

Aquawareness pioneer and master

Aquawareness is a fascinating concept that combines water and mindfulness, allowing us to explore our own existence through the fluid medium. Let's dive into it!

1. **The Origin of Awareness in Water:** Our first perceptions of existence occur with closed eyes, immersed in amniotic fluid. This fluid provides our initial interface with reality, our first contact with sensory dimensions. It's where we begin to define our boundaries with the external world and simultaneously perceive our corporeal being from within. In a way, it's like rediscovering our first language—the language of our own bodies¹.

2. **Nārāyaṇa and Water:** In Indian mythology, Nārāyaṇa represents the transition from undifferentiated prenatal stillness to individual consciousness. He slept blissfully on primordial waters, and from his navel sprouted a lotus—the first form of life and consciousness detached from the universal matrix. Water, for Hindus, symbolizes the primordial element, the potential energy from which all forms originate¹.

3. **Aquawareness Practice:** Aquawareness isn't just about scientific research or competitive swimming. It's a way to connect with those primal perceptions we experienced in the womb. Imagine reinventing balance, listening to subtle vibrations resonating within our bodies, and rediscovering natural rhythms—all facilitated by water. It's about feeling at home in the water, where lightness and security converge through awareness.

Giancarlo De Leo beautifully explores this concept, bridging our daily experiences with a desire for personal freedom².

So, whether you're floating in a pool, swimming in the ocean,

or simply reflecting by a serene lake, remember that water holds more than just physical properties—it cradles our consciousness and whispers ancient secrets. □

Giancarlo De Leo is recognized as a pioneer in the concept of “Aquawareness,” which emphasizes the importance of understanding and connecting with water.

His approach integrates swimming with personal development, encouraging individuals to explore their physical and sensory experiences in water.

De Leo’s philosophy promotes an educational framework that prioritizes interaction with the aquatic environment over competitive performance, aiming to rediscover the innate connection humans have with water as a fundamental element of existence[1][2].

[1] Aquawareness <https://www.aquawareness.net/aquawareness/>

[2] aquawareness: Home <https://www.aquawareness.net>

(1) Aquawareness – aquawareness.
<https://www.aquawareness.net/aquawareness/>.

(2) Home – aquawareness. <https://www.aquawareness.net/>.

(3) Aquawareness – Fuori.
<https://www.fuorimag.it/aquawareness/>.