

The Desire of Water



One of the most powerful, and often forgotten, remedies that I know of is water. I frequently recommend water, whether hot or cold, orally, and suggest hydrotherapy which is basically water "massage". If you want to do one simple thing to improve your health, it will cost you nothing but time, drink a large glass of hot water every morning when you wake up. It will gently awaken your body and its vital organ systems.

During the early history of medicine, physicians were both healers and poets. Due to a lack of books and libraries, medicine, and medical practices, were commonly taught in the form of poems. It is with respect for that tradition that I have written the "The Desire of Water". In any illness, make water your first medicine.

The Desire of Water

I have memories of the sea;
of being held deep in its depths,
of the sea being part of me.

Why I left the sea I do not know.

When we separated I carried part of it within me,

when I cry

I can taste its saltiness,

when I am still I can feel it moving through me,

and when I listen

I can hear its moaning desire for me.

“And the LORD will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail. Isaiah 58:11

When the science of medicine reaches perfection, treatment will be given by foods, ailments, fragrant fruits and vegetables, and by various waters, hot and cold in temperature. (‘Abdu’l-Bahá, Some Answered Questions, p. 257-259)

Water as a Healer

There is life in a single drop of water. If you look at water, really look at it, you can see its moving, flowing, churning, roaring desire to fulfill you.to satisfy you, to satiate your thirst.to revive your heart, soul, mind, and body.

This planet, and your body, are mostly composed of water. You cannot live without water for more than a few days. If you do not drink water and eat foods that contain it your cells will suffer and die, slowly, then more rapidly. Your tissues will dry and shrink, your organs will fail, and your body will weaken and die.

Water is life, there can be no life on earth, or in you, without it. To sustain our cells, tissues, organs, muscles, bones, skin, nerves, and brain - water should be pure. It should not be contaminated with human waste, synthetic chemicals, petroleum, food coloring, drugs, vitamins, caffeine, refined sugar, or other contaminants. It should simply be - pure water.

Water should be your first choice when you are thirsty. You should not drink water when you are eating, but before you eat, and then not again until your stomach has emptied the solid food that you consumed. You should not drink water after you have gone to sleep.

Water is cleansing, water is a purifier, and water is a healer. Water removes dirt, dust, oil, and bacteria from our skin and hair. Hot it can calm and relax the body, cold it can stimulate, invigorate, and strengthen us. Warm it opens and dilates our blood vessels, it can sedate our sympathetic nervous system, and lower our blood pressure. Cold it closes blood vessels, contracts our tissues, moves blood and fluid out of them, it slows nerve impulses, and reduces pain. The memory of water against our skin invokes our innate healing capacity and releases our self-healing abilities.

Water has many powers. It's touch and temperature affect our nervous system, our brain and mind, our hormones, and every aspect of us from the cells, tissues, organs, and our entire being. From our first days floating within the water of the womb, to the sensual touch of water in our bath, water is our first and most important healer.

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