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The architecture of water: Building body, mind and spirit

It is easy to overlook water. As we seek the betterment of our minds and bodies we tend to focus on food, meditation, exercise, prayer and healing, yet the most fundamental element that we need to survive on this planet is the one that gets the least amount of attention. Water, as we know comes in solid, liquid and gas forms and those parallel body, mind and spirit. My talk looks at the practicality of proper hydration and how water makes our bodies better, but also looks at the spiritual nature of water and all its forms and how understanding water creates in us a higher consciousness. I will discuss the exact things that water does to cleanse our bodies including weight loss, healthier skin, alleviating hypertension, etc. We also look at mineral water and how various minerals and trace elements in natural spring waters can have an impact on our physical bodies over time including increased biomechanical functions. I will present various university studies about water hydration and its impact on our physical health. Emotionally, we tend to fear water; topsy turvy waves while on a boat cause us anxiety, we hear about the Indian ocean tsunami and become distressed, rivers flood, banks overflow causing destruction, images of *Hurricane Katrina* persist; all these emotionally charged occurrences have their foundation in our collective past, stories, myths, the flood of Noah, etc. This repetition of legend has conditioned us to believe that water is an enemy, when it is our greatest asset, if properly respected. From baptism, to other religious water ceremonies, to Lourdes France to underwater births and the written records of water throughout human history, I look at how water cleanses and purifies our spirit, washes away our sins, purges and decontaminates us, and makes us new. I look at the history of water in terms of our collective global consciousness and how spirit and water have permeated our lives since the beginning of time.

Biography

Michael Cervin is the author of seven books including *Our World of Water: The Good, the Bad and the Ugly of Earth's Most Critical Resource*. He is Senior Editor at BottledWaterWeb.com—a water industry website and has written for diverse publications including *Forbes*, *Robb Report*, *The Hollywood Reporter*, *Fox News Health*, *Fine Wine and Liquor Magazine* (China), *Decanter* (London), *Old Liquors Magazine* (Netherlands), *LA Weekly*, *Santa Barbara News Press*, *Wine Enthusiast*, *Wine and Spirits*, *Pacific Coast Business Times*, *Draft*, *Sommelier Journal*, *Food and Beverage World*, and over 100 other publications. He writes four blogs, two on travel, one on water, and one on wines and spirits.

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