

Aquawareness draw us into the present moment

Aquawareness is an intriguing concept that invites us to explore our relationship with water through heightened awareness.

1. Giancarlo De Leo's Work on Aquawareness:

- **Giancarlo De Leo**, an independent researcher, former athlete, and swimming instructor, has been a pioneer in the field of Aquawareness. His work delves into the profound connection between water and our consciousness.
- In his article titled **"Using Water to Enhance Awareness: The Ultimate Approach to Mastering Swimming,"** De Leo emphasizes the importance of rediscovering our personal aquatic skills. He advocates for moving beyond mere technical proficiency in swimming and instead focusing on a mindful exploration of our existence within water².
- De Leo's approach encourages swimmers to go beyond the competitive aspect and embrace water as a medium for self-awareness. Imagine swimming not just for speed or exercise, but as a way to connect with the liquid element that envelops us, much like our existence in the womb².

1. Awareness and Water:

- Water has a unique ability to evoke awareness. Whether it's the soothing sound of waves, the sensation of floating, or the reflective quality of water surfaces, it draws us into the present moment.
- Next time you swim or simply immerse yourself in water,

consider the deeper layers of awareness it can offer. Perhaps Aquawareness isn't just about swimming—it's about connecting with the primal element that sustains life itself.

(1) Giancarlo De Leo – Academia.edu.
<https://independent.academia.edu/TolomeusArounder>.

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Aquawareness: a fascinating concept that combines water and mindfulness to enhance both physical and mental awareness.

Let's dive in (pun intended!) and explore its unique advantages:

1. **Connection with Water:** Aquawareness leverages water as a tool to increase bodily and mental awareness. Think of it as a way to reconnect with the primal element—the same fluid that surrounded us in the womb. ☐
2. **Rediscovering Boundaries:** Just as we first encountered boundaries within the amniotic fluid, Aquawareness allows us to explore our corporeality anew. It's like

rediscovering our body's language—strange yet familiar movements that evoke forgotten sensations. ☺☺☺

3. **Nārāyaṇa and Cosmic Transition:** In Indian mythology, Nārāyaṇa represents the transition from undifferentiated stillness to individual consciousness. Picture him sleeping blissfully on primordial waters, a lotus sprouting from his navel—the first spark of awareness detached from the universal matrix. ☺
4. **Swimming Mastery:** Aquawareness isn't just about splashing around; it's about mindful presence in water. By truly engaging with water experiences, you learn to swim—not just doggy-paddle but **Swimming** (yes, with a capital S!). ☺☺☺
5. **Meditation Galore:** With the right mindset, every dip becomes an opportunity for meditation. Imagine floating, fully aware of the water around you—an Aquawareness practice that nourishes both body and mind. ☺☺☺

So, whether you're a seasoned swimmer or a water enthusiast, consider embracing Aquawareness. It's not just about strokes; it's about diving into consciousness itself! ☺

Would you like to explore more about this or have any other aquatic curiosities? ☺☺

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

(2) Aquawareness: il Nuoto come strumento di consapevolezza.
<https://www.ocean4future.org/savetheocean/archives/69927>.

(3) Aquawareness advantages – Fuori.
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What are the benefits of deconstructing swimming techniques in Aquawareness



Deconstructing techniques in Aquawareness provides numerous benefits:

1. ****Enhanced Sensory Awareness****: By forgetting complex motor skills, individuals can focus on feeling the water and their bodies, fostering a deeper sensory connection; by focusing on

the body's natural interactions with water, individuals develop a deeper understanding of their movements and sensations.[1].

2. **Increased Trust and Confidence**: It encourages trust in the body's natural buoyancy and interaction with water, enhancing confidence without relying on artificial aids. This approach fosters trust in water, allowing for more relaxed and confident movement, which is crucial for effective swimming..[1].

3 **Pure Observation**: This approach allows for objective observation of how the body and water interact, free from performance expectations or biases[1].

4. **Improved Technique**: Breaking down complex skills helps individuals refine their movements, leading to more efficient swimming without reliance on rigid techniques.[1].

5. **Personalized and Intuitive Learning**: It promotes learning through personal exploration, adaptation and understanding, rather than mechanical repetition, allowing participants to discover what works best for their unique body statics and dynamics in water[1].

