

SYNTROPIC ATTENTION

Form Beyond Fear



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March 6, 2024

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Introduction : Relating To Base Impulses

Toward the end of the COVID pandemic (June 2022), well before I began writing on the topic, I began to weave a net to catch information about fear practice. I wanted to see what would fall into the lattice of my awareness. I began to talk about the topic with a variety of close friends and esteemed colleagues. Lots of influential conversations empowered me to wonder and re-wonder. What can I do to be honest with my fears? What denial systems do I have in place to protect my emotional wounds? How do I remove those denial systems? I read dozens of books to help me comprehend, how do other people work through pain and grief to become comfortable with the unknown? How do people strengthen their will power rather than succumbing to apathy and depression? How do people transform their relationships with emotional trauma from sorrow and anger, into understanding and acceptance? I discovered empathy everywhere I inquired, because the traumatic inflictions left on the mental health of our public reached far wider than my own personal experiences with depression and loss through the pandemic. I decided to engage in a new understanding of chaos and change as a force of the unknown. This process involved coming to integrate a cosmic rule, "The Law of Perpetual Transmutation of Energy". Described by Manhardeep Singh in his book ~12 Laws of the Universe~, this relates to how energy is always moving and always changing. He quotes Victor Frankl: "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom".

With initial confidence, I began to weave together references that appeared to reinforce a personal practice I was developing. A visualization for healing emotional wounds. At some point along the way, I realized that I had integrated so many facets of wisdom into this investigation, that I needed to step back, and reframe the many perspectives that I wished to present. So, I took time to reel in my net again, and harvest the knowledge that had been imparted. By allowing my perspectives to broaden as my research continued, I found many of my original positions transformed along the way.

To begin this journey, it is important I define a couple words. Impulse and Polar.

Impulse (noun)

1 a sudden strong and unreflective urge or desire to act: I had an almost irresistible impulse to giggle.

• *the tendency to act impulsively: he was a man of impulse, not premeditation.*

2 a driving or motivating force; an impetus: an added impulse to this process of renewal.

3 a pulse of electrical energy; a brief current: nerve impulses | a spiral is used to convert radio waves into electrical impulses.

4 Physics a force acting briefly on a body and producing a finite change of momentum: ability to communicate motion by impulse.

In the introduction title, "Relating to Base Impulses", I am talking about our relationship with fundamental forces that drive us to stay and go. These base impulses are derived somewhere between our consciousness and subconsciousness processes, between our brains and the physical extremities of our nervous system. I am not talking about instinctual code inherited by our parents, though genetic memory can influence their states. These impulses are primal in nature. However, these forces can be influenced and effectively changed by learning, by training our minds. Visualization is a well established method for training awareness. I propose using active listening in conjunction with visualization to potentiate your ability to witness your base impulses. If our base impulses were motivated by inner voices, we might hear one voice calling us towards bliss and the other heralding agony. This is what I mean by 'relating to base impulses'. Are we resonating with the inner voice calling us towards joy and harmony or that voice which reenforces the trauma laden path of fight or flight? Are our inner motivations confirming that 'happiness is attainable when I direct my energy this way'? Or are your choices indicating that 'conditioned suffering and dispute mechanisms must be maintained for survival'?

Polar (adjective)

• *Astronomy relating to a celestial pole.*

• *Geometry relating to the poles of a sphere.*

• *Biology relating to the poles of a cell, organ, or part.*

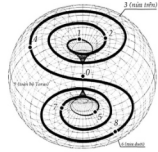
2 Physics & Chemistry having electrical or magnetic polarity.

• *(of a liquid, especially a solvent) consisting of molecules with a dipole moment.*

• *(of a solid) ionic.*

3 directly opposite in character or tendency: depression and its polar opposite, mania.

The concept of polarity is not only relevant in this manuscript from a magnetic perspective, but also from a psychological and physiological perspective. From a magnetic perspective, polarity determines whether we attract something or repel it. This is, of course, related by the polarity of the other body being engaged. From a behavioral perspective, polarity involves opposite tendencies or characteristics. We are going to explore both how our relationship to base impulses can attract or repel desirable outcomes (magnetic polarity), and how making adjustments in polarized psychological perception (what I call syntropic attention), begins to dissolve dualistic experiences of aggression. This causes physiological and behavioral patterns to shift into vibrations of love. I make reference to Yin Yang polarity in my discussion as well, defining how the force of Yin relates to our 'stay' impulse, and Yang relates to our 'go' impulse.



Defining Polar and Non Polar Attention

In a series of discussions with Issac Barbosa (founder of Neat Energy / EMTF Math), he explained to me an idea he works with. Polar attention and non polar attention. This concept has become such an influential notion in my research, I decided it best to share a portion of a discussion here. We begin with the understanding that in the double slit experiment, the Heisenberg Principle displays how the observer in fact changes the outcome of the experiment. Focused awareness (attention) determines whether a photon behaves as a wave or a particle. Barbosa says:

“If subatomic particles are in a state of super position until observing them brings them into “reality”, then who is to say a tree falling in the forest makes a sound without someone or something witnessing it.

To understand how our attention influences the version of reality that manifests, we need to understand the mechanics of energy flow.

Whenever we feel stuck in life, encountered a situation repeatedly, or attract the same patterns, it is important to recognize where the energy is getting stuck. Energy needs to flow freely. When it is unable to do so it becomes stagnant. This stagnation results in the same circumstances repeating themselves. Do you know that where we focus our attention determines the flow of our energy? It’s true our attention has two main types: polar and non-polar.

Polar attention attracts and repels reality, while non-polar attention is neutral and dissolves reality.

Imagine that we have two types of polar attention: positive and negative attention. When we think positively about some thing we attract more of what we love and when we think negatively we attract more of what we hate. It’s like a magnet that attracts therefore we need to be mindful of where we direct our attention as it has a significant impact on our lives. By focusing on positivity and what we want to attract, we can manifest more of it in our lives.

While it may seem like life responds better to positive attention, in reality it responds to the contents of our attention, regardless of whether it is positive or negative. For example, if we faced the challenge, we can choose to perceive it positively. See it as an opportunity for growth. In this case, we will attract energy in reality that reflects our positive attitude. However if we feel the same situation negatively, we will attract negative energy. It is important to note that our mind perceives content as positive or negative based on how we feel. When we feel positively in our mind, we perceive content as positive, and when we feel negatively in our mind, we perceive the content is negative.

Attention is the most powerful tool we have. By directing our attention effectively, we can manifest the life we desire. Attention towards positive outcomes, the more we practice this, the more we can master our attention, the more unstoppable we become in shaping our own realities. Thoughts feelings and words are more than just expressions, they are manifestation spelled out like a spell. Thoughts carry power. Words carry meaning. To mean what you say, resonate at a vibration that can be heard and felt in a positive way.”

Let me redirect our attention momentarily. This point “words carry meaning”, has serious implications. ~The Four Agreements~ is a code of conduct, based on Toltec wisdom. The first agreement is ‘Be Impeccable with Your Word’. This tells us that our words cast spells, and those spells effect our reality. Don Miguel Ruiz writes on the matter of magic applied when other people are casting negative opinions about you. “If you accept the opinion, it becomes an agreement now, and you put all your power into that opinion. That opinion becomes black magic.... These types of spells are difficult to break. The only thing that can break a spell is to make a new agreement based on truth. The truth is the most important part of being impeccable with your word”. I wanted to take an opportunity to consider this Toltec wisdom, before moving along in our discussion.

Barbosa is inspirational with the way he uses models of quantum physics to explain the potential of human consciousness. He has really opened my mind to the actuality of how open systems work within open systems, all of which exchange energy with one another. The universal field contains everything. There is fundamentally no separation between physical objects, because molecules are constantly transmuting. He studies and applies the principle of inductive coupling, which has implications I don’t have time to explore in this manuscript. Furthermore, he talks about how fields of vibration behave as quantum potential until consciousness anticipates its existence, pays attention, and causes it to collapse into form. This certainly opens the door to another subject which I will touch on later, the holographic universe theory. Barbosa continues:

“Each day we choose how we wish the shape to be. This shape resonates as at specific vibration. Every choice we make leads to the experiential growth of our entire life. It’s about the vibrations that we emit into the world and the resonant response we have to the vibrations of our environment.

We are fundamentally creating the world in which we live in through our actions and resonant vibration as a co-creator of a reality. Keeping a clear mind is vital for making clear decisions and sending and receiving clearly.

...The reason why I say it is impossible to achieve non polar attention is because even when we are first born, we are imprinted with genetic coding that forces us into a polar perspective. A guru who has secluded himself in a cave for a month is able to dissolve the reality of the Stonewall, and they can begin to push their hand in between molecules in the Stone.

They can achieve the state of non polar existence. However this is no easy task.”

