

Beyond Aquawareness

Our first perceptions of being in this world were lived with eyes closed, wrapped in amniotic liquid, sensing warmth, limit, the silent dialogue of the body with its element. Emerging toward light and breath, we learned to adapt—first instinctively, then creatively—finding in each new environment a constant invitation to rediscover ourselves.

In water, we re-enter the ancient language of feeling: we do not return to childhood, but to the primordial encounter with limit, breath, awakening. Each immersion is a repetition of the first dawn—horizon of possibility, personal and shared, “strangely familiar and yet forgotten.”

For every newborn, the prenatal period is certainly not an end in itself: it is a preparation, a time of waiting before “coming to light”—and to air, to space, and to time; the transition toward “new air,” toward an expanded perception that encompasses breath, sight, space and time. In that moment, the abilities matured in water become keys to survive, to explore, to grow in the world.

Aquawareness renews this passage: each immersion is a return to the primordial school of the senses, a rebirth of direct corporeal experience, educating and refining us to recognize not only water: but also breath, light, boundaries and natural rhythms, so we can apply this new awareness beyond the aquatic dimension, in the flow and horizons of our terrestrial existence. Aquawareness is threshold, not destination. It is protected space to recreate creative dialogue with the elements, to refine the sensitivity that—already in the womb—was ours, but now must be reconquered as adults.

To immerse means to return to prepare: to rediscover what is anciently known, to relearn it and apply it among sea breezes, plays of light, open spaces, the time of life.

Let every journey in water teach us to be reborn—with curiosity, with the joy of a newborn who knows that their body, finally, is ready to truly breathe, to see, to move. Thus Aquawareness becomes springboard: it prepares us to merge into unity—in the world, in limits, in the freedom of continuous becoming.

The rest is all to be breathed, explored, created: freely, as free as children's colored pencils on blank pages and the diverse trajectories we can draw in water.

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www.aquawareness.net

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NOTE:

This text is to be compared with the 2004 aquawareness intro:

Home – aquawareness

Aquawareness was not designed but emerged through decades of teaching swimming.

Awareness was initially a tool for adaptation in water.

The archaeological research that began in 2004 refined perceptive instruments that, with time, turned out to work quite well even "on dry land."

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