when our consciousness is expanding. A person very connected with the water element inside him is very sensitive, aware of his emotions and flexible in his life. From the time of our conception, different fears have appeared in our life: first coming from our mother when we were in the womb and then from the world, each fear has been recorded inside our body at different level of consciousness and more or less deeply inside our cells according to the time of our evolution when it happens and the intensity of vibration of the emotion. A fear has frozen our experience inside our cells, thinking that the outside world is dangerous for the survival of our being. It creates a memory of pain in front of our life experience and rigidity in our body and psyche in order to protect our heart and soul in front of the possibility of experiencing again a similar shock and pain in our future life. The earlier in our development we have lived a fear, the deeper is its imprint in the totality of our being. The fears experimented in the womb are at the roots of our earthly existence and our so much incorporated in our being that it is very hard to become aware of them. They are specific rigidities imprint in our nervous system, in our bones, our

blood and in our organs. To be able to connect with this kind of fears and release them, a very deep level of consciousness and of relaxation is required. The mind waves should totally detach from the usual movement of our busy thoughts and dip in silence. Healing this kind of fears transforms the totality of our perception and experience of life as a human being and gives us abilities and perceptions that we never experienced before in our life. The fears encountered as a new born baby are also very deeply fixed in our being and all our way of living our life. If I had a lot of difficulties to take my first breath, because of some liquid blocked in my throat and lungs, and it scared me so much that I cried when I was just born, then every breath I am taking on this planet is now imprint with a fear of death, of not being able to survive, of not being strong enough... and a contraction in my being. If people in the hospital as doctors have taken me for the first time, with cold hands and heart, seeing myself as an object of scientific experience that needs to be checked to see if everything is working properly according to the medical rules, then in all the cells of my skin is memorized the fear of not being loved and judged not proper to function in this rational world. This is just some examples to explain how deeply the fears can be blocked inside our body and create the impossibility in us to really meet what is happening to us in the present. All our different levels of fears build a real armor of contractions in our being like a wall of separation with each moment. Our fears are our own death that we carry upon us during our life. To be able to release them, we need first to become aware of them and then to acknowledge and accept them in us. The deeper we can go inside ourselves, the more irrational they become. The fears are sending us back to the time when the contraction has been recorded inside our body and the intelligence of this memory is the one of who we were when the event happens to us. They bring us back to our inner child. To accept to listen to them in us is to accept to hear the small child inside ourselves. It brings us back to our deep vulnerability and it is an inner movement that our materialist society not really allows. Our collective consciousness is asking us to be strong and responsible and crying or being sensitive is most of the time a sign of failure and brings people to self-depreciation and depression. So there are millions of people around playing adults in society, contracting their whole being (in order to not listen to the little child inside them totally scared in front of life) and using many games and strategies to fulfill the needs of their inner child without admitting what they are doing. So just realize that to be able to hear the fears that you carry inside yourselves is a big prove of courage

and not at all a failure. Only by listening who we are, we can start to heal ourselves. Before that, it is just false pretends and ego games. Once you hear your fear try slowly to become your own mother. Find out what are the needs of your inner child. Bring a lot of space, calmness, gentleness and tenderness to yourself. To find back the balance of the water element: stillness, we need to learn what it really means inside ourselves to relax.

There are many different layers of relaxation and to find them back in us we need to release all our different levels of contractions and fears. Fears activate in us the adrenals glands, near by our kidneys. The secretion of our adrenals activates the amygdales in our brain that start to secrete hormones as MAO preventing the accumulation of serotonin in our brain by breaking its molecules and changing it into proteins. For example the molecule of LSD imitates by its shape the serotonin molecules and creates in a brain as an adult an absolute new way to perceive the reality. Our brain as adult get too much busy to try to survive in front of the outside world and project all its attention outward instead of developing its own connection with its inner world and its infinite. And we lost our connection with our Divine Self. When we got 7 years old our pineal gland starts to calcify itself and the synthesis of spiritual hormones as melatonin, MeO-DMT and DMT slowly disappears. The melatonin is secreted in an adult body only during his sleep, and so all the transcendental experiences and regeneration of the nervous system are relegated to the unconscious realm of deep sleep and dreams. The secretion of melatonin in an awaking state brings a healing in the "sacred water", running in the center of our bones and our spine, producing our bone marrow. It corresponds to a very deep state of relaxation, where usually most of us want to fall a sleep. If we managed through deep level of meditation to stay there we start to concentrate an amount of melatonin sufficient to synthesize pinoline, in which state our entire perception is shifting and breaks the boundary between dreams state and conscious state. We synthesize pinoline only in the womb of our mother, during lucid dreams or near death experiences in a normal life. So it needs a lot of courage, strength and faith to accept to live again those experiences with a rational mind of an adult and to go back to our experience of life as fetus. The molecule of DMT is synthesized in our body only twice in our life during few seconds: first time when 49 days after our conception in the womb and second time when we are dying. It brings us to out of body experience and asks us to pass the full experience of death inside us. This was just some explanations to show you how deep are our fears, preventing us to explore

all our transcendental potentials, and how far we can go by accepting to connect really with the water element and try to bring back its absolute stillness inside ourselves.

The archetype of a balanced water element is the mystic, a person experiencing the meeting of his Divine Self inside his cells at every moment, a child feeling his divine mother through himself and the world all the time. Once the water got imbalanced, the first distorted archetype coming out is the wounded child. Then this wounded child can take many different shapes depending how much hidden or expressed he is through the personality.

