Reflections on how to be Pure Water

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March 12, 2025

There are two ways to get pure water: one is to be connected to the flowing source; a spring, stream. Always pray, always include Heavenly Parents in every situation, ask advice, be united with True Parents.

The second way to get pure water is to filter. You can filter what is coming out of you or what you are taking in. If you remove the impurities, then you have pure water, or at least clean water.

Especially when so much is coming at us so fast in the realm of news and social media, we need a filter. You can't go picking over every detail, you'll go crazy if you haven't already. I know I feel more than a little overwhelmed lately.

Some simple filters

You can disregard anything that blames others for problems. Taking responsibility oneself is a hallmark of pure water. Complaining about others is a waste of oxygen. Identifying the problem is necessary to solve it, however, there is another trap here. If we identify the problem as being others, then our solution will be to get rid of them. This could range from cancelling them, locking them up or killing them. This has never worked. Getting rid of an unpopular leader often leads to a worse leader taking over.

For that reason, I immediately stop reading an article if it's just focused on blaming someone. For example: the solution in Gaza isn't getting rid of the Israelis or the Palestinians. The solution to a better America isn't eliminating one of the political parties.

Equally, I ignore stances or ideologies that need someone else to be wrong to justify their beliefs or actions. Always needing someone to blame is a sure sign of this. Communism is one example, but certainly not the only one. This attitude can be found almost anywhere. Every petty dictator has a boogey man they bring out to justify themselves.

You don't need to look at their arguments in detail or follow their logic point by point. If they can't take responsibility for their own actions, it's bs (for want of a better word). Pure water always seeks to do the right thing, no matter what others are doing.

What does work is to identify the problem, acknowledge your part in it, and determine what you are going to do to solve it, and how you are willing to work with others.

Filter out blame and what's left is taking personal responsibility.

Filter out complaint and what's left is gratitude.

Filter out getting rid of people and what's left is how we can solve this problem together.

Pure water seeks to benefit all.

Don't drink dirty water. Don't give dirty water to others.