



# Undines: Lessons from the Realm of the Water Spirits

By William R. Mistele

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Undines—from the Latin root *unda*, which means “wave”—are water elementals, or spirits of the water world. Like their fellow elementals—salamanders (fire), sylphs (air), and gnomes (earth)—undines are united with, and personify, their element. First mentioned in the alchemical works of medieval botanist Paracelsus, undines appear throughout European folklore. Who are these mysterious creatures of lakes, oceans, and waterfalls?

*Undines* takes readers directly into the water spirits’ realm through stories, personal encounters, and interviews with such luminaries as Istiphul, the undine queen whose presence embodies the magical essence of the feminine. Whether seen as fact or fairy tale, *Undines* presents archetypal truths and insights into human nature. The powers and abilities that undines display are latent in us all and crucial to humanity’s evolution (or mere survival): harmony with nature, empathy and compassion, a deep capacity to love, and a cooperative rather than combative relationship to the world. *Undines* will appeal broadly to readers of mythology, fantasy, and fairy tales, particularly to practitioners that work with nature spirits and elemental beings—Druids, Wiccans, pagans, and those interested in magic and mysticism.

## Undines: Lessons from the Realm of the Water Spirits By William R. Mistele Bibliography

- Sales Rank: #1217431 in Books
- Published on: 2010-07-06
- Released on: 2010-07-06
- Original language: English
- Number of items: 1
- Dimensions: 8.99" h x .67" w x 6.01" l, 1.10 pounds
- Binding: Paperback
- 320 pages

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### Editorial Review

#### Review

“*Undines* resonates with an uncanny combination of timely relevance and timeless wisdom. This book's message is powerful and inspiring.”—Philip Carr-Gomm, author of *The Druid Way* “A unique and entertaining vision of the elemental realms. *Undines* presents us with a fascinating glimpse into the author's very personal relationship with the universal underpinnings of reality. This book will undoubtedly inspire a deeper respect and affection for the intelligent forces of nature.”—Rawn Clark, author of *A Bardon Companion* “William Mistele not only articulates how mermaids see humanity, he helps us develop their inner connection to rivers, lakes, and oceans so that our love of nature becomes as deep as theirs.”—Rich Budnick, author of *Hawaii's Forgotten History* “By revealing the mysterious life of the sea through personal encounter and dialogue, William R. Mistele gives undines, mermaids, and water spirits the serious attention they deserve.”—Caitlín Matthews, author of *Singing the Soul Back Home*

#### About the Author

William R. Mistele has devoted himself to the study and practice of many of the world's spiritual traditions. Since 1975 he has been a student of Franz Bardon's teachings on Hermetic magic, a system of training that includes the evocation of and communication with nature spirits. He holds a BA in Philosophy from Wheaton College and an MA in Linguistics from the University of Arizona. He lives in Honolulu.

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Playing with family in a very park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love *Undines: Lessons from the Realm of the Water Spirits*, you can enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't buy it, oh come on its called reading friends.

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