

Why are Waterscapes so Magical?

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I think we can all recall at some point in our childhood the fascination we had with the discovery of water and the life it supports and holds. It was like exploring another world full of creatures and movement that were unexplainable to us and that made us wonder how all this is happening, where does this wonderful liquid come from, what's going on in there? I remember playing for days on end in the local creek and dam and we would take off and maybe be back late for dinner full of stories of our latest discovery.

So why are we drawn to water?

Water is healing... it's what we are born from and what we must have as the ultimate basic element to exist.

This element of life has a great impact on our well being and our environment, to be mindfully conscious of how we incorporate and interact with water in our living spaces has a direct relationship on our wellbeing both physical, mental and spiritually.

Falling water generates anions or negatively charged ions. There are lots

of anions found in the air of forests, around waterfalls and water features, and at the beach. When people come into contact with these sorts of environments, they feel refreshed as these negative ions actually help to alkalise our blood, stabilize our nerve system, reduce blood pressure and increase oxygen delivery to our cells.

Anions are nearly non-existent in an office, where as there are up to 20000 particles/m³ found around waterfalls.

To create a water feature that rings true to our DNA requires a creativity and a still mind that recognises the beauty of the natural chaos that you discover in the creeks and waterfalls of our still wild areas. Although never touched by hands, these wild creeks feel right, the rock placement is perfect, the way the water moves and falls is quite simply just right.

This organised chaos we cannot really describe, it simply rings true with us on a primordial level, and it feels right to our senses and supports our well being. In the same way I like to

think we build liquid fire; a waterfall or creek will draw you in to a primordial place in the same way that quietly watching a camp fire burn does.

No matter how dry our environment is, we will always want to live near water, it's in our DNA. A living pond or waterfall is a perfect way to accomplish this.

There are many ways to incorporate living water in your environment. They are multi-faceted; you can also grow edible aquatic plants in them.

Something as simple as a pond less waterfall in a courtyard or a natural swimming pool that supports a healthy ecology (both beautiful to look at and refreshingly natural to cool off in – with no harsh chemicals) takes us back to those childhood experiences as we once again discover the wonder of what we are made of.

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