Barbosa's reference to choosing "how we wish the shape to be" is something I will come back to later. More in the forefront of the discussion, I have been contemplating this polar / non polar attention concept. In order to integrate this model into this manuscript, I have to make slight adjustments. I want to avoid arbitrarily attributing positive or negative emotions to the concept of polarity. This topic deserves some consideration. First, I want to be sure we are all on the same page. I want to separate out the properties of Yin Yang (polarity, duality) from positive and negative emotions, because I am fundamentally talking about two different things. Barbosa posits that polar attention dominates human experience, something I agree with completely. I suspect this waking behavior may be determined by the manner in which our brains are wired to predict things. He proposes that there are two types of polar attention, positive and negative. Positive polar attention generates love and negative polar attention generates hate. This principle aligns directly with a teaching I learned from an Apache Medicine Woman, Silver Crow, when I was studying shamanism in my 20's. *"There are two forces that sculpt our world", she summons, "one is love and the other fear."* I see this to be universally true for humanity, working similarly to the law of vibration. 'Everything has a unique vibration or frequency'. Nicola Tesla stated *"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration."*

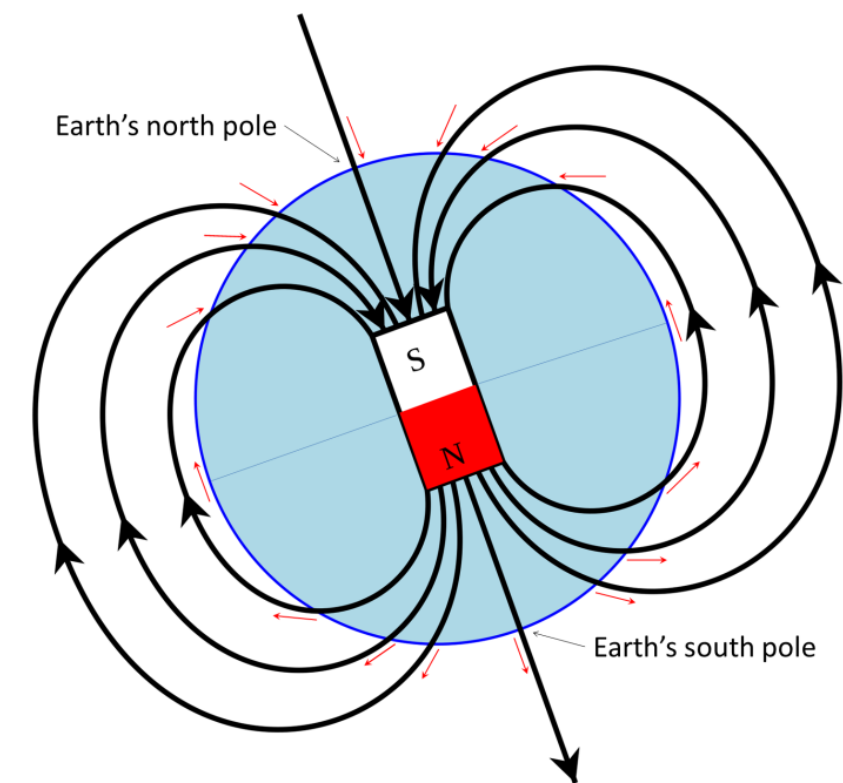
Note I am integrating this truth about love and fear in addition to understanding that there exists an autonomic polarity between base impulses that tell an organism to 'stay' or 'go'. Either of these functions can be motivated by love or fear. We can engage our base impulses in either creative or destructive manners. The universe doesn't have a law that limits us from loving or hating forever. We can stay (rest) out of love or fear, and we can go (extend) out of love or fear. I wish to present the concept of base impulse as Yin (conserving) and Yang (expanding) as inherently separate from loving or hating. I also want us to understand how entropy tears things apart, while syntropy organizes life.

Barbosa suggests that non polar attention is rarely achieved by humans except in special situations, such as monks retreating in seclusion for endless weeks of isolated meditation. I agree with this position that 'non polar attention is no easy task'. However, I also appreciate the implications of developing such insights in life. Even if we may only experience fleeting glimpses of 'reality dissolving' where we transition into an experience of non-physicality, the fact that such states can be momentarily achieved seems well worth investigating. I suppose that for me individually, and as voice of this outline, 'reality dissolving' is an experience of complete acceptance, a state of loving beyond the love of other. Dissolving into the universal field generates an experience of bliss beyond explanation. That state, to me, represents one of the highest forms of love. Not love of other objects or beings. Just the love of creation singing itself into existence. This by no means reduces the value of all other forms of love demonstrated across the wide spectrum of human expression. It is simply another form of love beyond all other emotions I have experienced in my life. Those fleeting eternal moments arise from some breathing techniques, although I admit, I have yet to stick my hand through the molecules in a 'Stonewall'.

This experience is possible only when we are free of engagement with the field of duality. I realize I may be reframing the way in which some people define love. We must remember, there are many forms of love. The Greeks developed a sophisticated vocabulary to communicate about the emotion. So, when I say self love is an inner state achieved by balancing our impulses in the autonomic nervous system, I am correct. Love results from taking greater consideration for the impacts that our choices make in our lives. But what do I mean when I say the greatest love is experienced when we dissolve into the universal field and integrate the experience of duality through some form of self hypnosis?

I am identifying these nuanced layers of love for the purpose of this manuscript. All forms of love remain true in degree to one another. I am distinguishing between the love of life we use to compare qualities of diversity. Those individuated, complex sensations available when we place ourselves in desirable conditions. This is different from the love of life for having experienced the unified bliss of divine oneness. This love is free from the need for external validation. Both are different forms of love. On one hand we have the ability to love duality, on the other we experience love of oneness. We both externalize and internalize our positions of love and hate as we go about our lives.

Barbosa makes an excellent point that polar attention is like a magnet. What we focus on is what we attract. Whether positive or negative. I am going beyond, by saying that there are two playing fields of polarity to consider before we reduce any formula to good or bad emotions. Namely, mother and father, stay and go, parasympathetic and sympathetic, yin and yang, day and night, black and white, north and south. Both playing fields can be experienced in the spectrum of love or fear.





Defining Syntropic and Entropic Attention

When children play with blocks, they build and they destroy. They change things around with very little concern for modifying forms that worked for their initial plans. They change the arrangement of a system in order to integrate their imagination. The blocks are separate (entropic) until they are formed into patterns that are integrated (syntropic). Then, through the process of play, children continue to change arrangements until adults tell them playtime is over, and the blocks have to be put away.

In the model I am proposing, entropic attention stimulates duality, whereby syntropic attention pacifies duality. I define entropy as the field of science that explores blowing atoms up, assuming things fall apart and are made to break down, looking for ways that cause them to explode. Syntropy, on the other hand, is the study of collapsing fields, generating harmonic patterns and stimulating life energy. We can feel resistant or we can feel supportive. This is similar to Barbosa's polar / non polar attention model, but not the same. Both models acknowledge love & fear are aspects of human reality, regardless of where we choose to place our attention. I am simply adding another function to his equation by defining the polar aspects as fundamentally masculine and feminine in nature. With this frame of reference we can begin to distinguish negative and positive patterns from another perspective. I have chosen some new terminology to delineate what I mean.

I make an adaptation to Barbosa's original concept when I assert that polar attention becomes a source of fear due the nature of entropic disintegration inherent in polarity. Non polar attention becomes a source of love due to fact that, beyond duality there is no conflict. Let me use the term syntropic to replace non polar. By syntropic attention, I signify a process by which we step back and see the duality around us dissolve into a single composition, similar to visualizing that you are sitting on the shore of your inner waters, watching ripples scatter across the surface of your emotional field. I want to express the importance to seeing the Yin Yang of our base impulses as a single field of interacting vibrations, reframing for that moment, all the antagonistic struggles caused by fear resulting from the dualistic nature of reality. Syntropy is a quality of the cosmos that folds in upon itself, making available vast reservoirs of energy. Syntropy is "the tendency towards energy concentration, order, organization and life."

The word entropic thus replaces polar, as our term to describe our viewing of dualistic reality. We are separate, competitive, individuated and sometimes segregated. We all will have ample opportunity to engage in what I term entropic attention. We have this capacity to distinguish the palette of flavors in our food, enjoy the quality of tea of coffee, to define the differences between species of plants and animals, to choose our friends and loved ones. These are qualities that allow poets to selectively phrase their words into spells of enchantment. We all deal with stress, and we can choose to dance

