

## Water the environment in homeopathy

Water-environment in homeopathy is one of the 5 environments in homeopathy (water, air, ground, underground, and universe).

Aquatic animals live in this environment and adapt their life to water, in an aquatic or semi-aquatic way.

The aquatic environment has a characteristic image, themes, problems, and physical weaknesses.

### *Spacey sensation*

Feeling "spacey" and experiencing confusion in space and time can be a disconcerting sensation. Individuals may struggle to grasp their place in the world or feel like they are drifting between realities. This dreamlike state can lead to difficulties in focusing on daily tasks, making decisions, and organizing thoughts coherently. The feeling of mental haziness may be exacerbated during stressful situations or periods of emotional turmoil.

### *Absent-minded*

The feeling of being absent-minded and not fully connected to the earthly realm may result from deep emotional issues or unresolved traumas. Such individuals may appear aloof, detached, or emotionally distant from their surroundings and the people in their lives. This emotional disconnection can make it challenging for them to empathize with others' emotions and forge meaningful relationships.

### *Alone*

The experience of feeling alone and emotionally detached goes beyond physical solitude. Emotionally, these individuals might feel a profound sense of isolation and an inability to connect with others on an intimate level. This emotional detachment might be a coping mechanism developed to protect themselves from potential emotional pain or vulnerability. They may struggle to open and express their innermost feelings.

### *Mistakes*

Experiencing frequent mistakes in communication, such as writing, reading, spelling, or speaking, can lead to frustration and self-doubt. This cognitive difficulty might be accompanied by mental fatigue and a sense of mental cloudiness. The struggle to articulate thoughts effectively can affect their confidence in social and professional settings.

### *Forgetfulness*

Chronic forgetfulness and dwelling on the past may stem from unresolved emotional issues or a strong attachment to memories and experiences. These individuals may find themselves replaying past events in their minds, which hinders their ability to be fully present in the present moment. Their preoccupation with the past may also prevent them from embracing new opportunities and personal growth.

### *Nature*

The deep affinity for nature, water bodies, and sensations like waves, flying, or floating suggests a profound connection with the elements. Being near water or in natural environments may evoke a sense of tranquility, freedom, and spiritual resonance. Such individuals might find solace and emotional rejuvenation in these settings, making them important sources of emotional healing.

### *Feelings*

The range of physical sensations and emotions mentioned here can reflect imbalances affecting the physical body and emotional state. Feelings of heaviness and dullness might signify emotional burdens and a lack of vitality. Vertigo and nausea can manifest as physical responses to emotional stress or inner conflicts. Sensations of constriction, dryness, and itching could symbolize an emotional dryness or lack of fulfillment, impacting both mental and physical well-being.

### *Fertility*

Issues surrounding sexuality and fertility are deeply intertwined with emotional and psychological aspects. Concerns in this area may arise from experiences of past trauma, relationship dynamics, or cultural influences. Emotional factors such as anxiety, guilt, or unresolved emotions can play a significant role in the manifestation of physical symptoms related to sexual and reproductive health.

When we see these issues and the possible pattern of the water environment in the patient, we can consider this environment, but also we have to think of a differential diagnosis, for example with air environment, where we also can see spacey feeling, making mistakes and the desire to be alone.

During a case taking when a patient is speaking about a very big and general topic, let's say, superthemes, we always have to see what is the meaning of this supertheme in the patient, how he is dealing with that issue, how it is affecting his life, what is the meaning of the supertheme in his life.

When we listen with open mind we will understand the real meaning of his struggle and immediately we can choose the right environment in the EKAP GPS system.

The 8Essentials are themes that describe the essence of an environment, a kingdom, an attitude, a period, a group or subgroup, and the remedy.

The 8Essentials method is a shortcut in homeopathy that leads us to understand the main characteristics. This is a summarization, which highlights the most important aspects of the monitored part of the EKAP GPS levels.

#### **WATER ENVIRONMENT 8Essentials**

- Spacey, confusion in space and time, light, dreamlike sensation
- Absent-minded, as if not living on the earth, seems indifferent to others
- Alone, detached
- Mistakes in writing, reading, spelling, speaking
- Forgetfulness, mostly living in the past
- Nature, water, waves, flying, floating
- Feelings: heaviness, dullness, vertigo, nausea, constriction, dryness, itching
- Sexuality and fertility

#### **AQUATIC ANIMALS 8Essentials**

- Need for safe and stable environment
- Aggressiveness or depression against a world full of deadly dangers
- Solitude and isolation
- Conflict between independence and need for protection and support
- I am not fed as I would like and I am not understood as I would like
- Love me for my true essence and not for my outward appearance
- Detached sexuality
- Copious discharges: leukorrhea, rhinorrhea, salivation, polyuria, diarrhea, metrorrhagia