



Undines: Lessons from the Realm of the Water Spirits

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.

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