

## 8-7-2016 Readings

### PRINCIPLE OF RHYTHM

*Shine Forth, William A. Meader* [E]verything within cosmos is living, and is governed by the Law of Periodicity. This universal law states that all things demonstrate an ebb and flow tendency. That is to say that everything in manifestation exists in cyclic expression. There is a pulsation to all things, large or small... There is the great rhythm of incarnated existence representing the movement from birth to death, followed by rebirth once again. Within this incarnational cycle, many lesser cycles also exist. There is the cycle of wakefulness followed by sleep, thus constituting a daily rhythm. There is the rhythm of the heartbeat, and that of breathing, as well as the brain-wave cycles occurring during any twenty-four hour period... The Law of Periodicity also governs all planes of consciousness...

Over aeons, humanity gradually evolves, and this is detected in the changing nature of the many social systems it has created. At first glance, this would suggest that evolution is a smooth upward tending arch leading toward an eventual state of perfection. While it is true that evolution is moving toward the divine, the journey is far from smooth. Over the course of time, there have been many downturns in humanity's evolutionary journey... The point to remember therefore is that the general trend of evolution is not easily recognized when we are preoccupied with the lesser cycles occurring within that trend. We must examine humanity's evolution within the context of many hundreds of years to really see that the general trend is upward, even though there are isolated periods when a lesser downward tendency may occur. It is well to note that though we have been discussing this idea in the context of humanity as a whole, it is equally applicable to an individual.

Every human being is growing within the context of rhythms and cycles. Often, disciples will mistakenly evaluate where they stand upon the path by these lesser rhythms, rather than the larger trend of life. All people have times when they are sensing a deep connection to the soul within, followed by periods when contact seems to be despairingly lost. These highs and lows are not useful measures of spiritual status or achievement, for they often lead to erroneous conclusions. A person is never as evolved as his high moments would suggest, and never as undeveloped as his low points seem to indicate.

*Wheels of Life, Anodea Judith* All things... are aggregations of atoms that dance and by their movements produce sounds. When the rhythm of the dance changes, the sound it produces also changes... Each atom perpetually sings its song, and the sound, at every moment, creates dense and subtle forms. — Fritjof Capra

Vibration is a manifestation of rhythm. Dion Fortune, in "The Cosmic Doctrine", describes vibration as "the impact of the rhythm of one plane upon the substance of another"... In the 1800's a scientist by the name of Ernst Chladni did some experiments demonstrating how vibration affects matter. Chladni put sand on a fixed steel plate and then rubbed a rosined violin bow along the edge of the plate. He found that the vibration that was "played" onto the disk "danced" the sand into beautiful mandala-like patterns. As the frequency of the vibration varied so did the pattern... This is a clear-cut example of the way sound affects matter—an example of the rhythm of one plane impacting the substance of another...

Rhythm, like change, is a fundamental aspect of all life and consciousness... Even our perceptions, through any of the senses, are a function of perceiving rhythm. Hearing sound waves and seeing light waves are only two. The very mechanism through which nerve fibers feed information to our brain is through rhythmic pulsations of energy. From the first contractions of our mother's womb at birth to our last dying gasps we are rhythmic, dancing creatures, dancing in what Ram Dass calls "the only dance there is."

George Leonard, in... *The Silent Pulse* defines rhythm as "the play of patterned frequencies against the matrix of time." He states that the primary role of rhythm is to integrate various parts of a system. We are like a symphony orchestra. The various aspects of the system are the strings, the horns, the woodwinds, the percussion, yet only through the uniting power of rhythm can we make music. The rhythm is the heartbeat of the system... At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, a complex of wave forms and resonances, which is absolutely individual and unique and yet which connects us to everything in the universe. The act of getting in touch with this pulse can transform our personal experience and in some way alter the world around us.

## THE LAW OF BALANCE

*The Whole Elephant Revealed* by Marja de Vries, from Chapters 10 and 11.

*All things carry yin yet embrace Yang. Then blend their life breaths in order to produce harmony.* Lao-tzu  
The seventh universal law is the law of Dynamic Balance [which states] that everything in the universe is composed out of two active dynamic principles. These two active principles are the only two forces in the universe. These two active principles exist as countless seemingly different pairs of opposite, but complementary forces with the same basic pattern of expansion and contraction. These two principles are often referred to as the feminine and masculine principle. [Don't think male/female. – Patsy]

The masculine principle – expansion – is centrifugal and the feminine principle – contraction – is centripetal. The Law of Dynamic Balance is also known as the Law of Gender and as the principle of yin and yang. The two complementary forces together create a state of dynamic balance. . . . This same image of the union of opposites is symbolized in the Hindu tradition as the Goddess Shakti and the God Shiva, as the male and female principle, based on which life is created. Without these two opposing principles life does not exist.

**The feminine principle is both opposite and connecting simultaneously.** . . . This integrating aspect, as well as the fact that we are part of a greater whole, is enclosed in the integrating feminine principle. We can consider the feminine forming principle of contraction and moving inwardly as both *the opposite* aspect of the masculine principle of expansion and moving outwardly, as well as simultaneously the *connection, union an integration of these both seemingly opposing forces*, so that together they form a whole. In other words, the feminine principle is also about the relationship between the two opposite principles and the relationship between the whole and the parts, between oneness and diversity. It is this connecting, integrating aspect of the feminine energy that not only connects us as individuals with the different parts in ourselves and with each other, but which also is responsible for our connection with life as a Whole, with Nature, with our Earth and with everything in the universe. This grand connecting aspect—this relationship between the Whole and the parts—is represented symbolically in many traditions and cultures as Mother Earth, Pachamama, Mother Nature, and also as the Cosmic Mother and the Goddess as Source and Giver of Everything. . . We find the Goddess Shakti as this life-giving and all penetrating flow of energy, also the Goddess Sekmet of the ancient Egyptians and as Shekina in the Kabbalah. [Also Sophia in the Wisdom Tradition and the Gnostic mythology – Patsy]

**The dynamic and harmonic balance between energy and form** –In a similar way as all pairs of opposite and complementary forces in essence have the same basic pattern – of expansion and contraction – in essence, the process of creation also has a basic pattern. We can describe the essence of this creation process as the dynamic and harmonic balance between energy and form. From the perspective that – in line with the Law of Vibration – everything is energy and that – in line with the Law of Rhythm – forms are not static but dynamic, we can understand that forms do not exist in isolation from the energy related with those forms. . . . So we can consider the phenomenon form as the order and organization, within which energy moves and creation and transformation take place.

**Integration of opposites within ourselves** –A dynamic balance is very complex, because it is the result of many different aspects. When we try to imagine such a state of dynamic balance within ourselves with our analytical and linear mind, it might look something like impossible. The Law of Dynamic Balance states that all pairs of dynamic forces work in partnership and, when left undisrupted, create a state of harmonic, dynamic balance. This means that it is not at all necessary that our rational-logical mind comprehends this, because balance is inherent in all life systems and the dominant state of being within any dynamic system. It is also the situation that links individual life systems to one another and to the Greater Whole. . . . We are certainly able to disrupt this balance, for example when we allow our ego to be in control, or simply by our conviction of being separated. However, should we succeed in not disturbing the natural process, we would find ourselves in a state of dynamic balance with the entire universe. . . . Wisdom traditions tell us that deep inside all of us seek this balance between the opposing but complementary forces. It is mainly our soul, which gives us this desire for inner balance, and the more conscious we are of our contact with soul, the stronger we will experience this inner drive.