

# Aquawareness philosophical approach

Aquawareness is a philosophical approach that integrates water with mindfulness to enhance physical and mental awareness.

It views water as a primal element deeply connected to human existence, symbolizing consciousness and life itself.

Drawing from ancient traditions and modern theories, it emphasizes water's unique properties—such as its ability to react immediately to the slightest change in floating balance, and transmit information in every every point of the immersed part of the body—as a perfect medium for consciousness.

Practices like mindful swimming, water-based meditation, and aquatic experiences explore water's role in reconnecting individuals with their essence, promoting introspection, and fostering a profound sense of interconnectedness with nature[1][2][3].

But, don't forget the Latin phrase “primum vivere, deinde philosophari” translates to “first live, then philosophize.” It emphasizes the importance of taking care of our basic needs—like food, shelter, and safety—before engaging in philosophical or intellectual pursuits.

It's a reminder that practical needs must be met before we can dedicate ourselves to contemplation and the search for wisdom.

**In the case of aquawareness, the philosophical approach aligns with a more fundamentally utilitarian one.**

The term “φιλοσοφία” – “philosophia,” originating from ancient Greek, means “love for wisdom.”

Philosophy aims to understand the world and our role within it; translated into an aquatic environment, the philosophical

approach of aquawareness seeks to understand water (through one's own body); it seeks to understand the body (through water) based on lived experiences to enhance one's swimming abilities.

**And among these, as a priority, those related to water survival.**

So, "Love for wisdom", in aquawareness language, easily translates as "Love for life".

[1] Aquawareness: a fascinating concept that combines water ...  
– Fuori  
<https://www.fuorimag.it/aquawareness-a-fascinating-concept-that-combines-water-and-mindfulness-to-enhance-both-physical-and-mental-awareness/>

[2] Water as the archetype of Consciousness and life  
<https://www.movingarchetypes.com.au/blog/2023/10/3/water-as-the-archetype-of-consciousness-and-life>

[3] Water and the Unified Theory of Consciousness  
[https://www.robbygeorgephotography.com/blog/blog\\_posts/water-and-the-unified-theory-of-consciousness-the-medium-of-life-s-mysteries](https://www.robbygeorgephotography.com/blog/blog_posts/water-and-the-unified-theory-of-consciousness-the-medium-of-life-s-mysteries)

[4] [PDF] Into the Deep Waters of Philosophy – PAS Journals  
[https://journals.pan.pl/Content/117868/PDF/15-17\\_Sobota\\_Woda\\_ang.pdf](https://journals.pan.pl/Content/117868/PDF/15-17_Sobota_Woda_ang.pdf)

[5] Philosophy – Jahara Water Therapy  
<https://www.jahara.com/philosophy>