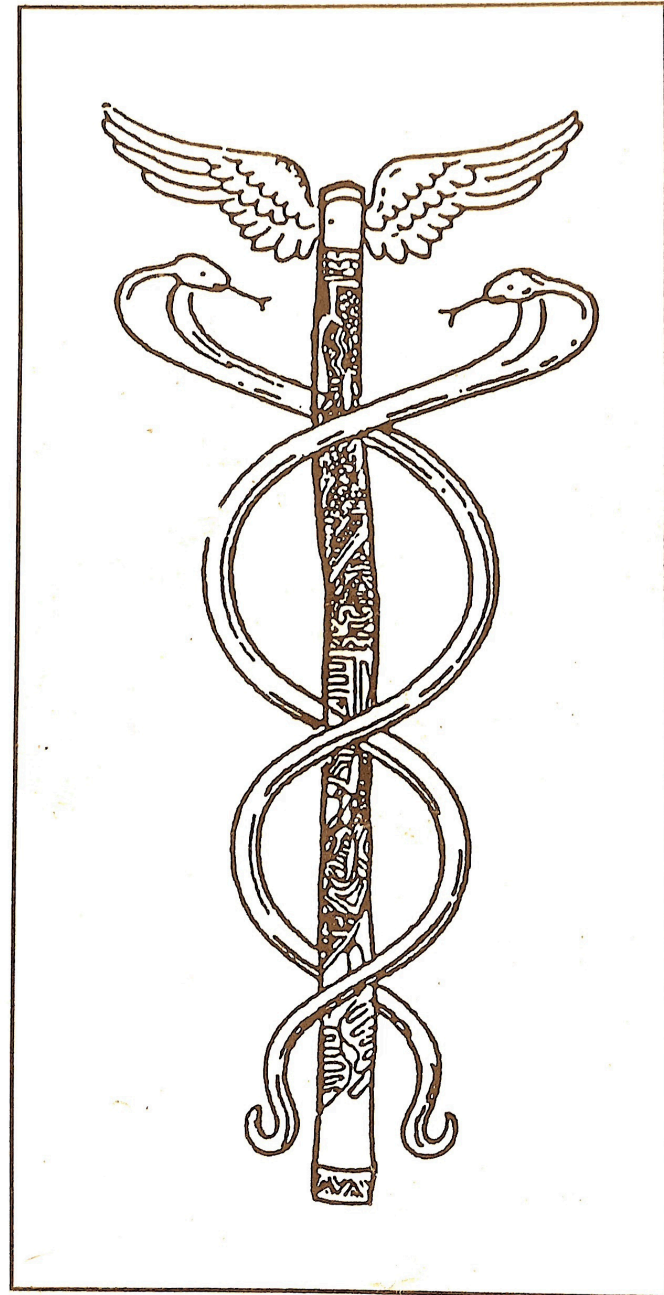
with fear or resist it. As Barbosa says, we are all forced by genetic programming into polar attention. The reason I am distinguishing entropic attention from polar attention is because I want to reframe the idea of positive (love) and negative (hate). I think that the polarity of Yin and Yang are fundamentally two cosmic forces equivalent to Mother and Father. Each of these forces can be out of balance in ways that deserve individuated awareness. If we are to bring the entire psychophysiological system back into equilibrium, we must consider our inner attributes of masculinity and femininity. Within each of these archetypes are positive (love) and negative (hate) influences. This perspective I share adds a subtle holographic fractal cherry on top of what Barbosa proposes in his Polar / Non Polar Attention model.

To explain again, we reframe the polar attention concept into the calming qualities of Yin and the vital qualities of Yang. Open your mind to this new construct. The entire organism becomes the Yin Yang (polarity), how we motivate that organism is through love or fear. I propose to use the construct of syntropic attention to create a framework of love in the matrix of our biofield. This is in contrast to entropic attention, which antagonizes our relationship with duality. Both are necessary parts of life. We can still love the diversity of being separate in our beta states, and that love of other is beautiful.

We can go on adventures, feed our bodies and buy incredible things to nurture our time with others. We can love items and people that bring comfort and satisfaction. However, from personal experience, when I fall out of balance by focusing too much of my entropic attention on the love of other, my base impulses can tend towards becoming habituated in struggle and competition. Thus the struggle of companionship, which brings out the best and the worst in everyone.

At the core, I am suggesting that hate and fear emerge from imbalances resulting from the conditions imposed by the dualistic nature of reality. Both the love of other and hate of self emerge from entropic attention. On the playing field we discover that all truths are half false. Yet, oneness remains constantly in the ether, always available to the self, never tarnished by our weak-minded pettiness. It is always there, in perfect harmony with the unity of the universal field, regardless of whether we are paying attention to duality or not. I sustain that hate is essentially codependent on polarity (entropic attention). But the frequency of hate does not vibrate in a state of pure bliss consciousness. I am not talking about finding bliss while ignoring our problems by getting high on transcendental breathing or psychotropic medicines. I am talking about tuning into source vibrations of co-creation. This analogy may come off a bit techno-shamanic for some people, however do understand, I am simply trying to explain how our personal experiences with love and fear motivate our base impulses, whether we are aware of it or not. By becoming aware of our base impulses, we can choose to engage them with either entropic or syntropic attention. Both modes of consciousness are necessary for life. Entropic attention allows us to differentiate, communicate and tolerate stress. Syntropic attention naturally brings balance to the autonomic nervous system and stimulates our immunity.

By exercising non polar attention, we regulate ourselves both emotionally and physiologically. Most people are engaged in a high paced, stressful environment. When it comes to experiencing life from a balanced, supportive and syntropic perspective, I share an insight from Jonas Salk, who articulates that creativity rests on a "merging of intuition and reason." By balancing these influences we generate successful solutions. If Yin represents our parasympathetic state, then Yang is our sympathetic state. If Yin is our intuitive sense, then Yang must be our reasoning power.



The caduceus symbol was the insignia of the ancient physicians of Egypt and Greece, also known as the Staff of Hermes. Its meaning parallels this description of duality I am describing. It consists of a central staff with two snakes ascending it. Dr. Stone, the founder of Polarity Therapy, explains the meaning of the symbol:

"The two serpents represent the Mind Principle in dual aspect. The fiery breath of the Sun is the positive pole as the vital energy of the right side of the body. It was called "Yang" by the Chinese, and "Piggala" by the Hindus. On the left side of the body flows the cooling energy of the Moon essence of Nature. This was called "Yin" by the Chinese, and the "Ida" current in India."

To further describe the effects syntropic attention has on balancing our 'Piggala' and 'Ida' (changing our relationship with fear), I offer this wisdom dispelled by Chogyam Trungpa in ~Shambhala - The Sacred Path of the Warrior~:

"In order to experience fearlessness, it is necessary to experience fear. The essence of cowardice is not acknowledging the reality of fear. Fear can take many forms. Logically, we know we can't live forever. We know we are going to die, so we are afraid. We are petrified of our death. On another level, we are afraid that we can't handle the demands of the world. This fear expresses itself as a feeling of inadequacy. We feel that our own lives are overwhelming, and confronting the rest of the world is even more overwhelming. Then there is abrupt fear, or panic, that arises when new situations occur suddenly in our lives. When we feel we can't handle them, we jump or twitch. Sometimes fear manifests in the form of restlessness : doodles on a note pad, playing with our fingers, or fidgeting in our chairs. We feel we have to keep ourselves moving all the time, like an engine running in a motor car. The pistons go up and down, up and down. As long as the pistons keep moving, we feel safe... True fearlessness is not the reduction of fear, but going beyond fear. Going beyond fear begins when we examine our fear, our anxiety, nervousness, concern, and restlessness. If we look into our fear, if we look beneath its veneer, the first thing we find is sadness, beneath the nervousness. Nervousness is cracking up, vibrating, all the time. When we slow down, when we relax with our fear, we find sadness, which is calm and gentle."

What Trungpa describes as finding sadness when we relax our fear, I am describing as the effects of syntropic attention. We accept that anxiety, fear, concern, worry all source from sorrow. We nurture that sadness, we vibrate with love and entrain to the universal energy field. This dissolves the duality of letting our minds tell stories about this core of sadness. We can feel that sadness for what it is, rather than explain away the reason that sadness validates other troubling emotions. Before emotional conflict, there is genuine sadness. This genuine sadness is loving in nature.

