

8/21/16 Readings: Rhythm and Balance in Relationships

“We are dynamic relationship activities.”

Balance:	<i>Equal, to keep oneself in equilibrium, poise, stability, steadiness</i>
Rhythm:	<i>Beat, pace, tempo, time, measure, symmetry, pulse, movement, regularity,</i>
Relationship:	<i>Trinity, association, affiliation, rapport, bond, liaison, link; affinity; connection</i>
Communication:	<i>Creation, conception, design, pattern, sound, movement, expression</i>
Acceptance:	<i>To receive willingly</i>

Spiritual Partnership, Gary Zukov

“Spiritual partnership is partnership between equals for the purpose of spiritual growth.”

A new type of human relationship is replacing every old-type relationship. This new type of relationship is designed for the new multisensory human who is creating authentic power [versus external power].

Friends are limited to the perspective of the personal. They are offended or comforted by the actions of one another without exploring the origins of their offense or comfort, They approve (judge) or disapprove (judge) one another. Frightened parts of one personality interact with frightened parts of others. Friendship is being replaced with a new, more spiritually accurate relationship that is designed for, and serves the evolution of, multisensory [or meta-sensory] humans.

Spiritual partners journey into their deepest fears—their experiences of powerlessness—with the intention to heal them completely. Individuals in pursuit of authentic power are as courageous as the mightiest warriors, but their goals are different. Their purpose is to recognize the armor they wear (such as irritability, righteousness, superiority, and inferiority) and resolve it, to find the weapons they hold (such as anger, jealousy, and vengefulness) and put them down. This is the spiritual path.

Friends fear painful interactions. Spiritual partners take responsibility for their experiences and use them to learn about themselves. Friends don't rock the boat. Spiritual partners love to swim. Friends construct comfort zones. Spiritual partners align their personalities with their souls.

Equality: In his book, Gary tells a story about his father's antique balance scale which was used to weigh diamonds in his jewelry store. After describing the scale, he goes on to say “a delicate pair of tweezers lay beside the block, and was used to place a diamond onto one of the trays and weights onto the other, one at a time, until the needle pointed directly downward to center. When both trays were empty, they were level with one another. When a diamond was placed in one tray and its precise weight was placed in the other, they became level again. Only then, at the point of perfect balance, did the long needle point vertically and precisely downward. When either tray was above or below the other, the imbalance was obvious. Perhaps a digital scale could weigh the diamond more precisely, but it would require calibration to insure accuracy. My father's scale does not have this problem. The trays are in perfect balance, full or empty, or they are not. If they are, balance is evident. If they are not, so is the imbalance.

Equality is like that. It exists or it doesn't. In order to see if you feel equal with another person picture yourself on one tray of an imaginary diamond scale large enough to hold people and picture another person on the other tray. If the trays are level, you are equal. If they are not, you are unequal. Your physical weight and the weight of the other person do not affect the positions of the trays as they would on a real scale. For example, you may discover that when you put a child on the other tray, your tray, surprisingly, goes up as though the child weighs more than you, or that when you put someone who is heavier than you on the other tray, your tray goes down as though you weigh more. That is because when you feel superior your tray is always higher than the other tray (you look down on that person). When you feel inferior your tray is always lower (you look up to that person). People who feel superior in general (or entitled) live on a tray that is always higher regardless of who is on the other tray. On the other hand, people who feel inferior (for instance, need to please) find themselves on the lower tray no matter who is on the other tray. They look up to everyone.

The slightest experience of superiority or inferiority upsets the balance, and one tray sinks below or rises above the other. The scale always shows your balance (equality) or imbalance (inequality). It is your personal scale. It does not show you the experiences of others. They have their own scales.

...I often discover that my scale is out of balance, no matter how shocked I am at each discovery. The more I explore the frightened parts of my personality, the more I see how superior some of them feel toward women, people who are older, people who are younger, and people who believe, speak, or appear differently than I do. It is a jolt to me to find that the frightened parts of my personality are prejudiced in ways that I abhor, but they exist and until I became aware of them, I could not challenge them and they determined my actions. Feeling superior or feeling inferior is a message to you that a frightened part of your personality is active and determining your sensations, thoughts, perceptions, and intentions. If you picture your scale, it will reflect this. You cannot express or experience equality when a frightened part of your personality controls you.

Your scale does not compare or even register characteristics of personalities. It shows you whether you are relating to a personality or to a soul. All personalities are unique, and so none are equal. When you perceive an individual as a personality, your tray rises or falls. When you perceive an individual as a soul, the trays on your scale are level. You cannot be almost equal. The difference between equality and inequality is the difference between love and fear.

Equality is a delightful experience. When the trays of your scale are level you walk in a friendly world. You enjoy people, and they enjoy you. When you are equal you are open, appreciative, relaxed, and comfortable. You share easily without second agendas, laugh easily, and are present.

Equality is the perception that nothing in the Universe is more precious than you and nothing in the Universe is less precious than you. Spiritual partnerships require it, and spiritual partners help one another develop it.

Creating authentic power is an interior process. Only you can become aware of your emotions, consult intuition, respond instead of react, and consciously shape energy into matter with your [higher] will.

Meaning and Purpose: Traveling in the direction that your soul wants to go fills you with meaning. Traveling in other directions diminishes meaning in your life. The intentions of harmony, cooperation, sharing, and reverence for Life take you exactly where your soul wants to go—toward people, life, health, fulfillment instead of satisfaction, and joy instead of happiness.

