

Navigating Life's Journey Through Water



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Sketch by Dr. Aparna Das, Atlanta, USA

Life's river" often symbolizes the flow of life itself—how it moves and changes much like water in different forms does, carrying us through different experiences and stages. It suggests that life is always moving, sometimes calm and clear, other times rapid and challenging. Human Feelings and water are synonyms in a way. Feelings are the same as the nature of water. If we observe the creation, we can observe the phenomenon inside us. The metaphor of life as a journey through various water bodies can be profoundly

illustrative of the human experience. If we take a deeper dive into this metaphor, we could see that-

Water Streams represent our beginnings, where the currents are often gentle and the paths straightforward. Like childhood and early life, streams are places of growth where we learn to navigate the world, gather momentum, and gradually shape our surroundings.

Then As life progresses, it becomes like a Water River – wider and deeper, with a stronger current. Rivers symbolize our adult years where we make significant life decisions that steer our course – career paths, relationships, and personal developments. The river, with its bends and rapid flows, mirrors the complexities and challenges we encounter, requiring resilience and adaptability.



*Painting by Ms. Charu Mahajan
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On the other hand, Water Lakes often signify periods of calm and stability in life, akin to achieving a sense of balance and satisfaction in personal and professional domains. Lakes are spaces for reflection, offering a serene setting to ponder life's experiences and gather wisdom. They also represent maturity and the deepening of character, where life moves less turbulently.

Look at the Oceans, The vast and often unpredictable ocean can symbolize the later stages of life or the expansive, uncharted territories of our experiences. Oceans represent depth and breadth, encompassing the cumulative knowledge, emotions, and wisdom gathered over a lifetime. The open

seas can also signify the challenges we face that test our endurance and spirit, requiring us to harness all we have learned from the river and the lake.

From oceans comes the beautiful form of water The Rain. And then Evaporation happens - Completing the cycle. Evaporation and rain symbolize renewal and rebirth. What evaporates from the ocean eventually returns to nourish the streams and rivers. This cycle can represent the legacy we leave behind, influencing new generations and starting the cycle anew.

In this way, life's journey through various water forms serves as a powerful metaphor for understanding our personal growth, transitions, and the inevitable intertwining of beginnings and endings. Each stage, with its unique characteristics, challenges us to adapt and evolve, ultimately contributing to the rich tapestry of human experience.

The energy in one's life needs some direction. When we are happy there is so much life energy in us but when life energy doesn't know where to go or how to go, it gets stuck. So just like water has to keep flowing otherwise it rots, our life has to keep moving.

We need to understand or realise that "life is a way too short to leave the key to your happiness in someone else's pocket. So keep flowing like water.