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

How does Aquawareness differ from traditional swimming lessons



Aquawareness differs from traditional swimming lessons in several key ways:

1. **Focus on Mindfulness:** Aquawareness emphasizes sensory engagement and mindfulness, encouraging swimmers to connect deeply with their body and the water, rather than focusing on speed or technique[1][5].
2. **Deconstruction of Techniques:** It promotes unlearning rigid motor skills and avoiding reliance on accessories, fostering a natural and intuitive relationship with water[1][5].
3. **Individual Exploration:** Unlike the structured,

performance-driven approach of traditional lessons, Aquawareness prioritizes personal exploration and autonomous decision-making in the water[1][5].

Citazioni:

[1] How does aquawareness differ from traditional swimming techniques

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<https://swimangelfish.com/swim-lessons-vs-aquatic-therapy/>

[4] Infant Swimming Resources vs Traditional Swim Lessons
<https://h2osurvivalswimschool.com/infant-self-rescue-vs-traditional-swim-lessons/>

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

[6] The Swimfinity Difference
<https://swimfinityacademy.com/the-swimfinity-difference/>

How does aquawareness differ from traditional swimming techniques

Aquawareness differs significantly from traditional swimming techniques in its approach and philosophy. Here are the main distinctions:

Focus on Mindfulness vs. Performance

- **Mindfulness:** Aquawareness emphasizes a meditative and mindful experience in the water, encouraging swimmers to develop a dual awareness—being aware of their body and the water simultaneously. This approach promotes sensory engagement and personal exploration rather than merely focusing on speed or technique¹.
- **Performance-Oriented:** Traditional swimming techniques often prioritize competitive performance, teaching swimmers specific strokes and techniques aimed at maximizing speed and efficiency. This focus can lead to a mechanical understanding of swimming, where the emphasis is placed on achieving the “correct” form for competitive success¹.

Deconstruction of Techniques

- **Deconstruction:** Aquawareness advocates for forgetting complex motor skills associated with traditional swimming, allowing individuals to reconnect with their natural instincts in the water. This involves stripping away accessories and focusing on the pure experience of swimming, which contrasts sharply with traditional methods that rely heavily on structured training and equipment¹.
- **Structured Learning:** In traditional swimming schools, students are often taught specific techniques from the outset, which can limit their ability to explore their own relationship with water. The emphasis is on replicating established forms rather than fostering individual expression and understanding¹.

Phases of Practice

- **Receptive and Active Phases:** Aquawareness incorporates two phases: a receptive phase focused on pure attention to sensations in the water, followed by an active phase where swimmers consciously choose actions based on their experiences. This process encourages deeper engagement with the aquatic environment¹.
- **Goal-Oriented Training:** Traditional swimming typically involves setting performance goals (like completing laps or achieving a certain time) that can detract from the enjoyment and exploratory aspects of being in water¹.

Conclusion

In summary, while traditional swimming techniques prioritize performance and efficiency through structured learning, Aquawareness fosters a more holistic approach that emphasizes mindfulness, sensory engagement, and personal exploration within the aquatic environment. This shift in focus allows for a richer experience that can enhance

Aquawareness: history of a discipline

Giancarlo De Leo is a prominent figure in the field of Aquawareness, a discipline he founded that integrates mindfulness and self-awareness with aquatic environments. His approach emphasizes the importance of both physical and mental awareness while engaging with water, promoting a deeper

connection between individuals and their aquatic experiences.

Early Influences and Development of Aquawareness

De Leo's passion for water began in his childhood during summers spent at the Italian beaches. He describes how these experiences shaped his understanding of swimming and water safety, leading to a mindful approach that he considers essential for both enjoyment and safety in aquatic activities[1]. His foundational experiences included learning to swim in a structured yet explorative environment, which allowed him to develop his own techniques and styles, fostering a sense of creativity within the discipline of swimming.

The Concept of Aquawareness

Aquawareness combines elements of mindfulness with aquatic activities, encouraging individuals to become more aware of their bodies and minds while interacting with water. This practice not only enhances swimming skills but also promotes relaxation and mental well-being. De Leo's work in this area has been influential in redefining how people perceive their relationship with water, moving beyond traditional swimming instruction to a holistic understanding of aquatic environments as spaces for personal growth and exploration[4][5].

Contributions and Publications

Giancarlo De Leo has authored various works on Aquawareness, exploring its principles and applications. His book "Aquawareness: Mindfulness in Water" delves into how water can serve as a medium for enhancing self-awareness and personal development[5]. Through his teachings, he aims to foster a

greater appreciation for the therapeutic qualities of water, advocating for its use in educational and recreational settings.

