

8-28-2016 Readings: Rhythm and Balance in Spiritual Life

Sharon Janis, Author and spiritual teacher

Spirituality goes deep into the heart of every matter and extends far beyond the physical world of matter. Spirituality connects you with a profoundly powerful and divine force that's present in this universe and in yourself. Whether you're looking for inner peace or supreme enlightenment, no knowledge can propel you to achieve your personal goals and provide as effective a plan as does spiritual knowledge. Spirituality is the stream of Wisdom that flows through your very own being and guides you on your path. Spirituality is the wellspring of divinity that pulsates, dances, and flows as the source and essence of every soul. Spirituality relates mainly to your personal search and connection with the divine as you look beyond outer appearances to find deeper significance and meaning.

From *Shine Forth*, by William A. Meader

Every human is destined to become a spiritual magician. The soul evolves over vast periods of time, and its ultimate goal is to creatively express itself through a cooperative personality. By doing so, it influences the outer world through its power to magically uplift. This is the core purpose behind human evolution. For this reason, each and every human being will eventually become a spiritual magician. The evolution of consciousness demands it be so. As an individual evolves over countless incarnations, there is a point at which the soul is inwardly sensed for the first time. Though this touch of the soul is fleeting, the individual is changed by the experience, for he or she now knows the soul exists within. Up to this point, faith in the soul has been the assurance of one's immortality. Yet due to this fleeting glimpse, there is now experiential proof of the soul's existence.

There is a pulsating ebb and flow to the etheric field, as well as the etheric bodies of those within the field. When the etheric body of a human being is in a condition of vitality, that person will be particularly alert and animated. This is an indication that the etheric body is in a condition of heightened activity. When in the lower part of the cycle, the person will be exhausted and non-productive. In terms of the magical work, these cycles are crucial to understand and detect. They are operative not only within the magician's etheric body, but also within the etheric field. Disciples have a responsibility to develop sensitivity to the question of timing. Importantly, it is a question deeply related to the condition of the etheric field. The degree of vitality evident within this field is the defining ingredient in this regard. It has been said that nothing is stronger than an idea whose time has finally come. When the structure of language is designed by the soul, the sentences expressed are occultly called *words of power*. Their power is essentially vibrational in nature. When sounded forth, their potency is established by several variables of communication. The sacred nature of word and language can be readily detected in the Christian view that the creative power of God is in the *Word*. The same idea is also found in the East when we learn that Brahman sang the universe into existence. Such mythologies hearken to the same notion. That is, the creative process is founded upon the principle of outwardly expressed sound. If done with intuitive skill, the effect will alter the energetic condition of that field; it will impregnate the environmental web with a loftier vibration. The vibrational seed will begin to germinate, and eventually give birth to a newer and higher vibration within the etheric field itself. In other words, the environmental etheric web will gradually adjust itself to the higher note that is germinating within it.

The Midway Point within the etheric cycle is the key to successful creative work. In truth, this middle point of vitality is where the magical moment is found. Admittedly, this may be surprising to some. The natural assumption is that an environment will be the most receptive when the etheric web is at its high point of vitality. Yet this is rarely the case. Instead it's when the etheric field is at its moderate level of vitality that receptivity to the magical message is most opportune. Evolution proceeds when extremes are reconciled and harmonized into a balanced condition.

***The Creative Sound* Torkom Saraydarian**

Rhythm comes into being when the spirit or energy tries to manifest regularly through matter. The measured resistance and response of the matter creates rhythm. When spirit acts, matter reacts for a given time until it enables itself to respond. These regular responses create rhythm. Thus, through rhythm the spirit manifests. The change of rhythm is the change of response of matter. Man creates rhythm according to the level and the

substance in which his consciousness is anchored. He has a rhythm of responding or reacting to impulse of his Soul, or the impulse of his spirit. His responses have various patterns or rhythms that he uses to spread the influence of the spirit. Pulsations of atoms and cells on any level are rhythmic in expression. They are formed by the rhythm of exchange of time between matter and spirit, consciousness and matter, Soul and personality, a leader and a group. Synchronization of rhythms is the path of cooperation.

In our spiritual life, we have rhythm of praying, meditating, reading, and creativity. Rhythm creates a condition in which transference of higher energy becomes possible. It creates a whirlpool (spiral) between the physical and higher spheres through which the higher contacts the lower, bringing in energy and various blessings. When the rhythm is not regular, the whirlpool slowly disintegrates and vanishes. Rhythm is cumulative. The benefits accumulate, improve, and increase. If one does regular meditation every day, in one year's time he builds those mental apparatuses that serve as transmitters for higher ideas, visions, inspiration, and revelations. Higher forces are very rhythmic and always make themselves available in the same moment each day. The law of rhythm is everywhere in the Universe. The evolutionary force works with rhythm. In establishing a rhythmic living in our life, we synchronize with the rhythms in the network of energies.

Reclaiming Spirituality Diarmuid O'Murchu

Spirituality is written into the weaving and unweaving tapestry of evolution and creation. Our prehistoric ancestors behaved spiritually because they remained connected to the cosmic womb of life which itself is innately spiritual. And it is only by reconnecting with the primordial source—as millions are striving to do today (though often in confusing and contradictory ways)—that we can hope to regain our spiritual, planetary and cosmic dignity as a human species. The divine meaning of creation is not derived from us, humans; creation itself is the source and wellspring; we, humans are the derivative species! The spiritual story itself is much more powerful and coherent than any text-book definition or description of spirituality. When we reconnect with that source of pregnant meaning we come to understand the yearnings of the past which are also the ones that arise spontaneously in our hearts today. (A continuous movement and flow). We reconnect with that sense of purpose and meaning in our lives, in the process of which we seek to transcend the immediate boundaries of our here-and-now experience.

