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## WATER: SYMBOL OF LIFE

THE EARLIEST PHILOSOPHERS called water the "universal solvent" and believed it was the element or principle most fundamental and most important to life. Thus psychically as well as physically, water has held a symbolic place in ancient systems of wisdom, and philosophy.

Man has been called "essentially a water animal" because of his need

for water to maintain life. The embryo develops in water. Two thirds of the body weight is composed of water, and a constant supply of liquid for replenishment and cleansing is absolutely necessary to keep the body alive. Most people enjoy being on or near water; boating or playing in a pool or stream, or at the beach. The earliest villages were

usually built along the waterways — as are the largest cities today.

But there is still another reason why water is important. In reading No. 254-2, Edgar Cayce was told that he "should live close to the sea — should always have done so!"

In another reading, No. 480-45, the question was asked, "Why do I have such a feeling of exhilaration when I am near the ocean?" The answer was, "It is because of general, natural conditions arising from Creative Forces and Energies."

Dr. Charles W. Littlefield gives a reason for the influence of water upon us, in his book, "**Man, Minerals and Masters.**" He says, "Evaporation of water, a process universal on sea and land, generates a subtle magnetism which is the vital force of plants and animals."

Reading No. 262-28 gives an additional explanation:

"As known by everyone, water is an element of material forces necessary for the sustenance of life in the material plane. Therefore this element is often called the 'Mother of Creation.'

"How, then, does water supply that which nourishes in the material plane? It is made up of elements within itself which are the essence of what may be truly called spiritual, in itself; hence water provides an association or connection between spiritual forces as they act with the material elements of the earth."

In mystic symbology, water represents the divine essence of the creative power of God. It is also believed that all living things of the earth came into existence through the medium of water. We find this

view reflected in the readings; for example in No. 294-8, when it was given that Edgar Cayce would be:

" . . . saved spiritually, mentally and financially often through a great amount of waters. Thus it was from the beginning and will be unto the end of time, as time is reckoned from the earth plane. For we find that this entity was first manifest in the earth plane through the waters which were on and above the earth. Through these elements and forces, therefore, the spiritual, mental and financial are manifest in the earth plane — in these three phases: spiritual life, mental life and financial life."

The present rites of blessing by water, as well as baptism, are believed to have come from the early mystic rituals of purification in the sacred pools. For these waters became charged with vibrations absorbed from the sacred ceremonies conducted nearby, and when properly used were found to aid in attaining certain psychic states or experiences. Thus another phase of the influence of water was discovered.

But even now — knowing the importance of water simply to maintain harmony in the physical system — most people drink far too little water. More than half the food our bodies require consists of water. The body itself manufactures a pound of water for us every day from the hydrogen of the food we eat and the oxygen of the air. This is still not enough water for our requirements; much more liquid is needed for the perfect functioning of our bodily system. The readings stress this fact repeatedly.

Everyone should drink at least five or six glasses of liquid every day. This may be in the form of fruit or vegetable juices, milk, water or other liquids. Keep plenty of water in the system, so that eliminations through the body are good." No. 137-101.

"There should be more water taken into the system, in a more consistent manner, so that the system — especially in the hepatics and kidneys — may function more normally. Thus the correct manner of elimination of drosses will be produced in the system. For there are many channels of elimination from the system.

"Lack of water in the system creates an excess of those drosses which would normally be cleaned through the alimentary canal and the kidneys, and forces these (drosses) back into the capillary circulation. This brings about congestion and a weakened condition, either through mental strain or physical strain for portions of the system; producing ill effects." No. 257-P-7

"We need more water in the system, systematically taken, so that the acid in the system may be dis-

solved."

No. 779-P-5

"To relieve these (catarrhal) conditions, we would first of all take more water into the system. Drink quantities of water. Have a specific time, and keep the system well flooded with water until eliminations are fully set up throughout the system."

No. 779-P-6

We see then how important it is to establish firmly a fixed habit of drinking plenty of water, regardless of whether we are thirsty. We may not relish the idea, but it can be done. Apparently thirst is not a reliable indicator of the body's optimum need for water.

In reading No. 257-P-7, the question was asked, "How can desire for more water be created?" This was the answer:

"Desire for water can be created by taking it, so that the body will call for it when the habit has once been started."

Not only do our bodies need plenty of water, then, but we can be sure that there is a spiritual connection or association with water. Let us drink from Nature's abundance, knowing that we truly partake of the Water of Life.