In Chinese medicine, the water element is connected with the Kidney and the bladder. These two organs are in charge of the well function of this element in all our being and in all our cells. The water element is also connected with the ears. The rabbit in American Indian tradition is connected with the fear because has got big ears straight up all the time listening if something is coming to attack them. So here the different traditions meet. The ears with the smell (which is quite undeveloped in our present being) are the only senses that we cannot withdraw. It is a sense very instinctive in us and the first one reacting in us when we are waking up, and so getting us out of deep inner state. From our own point of view and experience, we are connecting the water element with the second chakra. The second chakra is linked with our creativity, our sexuality, the way we can or not enjoy life, our inner child, the imagination and the power of magic. A strong imbalance in the water element brings physical troubles in the ears (like deafness, audits, tinnitus...), in the genital organs (infertility, pregnancy imbalances, prostatite...), in the bladders (urinary infections, troubles of urination...), in the kidney (stones...) and in the nervous system (pain in the sacrolumbar region, displacement in the spine...). An over activity of the water element creates a lot of fears on the emotional level that can bring imbalances as panic attack, paranoia, extreme isolation and withdrawal from the outside world, shyness... If these fears are repressed in our psyche, it brings people to become very excentric, in order of not feeling their fears, turning either to be very oriented toward sexuality, enjoying seduction games and developing an over active sexual life, or to create their own world with their imagination with a lot of fantasy and an over creativity, without wanting to face reality. So it brings two different kinds of archetypes: the seductor (or seductress), the sexual addict, and the lost child, the space out artist. A lack in the water element comes from the fact

that the fears experienced during the childhood have been deeply repressed pushing the memories to crystallize in the body and not allowing the flow of emotions to exist. So people lacking of water have usually difficulties to remember their childhood and have been pushed to grow up too fast. It can be very hard for them even to feel emotional. They have developed a very strong rational mind to prevent them from feeling the life. They have created in them a very rigid metal element that gives them the ability to fully control their life and so to never even meet their fears. They are very cold and insensitive people with the archetype of the rigid and rational adult.

Meditation with the water element

Find a comfortable position with your spine straight, top of the head hooked in the sky and perineum relax. Becoming aware of your whole body, with every breath out you release all the physical tensions down to the ground. Take all the time you need to visit all the parts of your body, from your skin, all your muscles, blood vessels, organs, bones and nerves. Spend some time on your head, your neck, your arms, your hands, your chest, your belly, your back, your hips, your legs and your feet. If some thoughts or emotions are coming, send also their energy to the ground, releasing all the toxins from your being. Once you are really in this deep relaxed state, bring your attention on your Tan Tien and just watch your natural breath. Stay there as long as you enjoy it. Try to connect with your own feelings and feel what is your Tan Tien inside yourself. The Tan Tien is your center of gravity, your power of incarnation in your body. Try to become aware of this reality inside you.

Then slowly, when you feel ready move your attention towards your kidneys, just below your diaphragm on your back at the same level as your solar plexus, and if you can at the same time on your bladder, above your pubic bone in your lower belly. If the double concentration is too difficult, just keep your connection on your kidneys. Then just feel what sensations are there. Listen to your organs and watch them with all your attention like a sensitive mother to her beloved child. Find out what they are saying. Try to really meet them and understand their wisdom and consciousness. They are in charge of the water element in your body, so they have beautiful memories of your childhood and fetus

time to tell you. Stay few minutes like that. And now you are going to use the power of your mind. To do that properly you need to use your intension, concentration, imagination and feelings to make whatever you desire real and to align all your capacities together. Realize that you are the only creator of your reality. So now connect yourself with all the virtues of the water element and visualize a beautiful and warm ocean of peace, stillness, gentleness and tenderness of dark blue or purple color in your kidneys (and bladder if possible). Feel it really in your organs. If there are some tensions in your organs, just don't do anything, keep the feeling of the warm ocean of relaxation and just like a patient mother try to listen to what these tensions, like a scared little baby, want to tell you. A sickness, a disease or a tension are appearing on the physical body as a way of expression of emotions that haven't been heard and acknowledged on the psychic level. If we want to release them, it is really important to accept to listen to them fully without trying to resist to the physical pain that they create in us. If we try to resist the pain and avoid feeling it really, we cannot understand what it wants to teach us. As you are working on the water element, it is important to be listening to yourself and your cells and try as much as you can to merge your organs in a deep ocean of relaxation. Try to feel again all your vulnerability the same as when you were a fetus in the belly of your mother. You can work like this easily for ten to fifteen minutes, getting in deeper and deeper states of relaxation.

Then slowly bring this consciousness of deep ocean of stillness and gentleness inside your whole body and all around you. Visualize all your being inside this quite and warm ocean. Feel it inside every cell. Once again if there are tensions, just accept them and listen to them. Go deeper and deeper in your experience of this feeling of warm and quite water in all your body. Develop this feeling during 10 to 15 minutes again. Then if you like you can bring back in your consciousness a memory of a situation in which you know that still today you will feel scared if it is happening to you. Put the situation all around you, make it real, and stay connected with your inner body. Try to feel where in your body the fear is reacting, which places in you get contracted, and which deep memory or feeling it is bringing back to your consciousness. How do you feel? Try to reach the bottom, the roots of your feeling. Hear the place in you that has missed some love and still feels scared of not receiving it. Then realize that you are your own mother and only you can bring back this feeling of deep stillness and warm tenderness inside yourself whatever waves of

emotions or movements of life are happening in front of you on the outside world. So keep the situation and try to feel again this deep peace inside yourself, nourishing all the cells that have been contracted with all the powers of your mind, your consciousness and your heart.

Finally, bring back your consciousness in your lower Tan Tien with all the qualities of the water element, watching your natural breath. Stay there few minutes. Then gather the entire chi inside your Tan Tien with your three last expirations. Release the exercise and take all the time you need before opening your eyes.