Constance A. Jones, Ph.D. "Modern Esoteric Movements and Integral Consciousness"

The impulse toward integral consciousness originates from a higher level of ourselves, a level that is esoteric, hidden or inaccessible to us because we habitually identify with a surface consciousness that is fragmented, isolated, and alone. How do we search for this authenticity, this integrity of being? One fundamental esoteric principle is that we are not alone, that there exists a locus of conscious energy that calls us and speaks to us through the diversity of forms we call "art," "religion" and even "science," provided we know how to listen with a more whole, integral self. We have not understood and what is problematic is that the attention we bring to these areas of interest is always insufficient because it is always the same fragmented attention we occupy daily in our ordinary state. Attention is not theoretical but so long as it evades itself, allows itself to become absorbed in its various momentary interests to the exclusion of its integral potential, we necessarily suffer the consequences of a fragmented and incomplete existence.

All of these impulses constitute a desire for a religion or a teaching that makes a difference in our everyday lives. It is not enough to be a nominal participant in a faith-based institution. Spending one hour on Sunday morning in church, going to High Holy Days each year or observing Namas each day does not satisfy one's state of being. To change, to transform, to transmute, to integrate, to individuate are processes that require more than nominal allegiance. They require diligence and energy. Jacob Needleman has said, "What we find in these movements is the hope of a worldview for modern people, a sense of the wholeness and purposiveness of reality within which the individual human beings are called to discover their own natural place, bringing with them everything of their minds, hearts, and instincts. This impulse has virtue of joining the inner life of each person in all its possible levels to the world of nature and beyond, even to the Highest." In these ways, the deeper aspects of the new religious phenomena represent the reemergence of esotericism in our time and contribute to the foundations of integral consciousness.

Thomas Berry's Earth Spirituality and the "Great Work" by Andrew J. Angyal

According to "geologist" Thomas Berry, if there is no spirituality in the earth, then there is no spirituality in ourselves. The earth has had an intrinsic spiritual quality from the beginning which finds a distinctive expression in the human mode of being. According to Berry, The Logos or reason of science must be balanced with a healthy life-affirming Mythos, or Story embodying a poetic and spiritual appreciation of the Earth. The Earth is the source of our spiritual energy, which needs to be expressed in a nurturing and healing mode. We need a new understanding of human nature as the "understanding heart of the universe" or "the consciousness of the world." We need to renew our communion with the spiritual forces out of which we were born. We need new spiritual expressions, metaphors, poetry, liturgies, and meditations for a spiritual transformation to take place. Humans must come to understand that they are but one manifestation of the dynamic ebb and flow (rhythm) of the creative energy of the cosmos, which Dante and Rumi called "Love" and which draws everything unto itself. The soul is that vital principle in a living organic body and all living beings are ensouled beings. The difference is that "humans have an intelligent soul," a soul that is capable of reflecting on itself and the universe. Thus "the universe knows itself in us."

Additional Reading

Thomas Keating *Esoteric Christianity: Two Kinds of Religion*

There is another side to religion which is very often overlooked: The esoteric or inner core that invites us to actually experience divinity within ourselves. This esoteric core is almost entirely composed of vivid (and occasionally enigmatic) descriptions of spiritual devotion, transcendent truths, and timeless realities. But there is so much more—esoteric spirituality represents a very real technology of transformation, offering profoundly enriching practices of meditation and prayer to help us experience these things for ourselves rather just taking it as a "matter of faith." Every religion was founded by a mystic who had a direct experience of spiritual reality, whether we are talking about Christianity, Buddhism, Islam, Hinduism, Sufism, or any other major spiritual tradition. And yet, many people in today's world go their entire lives without every hearing about these aspects of religious experience. Many do not recognize the rich legacy of esoteric spirituality that exists in their own tradition hiding right in plain sight—simply because we are too close to our own cultural preconceptions, too burnt out on the mythic dogma of our childhood, too alone in the dark without anyone pointing us in the right direction.

Once we have tasted the esoteric waters, we usually intuit that this very same esoteric core is shared by all religions. We begin to recognize these timeless teachings in our own native tradition, allowing us to "come home" to those teachings with open eyes, open hearts, and open minds. The central problem of religion today is that our exoteric religions have become damaged, painfully decoupled from history's ceaseless march toward more novelty and more complexity. Because of this failure to grow and adapt, a great disservice has been done to the modern and post-modern God and a great many people have dug their trenches in a perceived war between science and religion. The goal is not to supplant exoteric religion with the esoteric but to create healthy institutions that can continue to carry and transmit the esoteric teachings into the modern and postmodern worlds. We need to revive the esoteric teachings at the core of all religion for an entirely new generation of spiritual seekers, practitioners, and church-goers. By bringing the transformative practices of contemplation, meditation, and prayer to the forefront, we can begin tapping into a very real technology of liberation, offering an alternative to blind faith by allowing people to experience for themselves the effulgent (radiant) divinity of the world, of our relationships, and of our own blessed hearts and minds.