

Giancarlo De Leo's Aquawareness concept, which focuses on utilizing water to boost self-awareness and mindfulness, can be paralleled with various theories and practices across different disciplines:

1. **Mindfulness and Meditation:** Similar to De Leo's approach, mindfulness practices often involve being fully present in the moment and aware of one's surroundings and sensations. This is a common theme in various meditation practices, such as those taught by Jon Kabat-Zinn, who popularized mindfulness-based stress reduction (MBSR).
2. **Jean Piaget's Theory of Cognitive Development:** De Leo's concept of utilizing water as a medium for learning and self-exploration aligns with Piaget's theory, highlighting the significance of sensory experiences in cognitive growth. Piaget asserted that children learn most effectively through engaging, hands-on activities rich in sensory input.
3. **Watsu (Water Shiatsu):** This is a form of aquatic therapy that combines elements of shiatsu massage and aquatic exercise. It focuses on relaxation, alignment, and the therapeutic benefits of water, similar to De Leo's emphasis on the calming and transformative effects of water.
4. **Flow State Theory by Mihaly Csikszentmihalyi:** De Leo's concept of achieving a meditative state through swimming can be related to Csikszentmihalyi's idea of flow, a state of optimal experience where individuals are fully immersed in an activity, leading to a sense of fulfillment and heightened performance.
5. **Traditional Healing Practices:** Many cultures have long recognized the healing and spiritual properties of water. For example, in Indian mythology, the deity Nārāyaṇa is associated with the primordial waters and the first spark of individual consciousness. Similarly, Taoist China views water as a model of perfect behavior and a sublime expression of the phenomenal world.

By integrating these various perspectives, De Leo's Aquawareness offers a holistic approach to swimming that goes beyond physical exercise, promoting mental clarity, emotional well-being, and a deeper connection with oneself and the environment.

Above all, De Leo founded Aquawareness to teach swimming. The most important value of this discipline lies in its practical application. Swimming more effectively allows for proper interaction with an aquatic environment, ensuring greater safety and freedom in water.

Swimming more efficiently can often increase the chances of survival in water.