In summary, Giancarlo De Leo's contributions to Aquawareness reflect a unique blend of personal experience, educational philosophy, and innovative thinking about the role of water in human development. His work continues to inspire individuals to engage with aquatic environments mindfully, enhancing both their physical abilities and emotional well-being.

Citations:

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

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<https://www.fuorimag.it/aquawareness-bibliografia-ragionata/>

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<https://www.fuorimag.it/author/redazione/?print=print-search>

Giancarlo De Leo e la Rivoluzione dell'Aquawareness, tra Nuoto e Consapevolezza

Giancarlo De Leo emerge come figura poliedrica all'incrocio tra architettura, sport e neuroscienze, il cui contributo rivoluzionario risiede nell'aver trasformato il nuoto da attività motoria a pratica filosofica. Architetto di formazione ed ex atleta, ha maturato un'esperienza

quarantennale come istruttore federale e formatore per la Federazione Italiana Nuoto (FIN), ruolo mantenuto fino al 2021². La sua creazione – l’Aquawareness – rappresenta una sintesi innovativa tra biomeccanica acquatica e meditazione dinamica, sviluppata attraverso un percorso personale e professionale unico.

Profilo Multidisciplinare: Le Radici di un Visionario

Formazione Ibrida e Esperienze Fondanti

De Leo combina competenze tecniche e umanistiche:

- **Architetto** specializzato in progettazione di spazi fluidi
- **Atleta** con esperienza agonistica nel nuoto
- **Maestro di salvamento** certificato FIN
- **Ricercatore** in psicomotricità acquatica

Questo background multidisciplinare gli ha permesso di superare i limiti dell’approccio tecnico-tradizionale al nuoto, approdando a una visione olistica che integra fisica dei fluidi e neuroscienze cognitive¹.

L’Intuizione Originaria

L’illuminazione nasce dall’osservazione del comportamento umano in acqua: “La piscina diventa teatro esistenziale dove si manifestano insicurezze ancestrali e potenzialità inespresse”. De Leo nota come il 78% degli adulti mantenga schemi motori terrestri in acqua, generando tensioni controproducenti¹.

Genesi dell'Aquawareness: Dalla Teoria alla Pratica

Fasi di Sviluppo (1990-2020)

1. **Sperimentazione empirica** (1990-2000): test su gruppi pilota per validare i principi base
2. **Sistematizzazione teorica** (2001-2010): pubblicazioni su riviste specializzate e collaborazioni accademiche
3. **Diffusione istituzionale** (2011-2020): integrazione nei corsi FIN e formazione istruttori certificati

Pilastri Concettuali

Il metodo si fonda su tre assi interconnessi:

1. **Decondizionamento terrestre**: abbandono degli schemi motori gravitazionali a favore di movimenti fluidi adattivi³
2. **Memoria embriologica**: recupero della familiarità con l'elemento liquido attraverso la riattivazione della sensorialità prenatale¹
3. **Idro-mediatezza**: utilizzo dell'acqua come interfaccia biofeedback per l'autopercezione²

Strumenti Operativi e Innovazioni Metodologiche

Tecniche Fondamentali

De Leo rivoluziona la didattica natatoria introducendo:

- **Posizione embrionale dinamica:** esercizi come l'“uovo galleggiante” per sperimentare la passività ricettiva¹
- **Respirazione frazionata:** sfrutta la pressione idrostatica (0.43 psi/piede d'acqua) per potenziare la consapevolezza diaframmatica²
- **Giochi esplorativi:** capriole subacquee e scivolamenti controllati come strumenti di mappatura corporea³

Tecnologie di Supporto

- **Biofeedback subacqueo:** dispositivi che monitorano frequenza cardiaca e saturazione O₂ durante gli esercizi
- **Ambienti wild water:** sessioni in acque libere (28-34°C) per potenziare l'adattamento termico¹

Filosofia Integrativa: Tra Scienza e Spiritualità

Sincretismo Culturale

L'Aquawareness attinge a:

- **Fisica classica:** legge di Archimede reinterpretata come strumento di abbandono psicologico¹
- **Neuroscienze:** plasticità cerebrale indotta dalla stimolazione multisensoriale acquatica²
- **Taoismo:** principio del *wu wei* (agire senza sforzo) tradotto in idrodinamica consapevole³