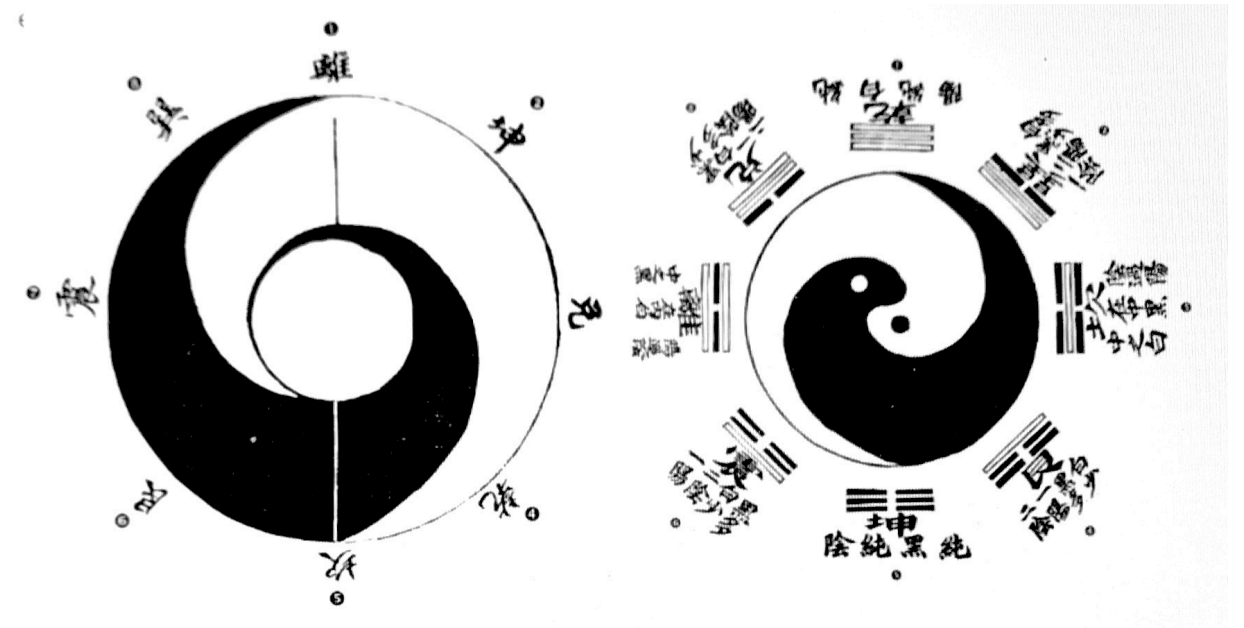


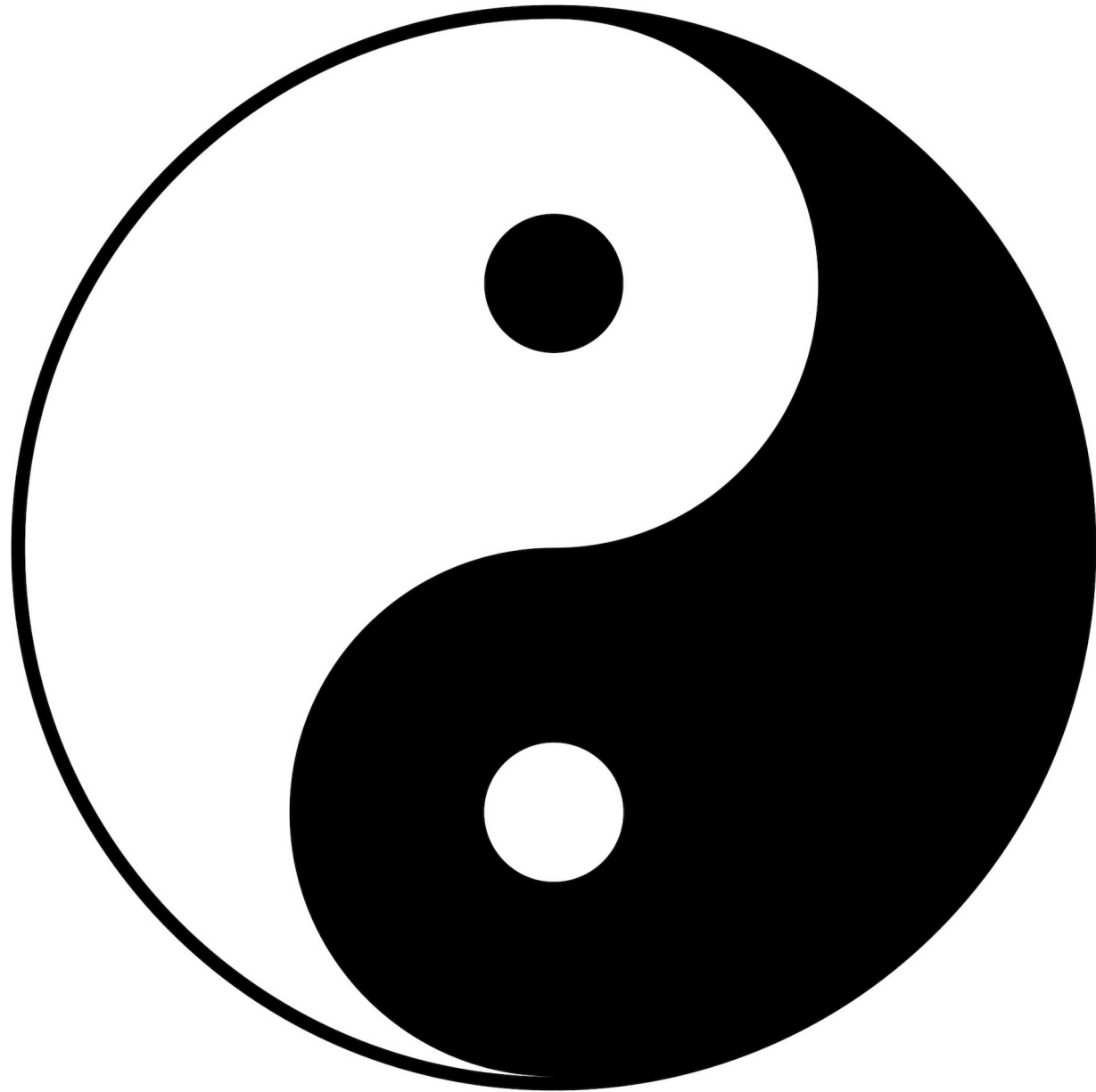
Yin Yang Physiology : Embodying the Forces of Calming 'Oh' and Vital 'Uh'

As a mandala designed to express the natural duality of life, Yin Yang composes a balance of Chi or life-force when viewed as a whole. The symbol embodies the law of polarity. Regarding this law, ~The Kabalion~ states "All truths are but half truths and every half truth is half false, there are two sides to everything, opposites are identical in nature yet different in degree." For the purposes of this thesis, the forces of Yin and Yang are used to accurately parallel the inward and outward agencies I label 'Oh' and 'Uh'. These are designated to describe our fundamental base impulses to stay or go. The primitive language I have used for the descriptions of the operations in this exercise have been nominated (humorously) for their subjective metaphorical applications. To clarify my definition, I mean that when we 'stay', we rest, conserve energy, looking around and considering our environment (Oh). When we 'go', we take action, exerting energy to push outward within that environment (Uh). Both are mechanisms necessary for operating in the world.

I spent many years considering a fear practice to emancipate myself from the disagreements of my parents, learn to self govern with autonomy, and free myself from dysfunctional childhood imprints. Even as an adult, I have played out so many learned patterns related to moments when I felt traumatized and unable to defend myself as a child. I am going a step further by relating archetypal forms of mother and father to base impulses. You may ask, why am I distilling these fundamental forces of go and stay to devise a formula for delineating a clearer understanding of our boundaries with trepidation? Why do I provide this exercise for meeting fear? Because, I feel the more we can reveal the underlying source of our behaviors (base impulses), the more we can determine courses of action that avoid traditional pitfalls and methods of self sabotage. One of my greatest goals in life is to overcome the fear of self, develop the long term thinking skills required for making clear decisions, and succeed with accomplishing big goals. This exercise is designed to improve willpower. It is oriented toward re-interpreting our negative experiences with entropic opposition (fear) inside a framework of positive & supportive integration (love). Let me begin with the male principle, Yang or Piggala.

The locomotive force exerted by your Father's sperm that entered the egg in your Mother's womb, could indeed be considered the very first 'go' action that led to your incarnation. In a somewhat jesting inner dialog with myself, I imagined this first impulse of energy, this 'instinctual' process that led to my life. Through the Yin properties of inward nurturing, my Mother invited the outward Yang forces of my Father... and (BANG!), I was conceived. I have come to imagine this force of my Father as the Vital 'Uh', a Yang energy that drives us to survive and achieve goals. This primordial conduct involves leaving the home to give ourselves outwardly, in exchange for what is required to sustain our life. This is the property of evaporation (fiery heat evaporates water into clouds and sky).





For the purposes of this exercise, 'Uh' will be measured in levels of enthusiasm, basically from yes to no. Antonio Domasio nails it when he coins the phrase "our appetitive (approach) or adverse (withdrawal) attitudes toward the world". To get back to our example, that original Vital 'Uh' from your Father's sperm was likely pretty exhilarated, as it feels when two lovers intertwine in the cosmic oneness of orgasm. That is an awesome, life creating 'Uh'! Like a big Uh-Huh. Examples of this type of excitement are to try new things, have fresh experiences, wonder about things that make us curious, then doing something to explore unrealized possibilities. This is what I call the 'Up' side of 'Uh'. Up, up and away!

On the other end of the spectrum, we encounter a more incoherent form of 'Uh.' The feeling of having to do something we don't want to do. Waking up for an unrewarding job, interacting with people we just don't get along with, being forced to play a sport in High School you don't enjoy... you get the point. These compulsions are what I consider to be on the "Ugly" side of the 'Uh' spectrum. This big fat "no" is often expressed with a resistant 'Ugh'.

In the realm of the feminine Yin qualities of Mothering instinct, I offer the concept of the Calming 'Oh'. 'Oh' is an inward force, 'staying put' as to conserve energy, opening and receiving from outside the home, tending to our personal space. Similarly, these Yin aspects of nurturing energy can be measured. In this exercise, I have chosen the unit of 'Grr' (another primitive force) to calculate the value of Calming 'Oh'. I equate 'Grr' to the nurturing power of a Mountain Lioness protecting her cubs and den. 'Grr' is the power that is maintained to protect the self, the family and the home. The same energy may be applied to cultivating and sustaining households. 'Oh' is reflective in nature. In optimal conditions this impulse is expressed through creativity, domestic brilliance and cultural distinction. 'Oh' deals with what is going on inside us and how we reflect or transmute what we receive from our environment. This is the property of condensation (cooling water vapor condenses into rain).

In the case of conception through your Mother's love making, that Calming 'Oh' was ideally positioned on the positive side of the spectrum of our experience of 'Grr'. A big 'Oh' Yes. That was GRRreat! It is nice to imagine we were conceived this way. If you are fortunate to come from a stable family with nurturing childhood involving both parents, this concept of relating to base impulses as parenting influences may not make much sense. For those of you who were endowed with this blessing, I hope you can still appreciate the widespread roots of this practice. It is designed to get in touch with our inner parenting skills just as much as it is designed to intentionally regulate our nervous system. Either way, I want to give a big shout of gratitude for both my Mother and Father. I would not be here without them, and being reminded that my participation in life would not be possible without both my parents, draws my attention toward a more loving perspective of life.

