

## THE ESSENTIAL USES OF WATER

When I first learned that H<sub>2</sub>O was selected as this month's theme, I was initially thrilled, as I love everything about water. Yet, it has been difficult to decide what to focus on since the element of water is prevalent in most parts of life... from the day-to-day habits and environmental influences to the religious practices and symbolic meanings, water is omnipresent. So, I offer you the many essential qualities and uses of water, allowing you to take what you want and leave the rest.

Water makes up roughly 70% of the human body and covers about three-fourths of the earth's surface. Water is everywhere, is part of everyone and is needed for almost everything we do in life—physically, recreationally, mentally, spiritually and emotionally. For example, in my daily life, I begin and end each day with the rituals that require water such as showering in the morning to assist in being fresh, using water to carry nutrients and minerals to my body, and drinking my green tea while journaling, meditating and creating. During the day, my favorite drinks are water and iced tea, always quenching my thirst during client meetings, working out or sharing a glass of wine with a friend. And in the evening, I water my flowers to keep them healthily beautiful and cook dinner, which always requires the essential liquid. And finally, I often indulge in a soothing aromatic bath to relax and remove the dirt and transgressions of the day.

Water also provides the recreational backdrop for such sports as swimming, sailing, kayaking, surfing and skiing as well as inspires vacation destinations for the sake of experiencing the splendor of our oceans, waterfalls, rivers, lakes and other bodies of water. By tapping into the essence of water through the five senses, life can be enriched by seeing beautiful aquatic landscapes; by listening to the soothing effects of rain drops, ocean waves, or water fountains; by feeling the coolness of water directly on your skin in a bathtub, swimming pool, lake, or shower; by tasting the purity of water, and finally, by smelling the unpolluted air after a rain storm.

Even as I write this column, it is raining outside and I can't help but appreciate the nourishment the plants, trees and grass are receiving, not to mention the replenishment of our water supplies. I love the fresh air following a rain or snow storm, feeling like the air is crisper and cleaner. I am grateful for the water's ability to extinguish destructive fires, proving once again that water's cool properties are restorative. I sometimes even think that the rain represents the release of God's tears that are cleansing the many souls on this earth plane. Water is considered a purifier not only to the globe but also in most religions. Water assists in the performing of the sacraments at both the beginning and end of life such as Baptism and cleansing the dead before they are buried.

And finally, I am one of three astrological water signs, a Scorpio, along with my fellow Cancers and Pisces. As a water sign, I tend to be intuitive, emotional, intense and compassionate, and I love that I can feel the depth of my emotions and access my intuition which enables me to better connect with God, myself, my clients and other loved ones. Even when tears are brought on by sadness or hurt, or even joy and laughter, water can heal the heart and release stress, thereby removing the angst.

So, how do you honor water in your life? Are you unconditionally grateful for the abundance of clean water? Are you consciously aware of the many uses water provides you, and the rituals water offers you? The best quality of water is that it helps promote relaxation, restoration, nourishment and assists in de-stressing from the day-to-day busyness of our lives. Honor the essential uses of water in your daily life by being mindful rather than wasteful with one of our greatest natural resources, water.

### A COACHING EXERCISE TO INTEGRATE DAILY HABITS FOR A MORE FLUID LIFE:

When you think about your daily life, what habits do you practice on a regular basis that keep you cool, centered, pure and focused? List ten things you are willing to do every day to cleanse, replenish, nourish and take EXTREMELY good care of yourself. These can be anything from taking a hot bath, making healthy meals, drinking more water, honoring spiritual rituals, taking up a water sport, planting flowers, making a donation towards clean water, taking shorter showers or expressing your true emotions and feelings. Make sure your habits are things that you would LOVE to do, as opposed to what you think you should do. And consider using water to enhance your self-care.

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To download an Excavive "Daily Habits" coaching exercise, go to [www.excavive.com](http://www.excavive.com).

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