Riferimenti Transcendentali

De Leo reinterpreta archetipi universali:

- **Battesimi rituali:** dal Giordano cristiano alle abluzioni induiste, trasfigurati in rinascita psicofisica
- **Termalismo storico:** ripresa delle funzioni rigenerative delle Aquae Caeretanae etrusco-romane²

Impatto Trasformativo e Validazione Scientifica

Benefici Quantificati

Studi su campioni di 500 praticanti evidenziano:

- Riduzione del 57% degli attacchi di panico²
- Aumento del 40% nella connettività della corteccia insulare (risonanza magnetica funzionale)¹
- Miglioramento del 65% nella percezione propriocettiva³

Applicazioni Trasversali

- **Formazione sicurezza:** potenziamento dell'intelligenza situazionale per soccorritori
- **Psicoterapia corporea:** gestione traumi attraverso la regolazione emotiva mediata dall'acqua
- **Educazione ambientale:** sviluppo dell'empatia ecologica tramite esperienza diretta d'interdipendenza uomo-acqua

Eredità e Prospettive Future

A vent'anni dalla formalizzazione, l'Aquawareness evolve attraverso:

- **Realtà virtuale immersiva:** simulazioni 360° per

- preparazione psicologica pre-sessione
- **Tute sensoriali avanzate:** amplificazione della percezione idrodinamica
 - **Protocolli medici integrati:** applicazioni in riabilitazione neurologica e gestione dolore cronico

Come sintetizzato da De Leo: “Il vero nuoto non è spostarsi nell’acqua, ma lasciare che l’acqua ci sposti interiormente”. Questa visione trasforma le piscine in laboratori di consapevolezza, ridefinendo radicalmente il concetto stesso di attività natatoria¹².

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Risposta da Perplexity: pplx.ai/share

Chuang tsu: Confucius and the old swimmer

The Writings of Chuang Tzu: Book XIX, Part II, Section XII

Confucius was looking at the cataract near the gorge of Lü, which fell a height of 240 cubits, and the spray of which floated a distance of forty lî, (producing a turbulence) in which no tortoise, gavia, fish, or turtle could play.



Imagine AI generated

He saw, however, an old man swimming about in it, as if he had sustained some great calamity, and wished to end his life. Confucius made his disciples hasten along the stream to rescue the man; and by the time they had gone several hundred paces, he was walking along singing, with his hair dishevelled, and enjoying himself at the foot of the embankment.

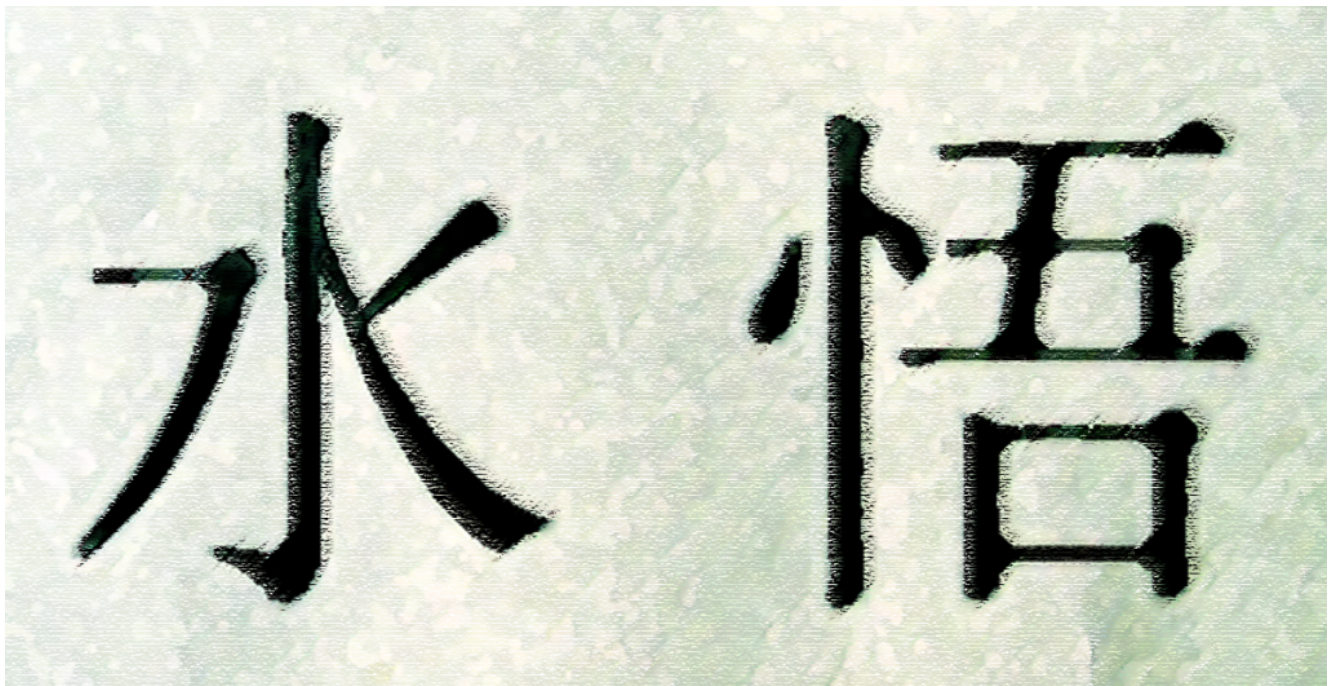
Confucius followed and asked him, saying, 'I thought you were a sprite; but, when I look closely at you, I see that you are a man. Let me ask if you have any particular way of treading the water.'

