



## Chapter 3: The Water Lilies

The pursuit of beauty, harmony, perfection, but also the possession of spiritual or material values, often suggests that **our success depends on the strength of our innermost desires**. It is enough to **wish with all our heart** and to benefit from the abundance that surrounds us. Thus, captivated by the attractions that Life offers us, we become more and more insatiable and insatiable. We want to have all the beautiful things, to taste all the delicious dishes, to try all the pleasures, to learn all the secret knowledge, to enjoy all the benefits. (p.131-132,163,189)

We begin to experience an **uncontrollable passion for life**, which ignites the Fire in us so violently that the "Messenger of the Gods" begins to send us signals more and more often, trying to warn us that we are about to dry up our "Energy Stream". (p.99,102,115-117,175,179)

One day we meet the Love we have been dreaming of for so long. (p. 133) Then, we bitterly realize that while we have ruthlessly plucked the "flowers of life", we have left without water our "Water Lilies" - our deepest desires, with which we now want to enchant and captivate our "new" Love. (p.15,99,111,144,183,190,191) The male and female genitals are like "Water Lilies", in need of care, love and fresh water to renew our lives. When the relationship between man and woman, but also between mother and child, and father and child, is disharmonious and devoid of joy, reciprocity and love, the waters that nourish our "Water Lilies" stagnate and retain more and more toxic metabolites, threatening breast, ovarian and prostate health. Our "Water Lilies" suffer the most from the manifestation of destructive emotions. (p.33,54,112,132)

Excessive sexuality, accompanied by dissatisfaction and insatiability, which feed the appetite for food, emotions and gains, quickly depletes life energy and **leaves the Spiritual pursuit fruitless**. Kidney weakness and cowardice create a "favorable environment" for the development of hormone-dependent malignancies. (p.96-99,106,111,159,133,162,190,195)

If we had realized in time that **in order to receive we must also give, for the simple reason that we do not have enough strength to assimilate all the energy of what is received**. And this is the basic principle of physics and thermodynamics ... We must give at least as much as we receive by deducting the spent energy, which is never lost in Nature. Also, when we spend more energy than we have, we run the risk of getting sick and living on credit because we have spent in advance what we have - our health.

Through deprivation, restraint and abstinence, we could restore the energy imbalance we have created in such a development.

*"For the Love" and "with the Ego" are the two battles we must fight to the death. In the first, Love must win, and in the second, the Ego must lose. In both cases, however, Death is defeated. To win we must learn patience, care, perseverance, faithfulness, devotion, purity, selflessness, humility, faith.* (p. 37,114,133,137,146)