

# Contents



<i>List of Figures</i>	viii
<i>Acknowledgements</i>	ix
<b>Introduction.</b> An Environmental Puzzle	1
<b>Chapter 1.</b> Moving to the Beat of a Marine Environment	19
<b>Chapter 2.</b> Daily Motions of Merging and Separation	35
<b>Chapter 3.</b> Lunar Motions of Growth and Regeneration	54
<b>Chapter 4.</b> Creating Tableaus of Moving Beauty	76
<b>Chapter 5.</b> Nurturing Flows between Hands That Let Go	112
<b>Conclusion.</b> Calamity, Sacrifice and Blessing in a Changing World	149
<i>Appendix. Words of a World in Motion</i>	175
<i>Glossary</i>	183
<i>References</i>	210
<i>Index</i>	219