

## Iguazu Waterfall cleansing

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Today I saw several hummingbirds feeding. According to the book "Animals Speak" it is a symbol of freedom and joy. Relates to my travels. And also to the Wednesday Gathering this week on Polyamory as self Determination.



This week I am in Iguazu Argentina visiting the famous [Iguazu Waterfalls](#) here. Here is the triple border of Paraguay, Argentina and Brazil and is surrounded by national parks in all directions that

have preserved the rain forest since 1932. I arrived in Este Paraguay - which is a border town famous for smuggling and discount goods - though sometimes the brand name goods are knock offs. There was a wild west, almost criminal air to the town. Next day I took a taxi ride the few miles to Puerto Iguazo in Argentina and went through three counties in less than an hour - my passport got a workout with 4 entrance/exit stamps. This part of Argentina is much more affluent than Paraguay - with most of the business being tourist related.

It rained all day but I didn't let that stop me going to visit the waterfall. It didn't matter because in the boat trip we got so close to one of the water falls that I got soaked anyway! The power of the water is immense here - I really felt a connection to Mother Earth with the water and the rain forest together. There are many walkways around and on top of the falls - actually there are about 290 water falls in all arranged in a horse shoe over 2700 feet long. The river above the falls is really wide here. I was able to walk to within feet of the top of the waterfall called The Devils Throat - which is 270 degrees of thundering water. As I stood there, getting "rained" on by waterfall mists I visualized all the toxins in my body draining out to the ground just like the water cascading down by me. It really worked well to drain my sinuses and help me to relax!