Intimacy that comes from Integrity: Integrity is honoring the needs of the healthiest parts of your personality. Integrity is different from conscience. Conscience is the sense of what you *should* do in order to honor the expectations of your culture, peers, or family. If you do not “follow your conscience” you feel guilty. Integrity means wholeness and it opens the door to intimacy.

Compassion for Yourself and Others: If you are unable to distinguish between frightened and loving parts of your personality, you will not be able to distinguish between frightened and loving part of other personalities either. A “passion to protect the environment,” for example, may come from love or from fear. When I stood in clear-cuts that extended as far as I could see and hated the timber industry, my passion came from fear (powerlessness). When I am grateful for Mother earth, my life, and awed by the exquisitely beautiful ecology around me, my passion comes from love. Compassion comes naturally when you can experience [and accept] all of your passions (frightened parts of your personality and loving parts of your personality) and realize [and accept] that others have frightened and loving parts of their personalities, too.

D. Chopra: Suggests we bring these three qualities to our relationships: attention, affection and appreciation. Attention is deep listening with the heart. Affection is deep caring with tenderness, beauty, and love. Appreciation is deep noticing, of seeing the soul or the divine spark in another.

Rhythm and Balance in our Relationships (to self, others, all)

A Simple Rhythm for a Profound Spiritual Life, Sheridan Voysey

I recently asked a group of 20-somethings to list all the things God calls us to do. ‘Have faith,’ said one person. ‘Pray’ said another. Go into the world, befriend the lonely, heal the sick, share the gospel and work for justice soon followed. ‘Those are all worthy things to do,’ I said. ‘But have you ever noticed that when Jesus called his earliest followers he didn’t call them to do any of those things? Instead, he called them to do two things and two things alone.’ Here are those two things. If we grasp this simple rhythm and live it wholeheartedly, it will result in a spiritual life that transforms us and the world.

*Jesus went up on a mountainside and called to him those he wanted, and they came to him. He appointed twelve – calling them apostles – that they might **be with** him and that he might **send them out** to preach [expound] and to have authority [authentic power] to drive out demons [fears]. (Mark 3:13-15)*

‘That they might be *with* him.’ ‘That he might *send* them.’ Being with. Being sent. With-ness. Sent-ness. The call of Jesus is a call to a *two-beat rhythm of life*:

Being with him in prayer and devotion. *Being sent* from him into the world in action. Being with him provides space in our lives for prayer, solitude, contemplation on Scripture, rest. Being sent from him gives us a mission in life through daily tasks of love. In *being with* him we love God. In *being sent* we love [god] in our neighbor [others].

Discussion: consider this call to a two-beat rhythm

- spirit and form
- inner and outer
- night and day
- involution and evolution
- inflow and outflow
- raising our energy and vibration
- service through uplifting humanity

Activity: Getting conscious about the rhythm of your daily life.

Consider your day from waking up to going to bed (6am-10am; 10am-2pm; 2pm-6pm; 6pm-10pm)

Look at your routines and patterns, your activity, the chaos and the order; your pauses, and stillness.

Draw a wave or pattern that reflects your daily rhythm

- *Consider how you physically move through your morning, afternoon and evening*
- *What routines and patterns stand out?*
- *What quality of thought are you engaged in?*
- *What is your emotional state?*

Now, draw a pattern that reflects your partner’s or your pet’s daily rhythm, or draw your ideal (balanced) daily rhythm and patterns.

5 Rhythms

Gabrielle Roth's 5Rhythms is a map of how energy flows—through the body, through our lives. 5 Rhythms is a movement meditation practice, an ecstatic dance, with no steps to learn, no one right way, just fantastic music that keeps calling you to dance, and guidance to take you beyond inhibition into expansion.

1. Flowing: the state of being receptive and flexible. Teaching us to free the body, connect with the earth and experience the power of being. When this energy becomes stuck we experience inertia, an inability to get going and resistance to change.
2. Staccato: is rhythm of action. It brings clarity and direction and establishes boundaries. This central teaching of staccato is the expression of the heart, how to free the emotions to experience the power of loving. When stuck this energy becomes rigid and we become inflexible and controlling.
3. Chaos: the dance of surrender. The practice of riding life's unpredictable and ever changing waves, whilst holding a deep sense of purpose, presence clarity and balance. It enables u to release from the clutter of our thoughts, teaching how to empty the mind, how to open to intuition, and the power of knowing the Self. The shadow of chaos is loss of clarity and balance. The stuck energy leaves us ungrounded, confused and unable to cope with life.
4. Lyrical: the dance of lyrical holds a lightness of being. It is the intertwining of the maturity and responsibility of the adult with the creativity, playfulness and fascination with life of the child. It is the energy of the soul which manifests as we learn to bring body, heart, and mind into alignment, enabling us to experience the power of insight. Its shadows disconnect us from reality, leaving us spaced-out, with big dreams but no capacity of manifestation.
5. Stillness: From lyrical, we drop down into the dep meditation of Stillness. When this energy becomes stuck, we feel deadened and numb. But when moving fully it takes us to the still point at the center of our being, revealing our unity with the infinite and offering the experience of the power of healing.

From: "In Bristol with Bernadette Ryder " (web site: in-rhythm.com/5-rhythms-dance/)

*We have come to be danced
not the pretty dance ---
not the nice invisible, self-conscious shuffle,
but the matted hair flying, voodoo mama
shaman shakin' ancient bones dance,
the strip us from our casings, return our wings ---
the shed dead cells and slip into
the luminous skin of love dance. ----
(The) Free Free Free dance
the everyone can come to our heaven dance.
We have come to be danced
- Jewel Mathieson*