For those of us that come from broken families, we may not have actually experienced a stable or loving family dynamic. If that is the case, we can remember the best times, reframe the bad times, and gear up to shift our perspective. Our parents did the best they could with the circumstances they were given. Parenting is difficult work. If our parents separated after our birth, or if they argued through much of our upbringing, we have to embrace that we are still the byproduct of them. To imagine that my parents did in fact enjoy making love when I was conceived, helps me to resolve my confusion regarding the disagreements they had after I was born. I can embody the sense of

union that likely existed between Mom and Dad at the moment they created me. We can resolve our inner conflicts with our conception or birth by imagining the base impulses that created us, and by choosing gratitude for that act of love that brought us into being. If your conception and birth were trauma free, then this exercise should instead be focused on your earliest experiences with distress.

When we are holding a favorable space for ourselves, taking care and being in grace, that protective 'Grr' begins to 'Grow'. We are able to receive with gratitude. On the other hand, when we are unable to receive, when we close down and become angry about things we are afraid of, when we are not nurtured by ourselves or others, that is not great at all. When we come from broken families with painful memories and misunderstandings, we generally have to flush out the muck. Such experiences of apathy cause our 'Grr' to constrict and become 'Grim'. We feel separate, disconnected, and disempowered. This can generate the experience of 'Oh No, What Now'. In these cases, the debilitating force of negative 'Grr' can sink us down to a real low, shutting us off and limiting our potential.



Getting Our 'Grr' To Grow

This exercise can be used to compare the impulses that created us and impacted our early development. But it is also a tool to develop how we focus attention on our immediate bases impulses of Vital 'Uh' and Calming 'Oh'. Check where you are on the spectrum of each now, in this moment. Is your outward enthusiasm spiraling upward? Or are you wallowing in a sense of ugliness? Is your inner life growing and blossoming? Or is your home feeling grim and unloved?

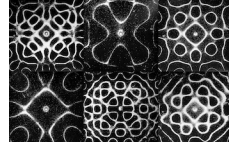
When things are crap, we can take time to contemplate the dynamic between our past experiences (even back to our conception) and our present attitude. How did our relationship with our parents shape us (or how does it continue to shape us)? Were we conceived out of love or hostility, or a little of both? I have heard that when the bond between mother and father is weak, so too does the child feel that weak connection with the world. By visualizing and acting out the love or insecurity that was involved in our creation, we begin to forgive ourselves for inadequacies we may have perceived in ourselves due to circumstances beyond our control. By playfully imagining the primitive forces that shaped us, we become individuated from our progenitors. We are neither our Mother or Father. We are a new element, we make our own choices. At times when I feel into ancestral trauma, past life memories and deep karmic ties, I still have to accept that the only way to heal the emotional damage in my cellular memory is to heal myself here and now. Whatever the drive for survival and protective mechanisms may have existed in the past, those behaviors may no longer be required to serve this organism in the present. Take inventory of your skills sets and update your arsenal. Some old tools may actually be useless. Replace them with something new.

In a personal discussion, Peter Litchfield from Better Physiology alluded to this differentiation, by comparing H₂O (water) with its atomic components, Oxygen and Hydrogen. "Water is an entirely new form that resembles nothing of its constituents". He makes it clear that we are inevitably unique from the parts that created us. We are not held down by the mistakes of our lineage any more than we are unable to learn from our mistakes. This is good advice when considering reframing our relationship with our parents so we can address deeply engrained denial systems. I advance that the same principle holds true for consciousness in general. We can change our minds from old childhood imprints to new functional patterns. Accordingly, we must change the contents and focus of our attention in order to effectively improve our psychological functioning. This territory begins to enter a terrain where psychological experiences don't merely impact our ephemeral emotional integrity. Evolutionary occurrences that entail morphogenetic transmutation of ourselves and the human species begin to unfold, through trans-generational epigenetic change.

You may find a correlation between times when your outward force is feeling 'Up' and when our inward force 'Grows'. When our enthusiasm to engage the world gets 'Ugly', our self reflection appears 'Grim'. The adage "*MORE GRATITUDE LESS ATTITUDE*" was the crew motto at Arise Festival during build week and the enduring breakdown. I heard it spoken, year after year. It effectively increased team morale as well as my own. Accordingly, when gratitude and inward nurturing qualities are 'Growing', our ability to give is wealthy, and our sense of wellbeing is looking 'Up'. As disposed, when our attitudes are 'Ugly', we often project our unmet fears on ourselves or others, and circumstances become 'Grim'.

The essential dance of duality is always reflecting back on itself, just as neurons fire in the brain to feed forward, listening for feedback from those circuits with which it is communicating in the body. Just as self-consciousness is essentially a subconscious reflection within the framework of our being. How we choose to view our lives and how we flex our base impulses, effects fundamental processes in the way we actualize. We can 'Grow Up' or we can be 'Grim and Ugly'. This may ultimately be a reference of self parenting. How many times were we told as children to 'grow up'? To elucidate this point I quote Antonio Damasio from his discourse on The Somatic-Marker Hypothesis: "*Willpower is just another name for the idea of choosing according to long-term outcomes rather than short-term ones.*" Will power is a quality developed by growing up.

The Somatic-Marker Hypothesis is related to the notion of embodied thought. Embodied thought is the idea that thought forms create dynamic physical memory circuits within the body. For example, as we learn greater willpower, our bodies remember and the willpower gets reinforced by networks in our brain. Perhaps this 'yes and' process plays a great role when we train ourselves to work with a practice such as Mindfulness Based Somatic Emotional Processing. (Read my paper "Meeting Fear for more on this practice developed by Robert Weisz). With MBSEP, we learn to trust our body to process our emotions by training our minds to stop telling stories about those feelings when they show up in the body (animal intelligence). We pay mindful attention to where the feelings are unfolding, without judgment, denial or approval. As a result, we embody new memories of feeling emotionally regulated, and we structure healthy neural cascades in our brains that stimulate newly formed (yet trustworthy) axon networks, thereby backing up those somatic abilities to process emotion. When we learn where to focus our attention, we create a win-win solution.



Form Beyond Fear Visualization

To help you integrate many of the core principles I discuss in this manuscript, I provide this guided meditation. —

Take a moment to settle into a comfortable position. Notice of your spine extending from your lower back to your skull, stretching as you inhale. Take a moment to pause before breathing out, closing your eyes, and visualizing how everything in your life simply is. Gaze upon the landscape of your life. Take several deep breaths, reflecting on your life. Once you feel prepared, allow yourself to drift, envisioning a peaceful resource. This can be anything that brings you a sense of calm. Breathe more deeply as you imagine that gentle, reassuring experience in your mind's eye.

When you feel completely relaxed, begin to shift your internal awareness again. This time looking for something that shows up as challenging. Sift through your daily struggles to find a source of contention. If you are so peaceful that you are struggling to find anything you are uncomfortable with, then identify a serious issue in your life that causes anxiety or sorrow.

Once you perceive a certain issue you would like to address, go on to imagine what you are most afraid of about this situation. What is it that makes this a problem? What are you afraid of? Remind yourself, whatever fear or tension you are now sensing about this trouble, belongs in your field of awareness. Feel that tension in your body. It can be constricting to imagine fear, but there is something beneath the surface we are here to examine. Your emotion is an indication that you are aware. Something deserves attention.

As we look deeper, it appears that all strong emotions expand from a root of sadness. There may be a sense of regret, despair, gloom, grief or heartache in our body. Give it a shape in your mind. It could be a circle, triangle, square, scribbles, clouds or a detailed sacred geometric pattern, it doesn't matter. What is important is to imagine a form that represents this uncomfortable feeling. Name it and shine light on the form. Look to see the shape of its shadow as you cast light across the canvas of your subconsciousness. Maybe it is undesirable, this shape inside you. Analyze the form. It will become your new friend when you accept it for what it is. Engage critical thinking. Individuate the shape of the feeling. Witness the duality and the injustice of the suffering in the world. Feel the core of sadness in your emotion.

Acknowledge your fear so you may go beyond your fear. In this way, insights are attained. When we shine light on our fear, we can formulate ideas of what actually needs to change in order to shift out of that vibratory state. Do you need to change your mind about an issue, redirect your attention towards a more positive outlook, address a poor attitude, or set a boundary that needs to be defined in your life? What change would cause you to feel free of this fear?

Breathe out, and imagine the new form of things you are changing through the process of this visualization. Imagine a new shape that represents a new perspective. What does that change feel like? Confronting fear can be liberating. Breathe deep again, summoning the image of this new shape. Notice how the form of that new shape 'sounds' fundamentally different from the frequency your body was hearing to when you felt fear. Your new form is set to a different frequency. Feel the vibration of this new shape in your bones and your cells.

Take time to notice as the frequency shifts from the old to the new inside you. Inevitably, chaos emerges in your field, scattering the old vibration as it reemerges into a new pattern. You have to sift through static between stations to find the new frequency you want to listen to.

