



MIND AND SOUL, AS CLEAN AS WATER

*“Water; abundant in nature,
a metaphor of purity and neutrality”*

Pure water is clear and almost colorless. It has little taste and is odorless. It is neither acidic nor basic. Many of its properties are or close to neutral and some are used as the basis of scientific measurements such as density and temperature. Water is very significant in nature and is essential to all lifeforms on Earth.

Imagine our souls and bodies as pure, clean, undisturbed water. With clear water, one is able to see right through. One's mind and soul should ideally be in this state, ready to accept the truth. On the other hand, many impurities also dissolve in water. Dirt, pollution, poison, and other things may enter and cloud the mind, rendering one unable to look ahead.

When the mind is turbid, it is filled with things that block one's spiritual vision. One cannot take in the truth until they can cleanse themselves of this murky state. Light is also able to reflect off of water's surface. A peaceful and lucid mind will allow one to see the true reflection of oneself, like a mirror. But a turbulent mind will not give an accurate reflection, and instead may mislead one onto the wrong path.

Think of one's efforts and contributions as molecules of water. The molecules must expend energy to stay active and maintain its liquid state. If one were to become complacent and let others do their work for them, they will lose energy and slowly change to ice. Unlike many other substances, when water turns into a solid, the resulting matter becomes less dense and ends up floating. A soul that has slowed its own efforts down to this point will make it difficult for one to accept God's blessings, now that there is a layer of ice blocking it. One cannot sit idly and expect blessings to reach them; staying spiritually active and nurturing a pure state of mind will keep its fluidity and melt away that barrier.

How clear is your mind? Betcha you'd want it as clean as the next glass of water you'll be drinking.



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