Water Wisdom 2025

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"Be like water, my friend", is the most famous statement from legendary martial artist and philosopher Bruce Lee. Lee had a library of over 2,500 books, most of them about martial arts, philosophy and psychology. In this poetic metaphor, the essence of his wisdom is revealed:

"Be like water, carving its path through cracks. Be not forceful, but adapt to the object, and you will find a way around or through it. Rivers can take curves without breaking; learn from their flow, be like water."

Its unique properties make water a rich medium for metaphors. We therefore begin our first contribution in the new year not with studies, statistics or expert statements, but with the following thoughts and wisdom inspired by the properties of water:

You cannot cross an ocean by merely staring at the water, only by diving in do you discover the true nature of water - and of life, so plunge in! Water knows no boundaries, neither does the spirit. When things get difficult, remember that a calm sea has never produced a skilled sailor, swimming is not learned on dry sand.

A single drop can make a barrel overflow, wake a wave, or fade silently into the ocean - the decision about its effect on you lies with you alone. You decide whether the glass is half full or half empty, whether the sky weeps or applauds the earth.

A good person is like water, which benefits all beings and does not compete, as it is said. There are moments to simply drift, but only dead fish do that all the time. Never miss the moment to swim against the current! Flow like water, malleable yet unconquerable, be humble like a drop and powerful like an ocean. One recognizes a person's character by the waves they leave behind, yet the wave itself usually does not know its own power until it hits the shore. If you think you cannot control or overcome it, learn to ride it and keep sight of how it shapes the shore.

Keep your curiosity, beneath the surface awaits wisdom that only the diver knows. There are

many who preach "healthy water" but drink tap and mineral water. You can hand water to any of them - with a clear conscience and the good feeling of doing something good. Stay critical, "stay truu", to a sparkling year with lots of joy!

Share the link to the truuinfochannel and help others gain access to a unique information source on the topic of water with over 180 links to studies, expert statements, videos and explanations about the most important elixir of life, the origin of all life - water.

It's good.
to be truu.