Once you experience the pattern of this new vibration, take one final deep breathe, feeling the new energy flush through your spine as you exhale. Visualize where this new shape rests on your body. Pay attention as the forms shift around in the process of changing frequencies. Take a moment to remember the two shapes you imagined in this visualization. Choose the new shape and hold it in your mind. Imagine it on your body. This new form can be conjured anytime you fall back to old patterns. Invoking a thought of your new shape provides instantaneous physiological resonance with your beyond fear state.





Balancing 5 Elements

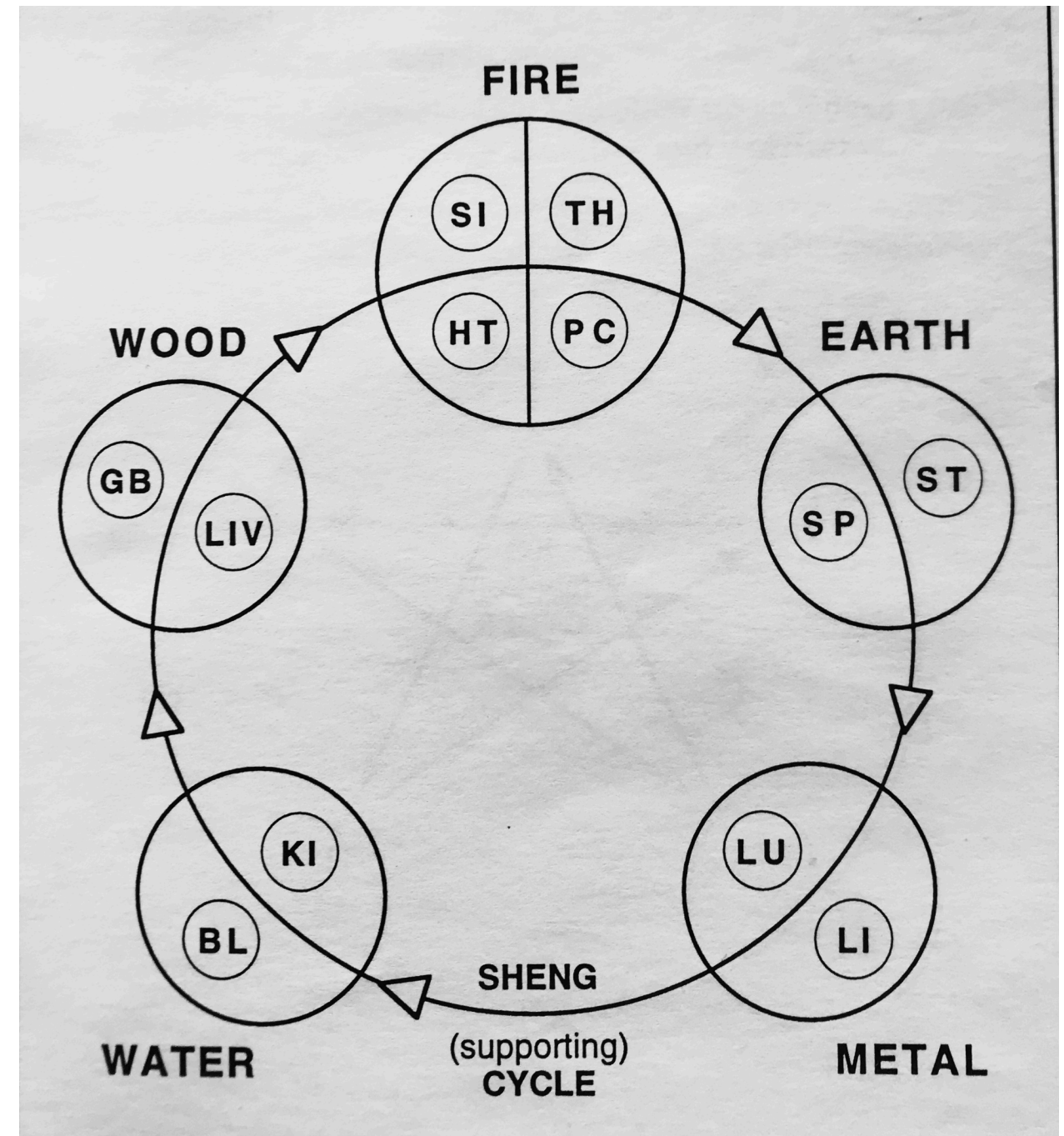
Many people have seen a model corresponding the 5 elements to the lower 5 chakras: Earth (root), Water (sacrum), Fire (solar plexus), Air (heart) and Ether (throat). Another system views the points of the pentagram directed upward to represent the human body: Ether (head and neck), Air and Fire (shoulders), with Water & Earth on the bottom (hips). Whether we correspond specific elements to regions of our body, or simply get a handle on how we can understand our emotional states influence our physical health, I offer these models of elemental balance for your contemplation.

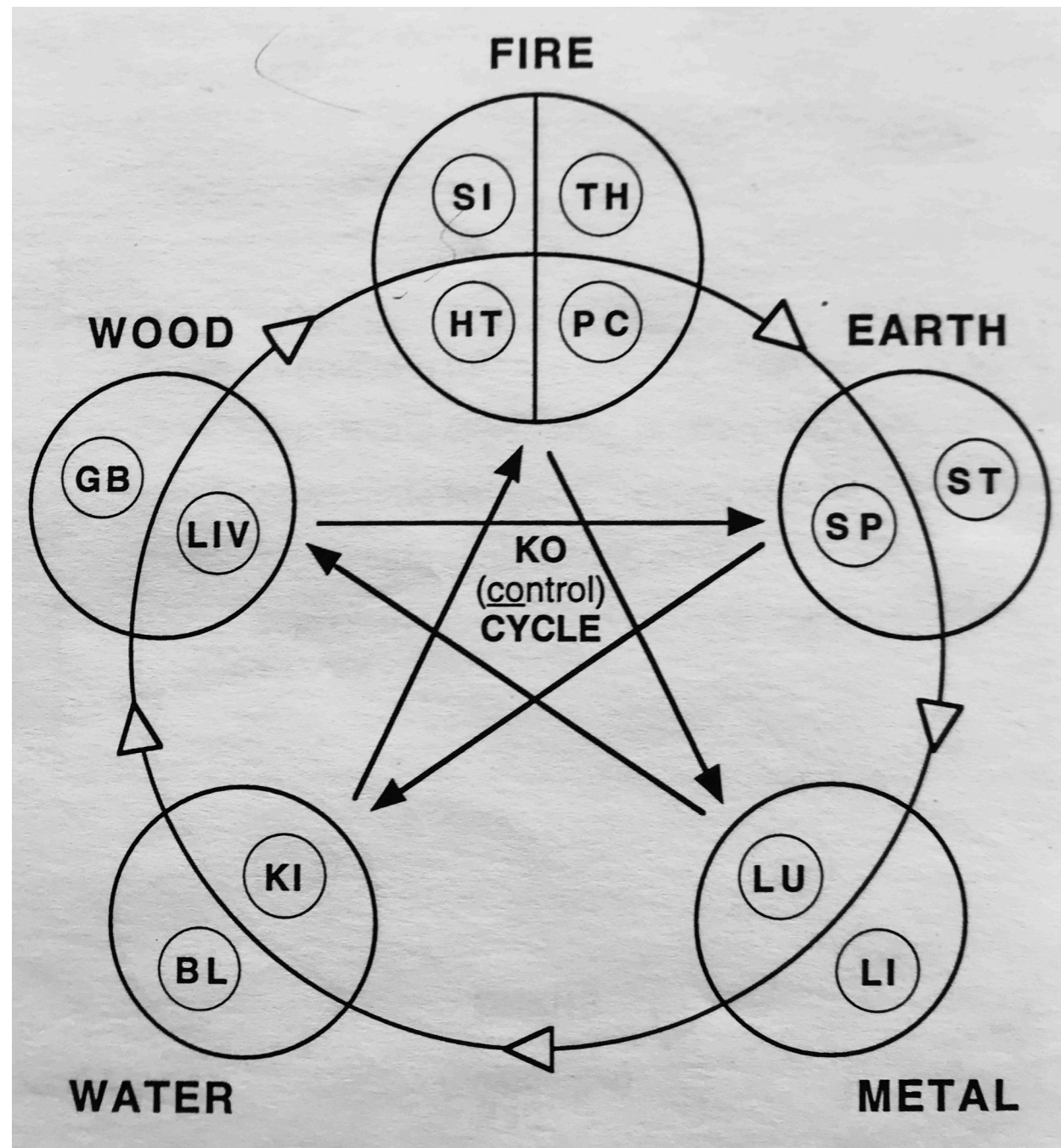
Balancing elements to optimize the process of healing individuals and relationships is a modality used by a wide community of sound therapists and healers. Various systems of element balancing are applied in more practices than we can imagine. Let me give an example of elements being out of balance in a marriage dynamic. In ~Human Tuning~, John Beaulieu alludes to a Samurai movie where the main character is a commanding warrior with disciplined +10 Fire, his voice is loud and staccato:

“...the movie shifts from a battlefield scene to his bamboo house where he is lying on a rice mat with his Geisha wife. They are playful, looking into each others eyes. Water is at +8 and rising. Suddenly he speaks to her in a totally inappropriate +10 Fire battlefield voice as though he is still commanding his men. She lowers her head and simultaneously a flower wilts as all the water is evaporated by the excess Fire”.

