

# THE GATEWAY OF RHYTHM

**T**HE THEME OF the July/August 2003 issue of *Resurgence* was 'A Time to Heal', the title of an article by HRH Prince Charles. In it he asks, "The industrialisation of Life will be a global obsession ... will there be enough local insurrections to slow its progress?" On this question hinges our survival. We must learn to apply the discerning wisdom nature has invested in us to sanely invent and design our niche in the world.

John Wilkes, in his introduction to *Flowforms*, states: "This book is directed to those people with an open mind, who are interested in our environment and are willing to admit that it is in need of our active support and participation and thus, in its own terms...the more subtle aspects which nature is trying to show us, if only we are willing to see."

Our Earth is a conscious living intelligence with which we have a reciprocal connection; we are the consciousness of this Earth. If we can trust this intelligence, it will teach us what we need to know. This is *memoria naturae*, nature remembering itself.

With extraordinary depth of

**Maggie Lee** discusses the life-enhancing qualities of water.

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**Flowforms:  
The Rhythmic Power Of Water**  
John Wilkes

*Floris Books, UK, 2003, £16.99*

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vision, Wilkes shares more than thirty years of accumulated ideas, experiments, experiences and creative, innovative designs with water. This he learned from trusting nature. Wilkes reveals that "water is the element of movement, functioning in nature as universal mediator. Everything living is inevitably dependent upon water...the physical carrier of rhythm."

This theory inspired Wilkes to enquire whether rhythm could, in conjunction with specific surfaces, have influence upon nature in a potentiating sense, and be supportive in a healing and harmonising process.

Thus, he discovered the flowform, "a vessel, by virtue of its proportions, capable of inducing rhythms in the water streaming

through it." This vessel, generally ovoid in shape, has a narrow entrance and exit which create a resistance, inducing an oscillating figure-of-eight movement. Flowing into alternate sides, whorls or vortices form, folding the water upon itself, oxygenating, enlivening the inner mobility of its many surfaces, the basis of its vitality, its freshness.

Wilkes believes that "water is an element that sacrifices itself entirely to its surrounding. It comes under the influence of gravity and levity and due to these polar opposite agencies, it moves. Life moves within it and it moves within living creatures and those movements are always rhythmical. Rhythm is a gateway; a medium by means of which life can flourish. It becomes manifest physically as the phenomenon of metamorphosis."

Certainly, this book — which benefits from many photographs and illustrations — can sensitise our awareness to water, amplifying our experience of it, while teaching us also of the relationship between our thinking and inner flexibility. ●

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*Flowform complex, commissioned by Henry Nold of Darmstadt as a celebration of the life of Viktor Schauberg*