from David Spangler, www.davidspangler.com, January 2014:

I'm posting the following story at the request of a water spirit I encountered four or five days ago. I've held off sharing it partly because of the holidays and partly due to wanting to make sure that it was a valid contact. After some reflection, I believe that it was.

I haven't had an experience quite like this one before. I had just filled a glass with water from the tap, and as I was lifting it up to drink, there suddenly appeared in the water in the glass a small being that identified itself as a water spirit. It spoke with great urgency and passion and said, in effect, "When you use water, please send loving, healing, and uplifting energy (Light) to the kingdom of the water spirits for many of our kind are suffering and are under siege from the continuing and increasing pollution of water by humanity. We need your support and blessing from which we can draw strength."

This was a heartfelt appeal, and I had an image of water spirits in rivers and in the ocean trying to cope with the disruption of their environment by all the ways we are polluting the water. I felt a concern, even a despair, on the part of this little being that there could come a time when pure or drinkable water would be a rarity, and all life would suffer.

The sense I had was that many water spirits were weakening under the onslaught of the toxicity that human beings dump into their realm--not that they are poisoned themselves but that their contact with the water is weakened and they are driven back, so to speak....it's hard for me to explain.

But the request seemed to suggest that if we sent love and Light and gratitude and good subtle energies to the spirits of water, that they could draw on that to renew their strength and energy in trying to keep the etheric and energetic qualities of water clean and strong.

As I said, I've never had an experience quite like this, and I wanted to sit with it for awhile before sharing it to make sure it wasn't my imagination. I'm not an alarmist, but the appeal of this being was so heartfelt that now whenever I pour myself a glass of water or take a shower or bath, I tune in to the realm of water spirits and elementals and offer my Light and blessing and strength.

I'm passing it on should you like to do the same.