Some reverence for the five elements is woven into all cultures. The Traditional Chinese Five Element System is among the most poetic, and serves as a basis for deeper contemplation. Based on emotional evaluation for physiological diagnosis, ancient Taoist philosophers differentiated 5 types of universal energetic activity within the body. In ~Vibrational Healing with the Australian Didgeridoo~, Jim Wafer discusses the 5 elements star diagram, and both the Sheng and Ko cycles, by which the 5 elements interplay:

“Wood represents upward moving, creative energy. Fire represents expanding, maximum energy. Earth represents balanced, neutral energy. Metal represents contracting, condensing energy. Water represents downward moving, conserving energy. In the Sheng cycle, each of the elements has a stimulating effect on the next element after it, in a clockwise direction. Wood stimulates Fire. Fire stimulates Earth. Earth stimulates Metal. Metal stimulates Water. Water stimulates Wood. Wood stimulates Fire. In the Ko (control) cycle, each element controls the second element after it in a clockwise direction. Metal controls Wood (Axes cuts down tree), Water controls Fire (Water puts out flames), Fire controls Metal (Fire melts metal), Earth controls Water (Ground absorbs water). There are also certain emotions associated with each element. Because the ancient Chinese made no distinction between the physical and emotional aspects of a person, they could determine the physical imbalances by corresponding emotional imbalances.”





The support and control cycles of Sheng and Ko create a very dynamic system through which practitioners understand and balance elements. The system was developed by Ling Louen, the Chinese Pythagoras. He attributed the 5 notes of their pentatonic musical system to each of the 5 elements. Healers of the time could diagnose illness based on emotions, and treat the health issues with any combinations of the notes related to fundamental element, or the mother or son of that element. I was first introduced to the Traditional Chinese Five Element System in the mid 1990's, when I first became fascinated by the medical applications of sound. The system was more than I could really integrate at the time. For one, the functions of WOOD and METAL do not serve the exact same purposes as the Western counterparts AIR and ETHER. However, after chewing on ideas of how to integrate this ancient Taoist wisdom into my North American brain for over 20 years, I finally generated some adaptations to the Sheng and Ko cycle systems diagram, within a modern techno-shamanic framework.

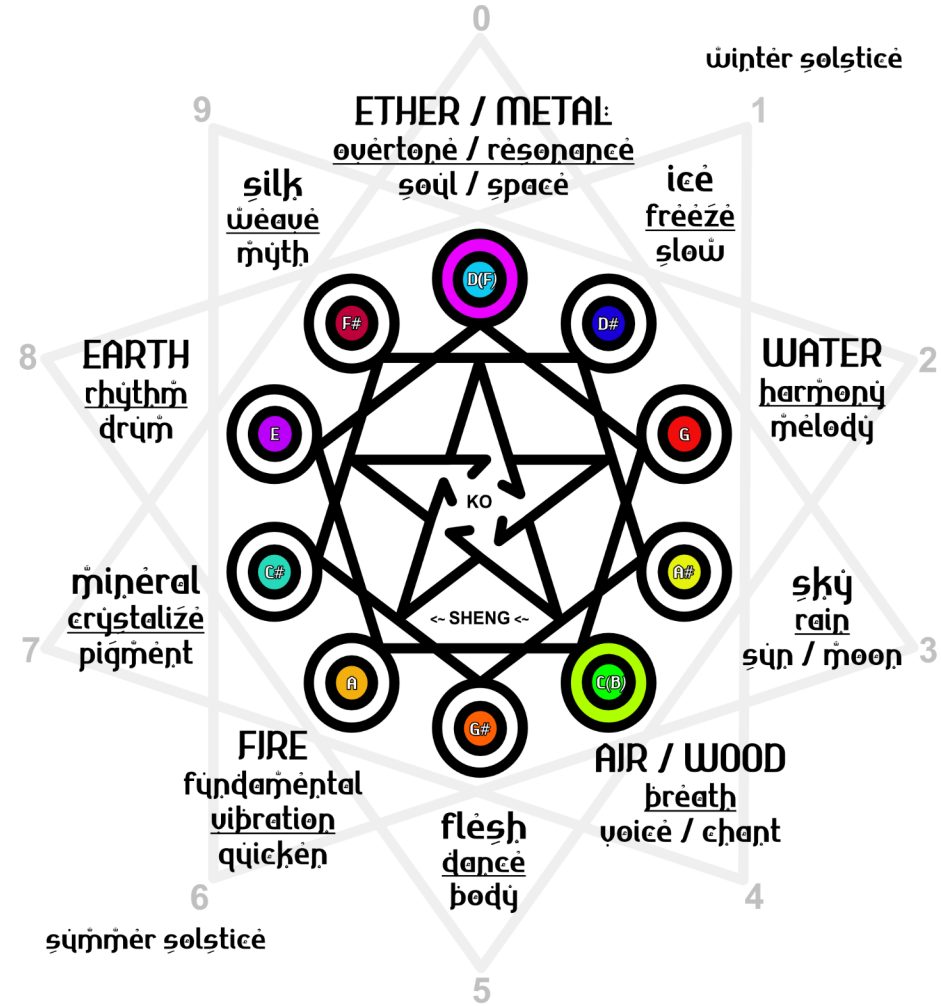
My first modification to the traditional Chinese 5 element system chart, was to replace Metal with Ether (Vishiddha) and Wood with Air (Anahata). I group the Vedic chakra system of 7 chakras into 5 elemental chambers of the biofield. Next, I attributed 5 primary sacred music principles to the 5 elements. Four of these principles are taken from the Sufi Teaching of Hazrat Inayat Khan from ~The Mysticism of Sound and Music~. These include the bass frequency (fundamental), rhythm, melody (or harmony), and voice (chant or breath). The fifth principle, overtone, has been extracted from many sources who have shared with me the divine power of overtone harmonics. Among those teachers are Jonathan Goldman, Paul Temple and Snow Raven. Overtones above a fundamental tone cause unique shifts in consciousness, and I give this attribute a category of its own.

The next thing I added to the ancient Taoist diagram is a generation of polar opposites attributed to each of the 5 elements. These opposites are then corresponded to animated forms related to those poles. When you bring your attention to the diagram, notice the explanations of interrelating music principles and animated polarities found below. Finally I shifted Ether / Metal to the top of the diagram. In the electromagnetic toroidal field generators designed by Issac Barbosa, the air-core transformer I have studied is laid out in a decagon like woven spiral. By introducing electrical charge at point zero, the mobius looping of the wire causes electrons to be forced out of a state of super position in the core, generating what could be considered a quantum vacuum of exotic particles. I overlaid this E/M toroidal field math as a playful manner by which to imagine creating over unity gain in our biofield by balancing the 5 elements and associated polar qualities within us.

By studying this diagram and how everything interplays, you can adapt what you want, and apply those tools to your personal work in balancing your internal systems. Examine the illustration closely to understand my techno-shamanic Aquarian view of balancing our 5 elements. I have done my best not to culturally appropriate sacred knowledge to homogenize Eastern and Western Mysticism into post apocalyptic propaganda. At the very least, you will find something curious in contemplating this diagram. You may not find another diagram like this anywhere else on the planet. If you do, please share with me.

ELEMENTAL FOUNDATIONS OF MUSICAL MYSTICISM

ELEMENTAL LAWS OF POLARITY + ANIMATION : ALCHEMICAL MUSIC ANIMATIONS
 TAOIST NOTE TO ELEMENT HEALING RATIOS + COSMIC OCTAVE SOUND TO COLOR SPECTRUM



ELEMENTAL LAWS OF ANIMATION
 ether animates ice when introduced to water : in the process of freezing
 water animates sky when introduced to air : in the process of raining
 air animates flesh when introduced to fire : in the process of dancing
 fire animates mineral when introduced to earth : in the process of crystallization
 earth animates silk when introduced to ether : in the process of weaving

ELEMENTAL FOUNDATIONS OF MUSICAL MYSTICISM
 ether stirs overtone : resonance, singing bowls, gongs
 water stirs harmony : melody, scales, modes, ragas, strings
 air stirs voice : breath, chant, singing, flute
 fire stirs vibration : the fundamental, bass, drone, tambura
 earth stirs rhythm : pulse, drums, percussion