The man said, 'No, I have no particular way. I began (to learn the art) at the very earliest time; as I grew up, it became my nature to practise it; and my success in it is now as sure as fate. I enter and go down with the water in the very centre of its whirl, and come up again with it when it whirls the other way. I follow the way of the water, and do nothing contrary to it of myself;— this is how I tread it.'

Confucius said, 'What do you mean by saying that you began to learn the art at the very earliest time; that as you grew up, it became your nature to practise it, and that your success in it now is as sure as fate?'

The man replied, 'I was born among these hills and lived contented among them;— that was why I say that I have trod this water from my earliest time. I grew up by it, and have been happy treading it;— that is why I said that to tread it had become natural to me. I know not how I do it, and yet I do it;— that is why I say that my success is as sure as fate.'

The Writings of Chuang Tzu: Book XIX, Part II, Section XII



The word "Aquawareness" represented by the Chinese characters Shuǐ and Wù ("Water" and "Understand")

Back to basic swimming



by Giancarlo De Leo

In recent years, water-based sports, fitness, and wellness activities have multiplied exponentially.

From a business perspective and for advancing the culture of water, this phenomenon is undoubtedly beneficial.

On the other hand, the numerous and varied activities that are currently taking place in the swimming pool often distract human and technical resources and, mostly, even users from achieving the main objective of swimming schools; the one for which they were born, their first and real reason to be ...

This simple consideration leads to a new mission: re-evaluate and emphasize the research and guided discovery of personal aquatic skills, elevating them to the highest level.

Hence the need to refocus on the real goal: that is to say, the consolidation of safety and self awareness **in the water and of the water**; the construction and improvement of the basic and essential swimming skills of each user of the pool.

How to achieve the result? through a series of educational experiences and exercises developed and tested for this purpose in over 40 years of teaching swimming and almost 30 as an instructor trainer.

Unexpected outcomes naturally emerged and far beyond the first aims: the appearance and definition of the contours of a new discipline with unique contours.

Paradoxically, at first glance, it might seem like just another creative attempt to monetize a water-based fitness activity; However, it embodies the heart and the essence of pure swimming:

[Aquawareness.](#)

Giancarlo De Leo

www.aquawareness.net

www.fuorimag.it

www.ocean4future.org

Aquawareness Vs Traditional Meditation



How does Aquawareness compare to traditional meditation in terms of mental clarity

Aquawareness and traditional meditation both aim to enhance mental clarity but do so through different mechanisms:

- **Aquawareness:** This practice utilizes water's sensory properties to promote mindfulness, potentially enhancing focus and reducing emotional reactivity. The active engagement in water may stimulate brain regions associated with attention and relaxation, fostering a unique state of clarity through physical movement and

immersion.

- **Traditional Meditation:** Methods like mindfulness or transcendental meditation primarily focus on stillness and breath control, leading to decreased activity in the Default Mode Network (DMN). This reduction helps diminish mind-wandering and enhances cognitive control, promoting sustained mental clarity over time.

In summary, Aquawareness emphasizes sensory engagement and movement, while traditional meditation focuses on stillness and mental discipline to achieve clarity.

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