



Exploring Water Energy in Humans and in Nature

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Water themes include Wisdom, Persistence and Self-Mastery, Flexibility, Rest, Integration, Close Family Bonds, Unconscious Wisdom, Innate Gifts, Creativity, Authenticity and Truth. In Color, Water is associated with Blue/Black. In Season, Water is associated with Winter. In Direction, Water is associated with the North. The North is associated with the Snake and the mysterious Black Tortoise “Xuan Wu”. Xuan Wu serves as guardian deity for China’s famous Wudang Mountain.

In the body, Water is associated with kidneys, bladder, brain, ears, head, reproductive organs and genetic material/DNA. Associated functions include water metabolism, regulation of hormone/endocrine cycles, will power, and long-term memory. The health of one’s water system equates to a healthy appetite for sexual endeavors and/or creative ones (such as playing music or developing professional skillsets), a focus on mastery (learning something well enough that it sticks around forever), and using one’s resources of time and energy effectively. Those with strong water are persistent in the face of obstacles. They keep their eyes on long-term goals, despite not always knowing how they’ll get there. Strong water individuals are also flexible (but not so much that they don’t get what they want), able to concentrate without distraction and to listen deeply to self and other. Strong-water types also tend towards capacity for visualization, seeing the bigger picture, and developing cutting-edge solutions to issues that most cannot solve. Water types are often the visionaries behind world-changing ideas, as well as the revolutionaries and rebels that overturn long-corrupt regimes (or that may develop cults and/or utopian societies).

Excessive water can manifest as being overly focused on achieving personal agendas, while completely ignoring the signals from others. This behavior – which can actually prevent us from achieving our goals (or making friends for that matter) – is easily corrected through making space between thought and action. This might involve contemplating what we’re going to say before we say it (resisting the first impulse to speak), speaking more slowly so that we can access deeper wisdom, focusing on breathing for a little bit, or sleeping/walking on a decision. Excessive water energy (usually caused by lack of direction and associated with boredom) may lead to nocturnal emission, leukorrhea, sexual fantasization or sexual dreams at night. Dreams may also involve themes of drowning or being under water.

Potentially, excess water signs will include back or knee pain, tendency towards cold, edema and swelling, feelings of being “under water”, panic attacks or “energy rising to strike the heart” (may also be seen in water-deficient conditions).

Those with not enough water will experience a general lack of willpower and energy, brain fog and memory issues, possible dizziness or tinnitus with low-pitched hum. Physically, they may tend towards cold, back, sacral or knee pain, lower abdominal pulsation, cold pain/cramps and fertility issues. Behaviorally, they may have difficulty being spontaneous and flexible with both self and other. They may have dry skin, mouth or orifices, digestive issues or other signs of energetic deficiency. In the most extreme scenario, water deficiency can lead to heart or kidney failure; though it is also associated with dementia, Parkinson’s and Alzheimer’s diseases. In Chinese Medical Research, treating these diseases as related to the water element produces good clinical outcomes!

In human psychology, Water is associated with the emotion of fear. If we are too afraid of ourselves, or the consequences of being truthful – our creative energy will stagnate and manifest in signs such as constipation and digestive discomfort, cold in the lower abdomen, low back, sacral or knee pain. Such “fear of self” can be the result of traumas in which expressing ourselves leads to painful consequences – such as a parent revoking their love every time we disagreed with them, or being fired from a job for “doing the right thing.”

To nourish water, accept learning as a process. Instead of focusing solely on results, focus on enjoying the process of learning and on mastering one thing at a time. Persist in your goals and be flexible to alternative pathways that are better than the ones you originally plotted (Still, plan ahead for any obstacles, which will leave you more flexible when the unexpected ones pop up). Commit to what’s most important and leave room for spontaneity. Study and contemplate ancient wisdom. Discover your gifts and develop them through integration with your work-life, hobbies and relationships. Practice, Qi Gong, Taiji and other Gentle Movement Systems that focus on breathing, joint alignment, and systemic circulation of the body.

Using Food to Nourish Water Energy: Eat lots of nuts and seeds, esp. walnuts and black sesame. Add “salty flavor” foods to diet such as Miso, seafood, pork and pork fat. Replace table salt with higher mineral-content salts such as Himalayan Pink Salt or Celtic sea salt [minerals help your body use and reuse fluids more efficiently].

One of the most important ways to nourish water is through proper hydration.

According to recent studies, as many as 75% of people may be chronically dehydrated. The effects of chronic dehydration range from increased feelings of stress, headache, fatigue, ‘false hunger’ and decreased performance. Over time, this increased stress on the body may lead to loss in years of life, premature kidney or heart failure.

To ensure proper hydration, carry a water bottle and drink a generous portion of water before meals. If you tend towards cold in the belly or slow digestion, drink warm water, which can stimulate metabolism. Warm water can be prepared at home and placed in a thermos.

In some cases, it is helpful to reduce or eliminate caffeine, which can deplete adrenal function and mineral resources, throw off sleep rhythms, stimulate production of stress hormones while reducing that of sex hormones such as testosterone and “anti-aging” hormones such as DHEA.

To disperse excess water . . . productively . . . have children, be creative and artistic, have sex in a timely and tasteful manner, eat ice cream, drink coffee, or engage moderately with some other hedonistic pleasure-producing process. To unproductively disperse water: waste time on social media without learning anything interesting, use drugs without a purpose, binge-watch your favorite satire without reflecting on it’s meaning (and continue watching past the point of being enjoyable), have lots of sex without commitment (unless practicing some universal or spiritual principle), stay up late at night and go against nature (e.g. becoming more active in winter time and less in summer time; drinking coffee when we should be sleeping, etc.).

Water is the foundation for all life; something long-recognized by Chinese Medicine.

The water element is associated with our vital essence “jing” – the physical substance through which our spiritual light manifests. Jing-essence is associated with genetic information – including those mysterious talents or proclivities we may have inherited from our parents. In order to live long, happy and healthy, we must nourish our essence. We do this primarily by nourishing the body with adequate rest and proper nutrition, attuning to the cycles of nature, discovering our hidden gifts and finding ways to develop and integrate them with everything we do. Done well, Nourished Water Energy corresponds to Purpose in Life, Close Family Bonds, Mastery of Self, Wisdom, Flexibility, Creativity, Enjoyment of Rest, Work and Play.