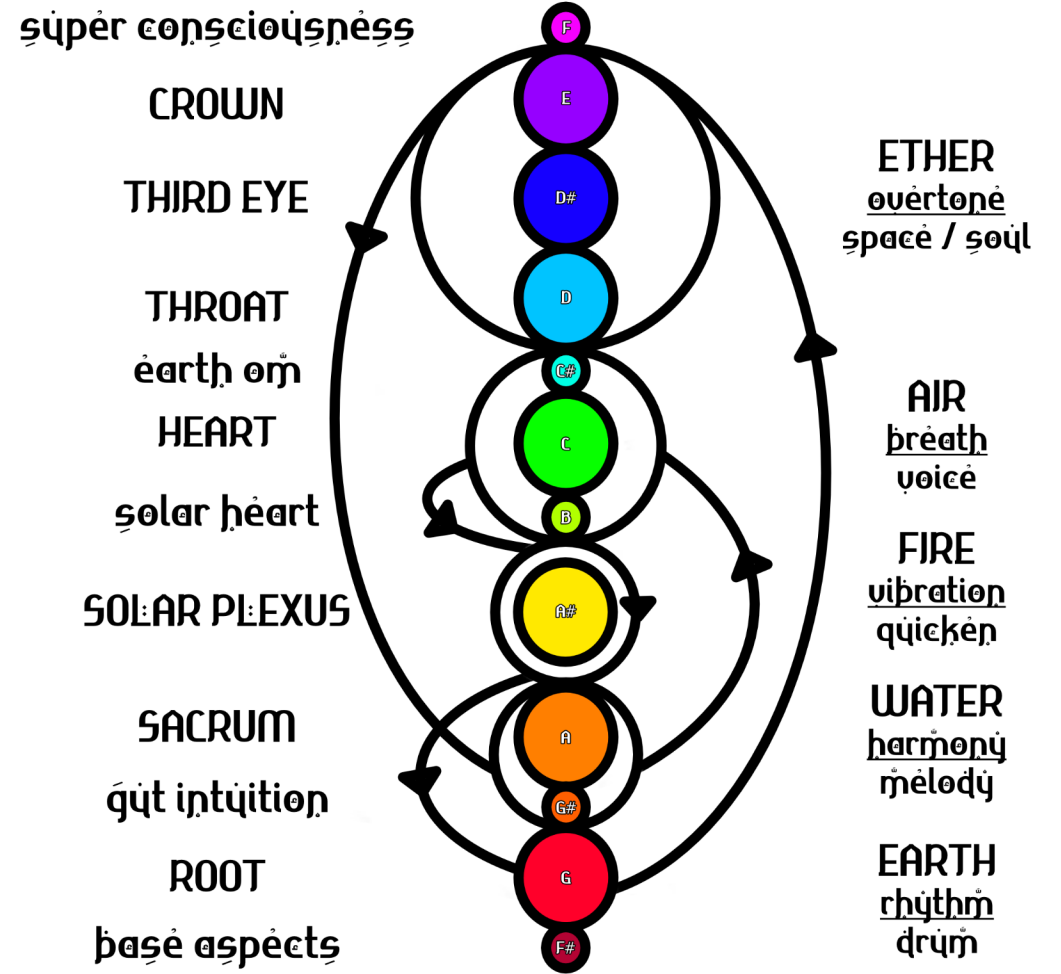
ALCHEMICAL MUSIC ANIMATIONS
 overtone freezes into harmony
 harmony rains into breath
 breath dances into vibration
 vibration crystallizes into rhythm
 rhythm weaves into overtone

ELEMENTAL LAWS OF POLARITY
 ether is balanced by flesh : with dancing
 water is balanced by minerals : with crystallization
 air is balanced by silk : with weaving
 fire is balanced by ice : with freezing
 earth is balanced by sky : with raining

This Element Balancing diagram is a techno-shamanic adaptation of the ancient Taoist 'Sheng' and 'Ko' cycles.
 Musical mysticism aspects are primarily referenced from Hazrat Inayat Khan, in "The Mysticism of Sound and Music".
 System adaptations by Avery Runner. Originally published 2024 : www.wisdomnexus.org
 The indigenous Taoist diagram originated from the Traditional Chinese Five Elements System, created by Ling Louen.

ELEMENTAL FOUNDATIONS OF MUSICAL MYSTICISM

5 ELEMENTS TO 7 PRIMARY CHAKRAS (+5 SECONDARY CHAKRAS)
 COSMIC OCTAVE SOUND TO LIGHT SPECTRUM
 ANCIENT TAOIST SHENG CYCLE



ETHER SUPPORTS WATER (down left)
 WATER SUPPORTS AIR (up right)
 AIR SUPPORTS FIRE (down left)
 FIRE SUPPORTS EARTH (down left)
 EARTH SUPPORTS ETHER (up right)

TRADITIONAL TAO 5 ELEMENT SYSTEM
 ETHER = D / WATER = G / AIR = C / FIRE = A / EARTH = E

MINOR SCALE POLAR OPPOSITES
 ETHER > G# / WATER > C# / AIR > F# / FIRE > D# / EARTH > A#

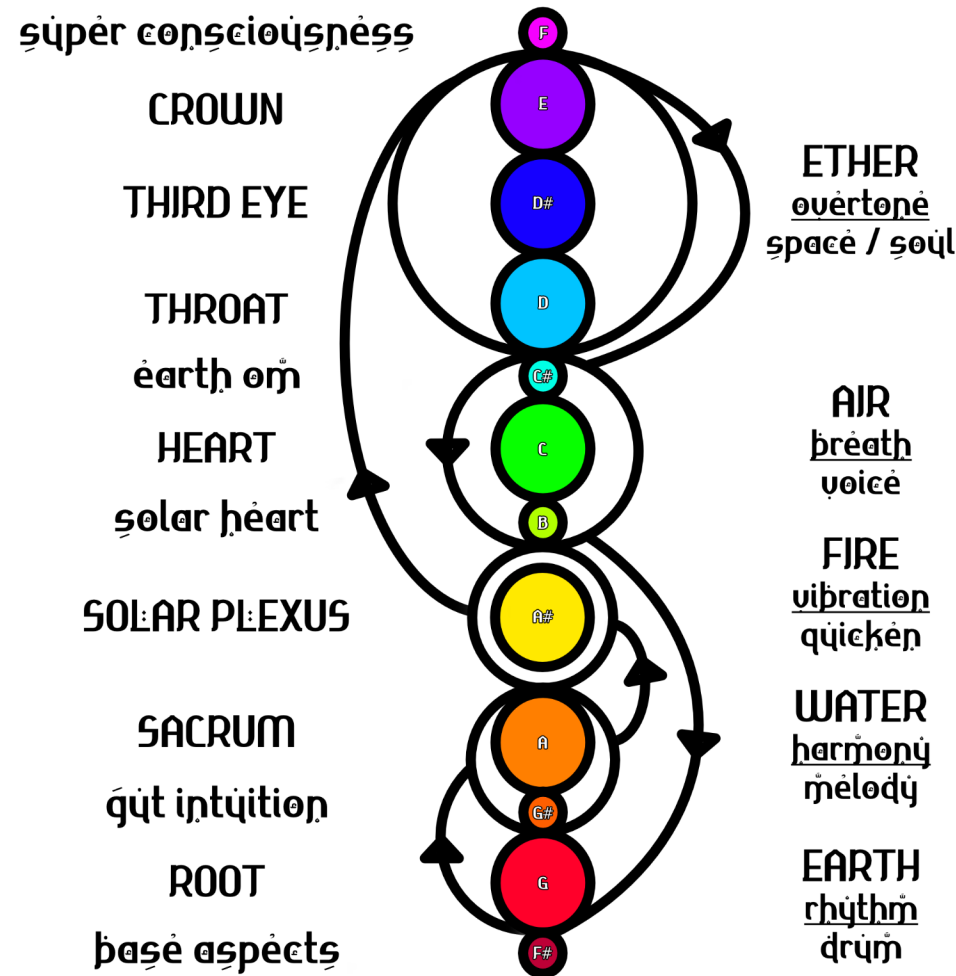
5 ELEMENTS TO COSMIC OCTAVE
 ETHER = D (F) / WATER = A / AIR = C (B) / FIRE = A# / EARTH = G



Cleaning Emotional Wounds

ELEMENTAL FOUNDATIONS OF MUSICAL MYSTICISM

5 ELEMENTS TO 7 PRIMARY CHAKRAS (+5 SECONDARY CHAKRAS)
COSMIC OCTAVE SOUND TO LIGHT SPECTRUM
ANCIENT TAOIST KO CYCLE



ETHER CONTROLS AIR (down right)
AIR CONTROLS EARTH (down right)
EARTH CONTROLS WATER (up left)
WATER CONTROLS FIRE (up right)
FIRE CONTROLS ETHER (up left)

TRADITIONAL TAO 5 ELEMENT SYSTEM
ETHER = D / WATER = G / AIR = C / FIRE = A / EARTH = E

MINOR SCALE POLAR OPPOSITES
ETHER > G# / WATER > C# / AIR > F# / FIRE > D# / EARTH > A#

5 ELEMENTS TO COSMIC OCTAVE
ETHER = D (F) / WATER = A / AIR = C (B) / FIRE = A# / EARTH = G

In order to grow beyond undesirable patterns we display, we need to heal the emotional body. In his book ~The Mastery Of Love~, Don Miguel Ruiz compares this process to cleaning a wound and taking care to avoid infection by carefully tending and sanitizing the affected area while it heals.

"We need to open the wounds and clean the wounds, use some medicine, and keep the wounds clean until they heal. How are we going to open the wounds? We are going to use the truth as a scalpel to open the wounds. Two thousand years ago, one of the greatest Masters told us, "And you will know the truth, and the truth will set you free"... The truth is like a scalpel because it is painful to open our wounds and uncover all of the lies. The wounds in our emotional body are covered by a denial system, the system of lies we have created to protect those wounds. When we look at those wounds with eyes of truth, we can finally heal those wounds."

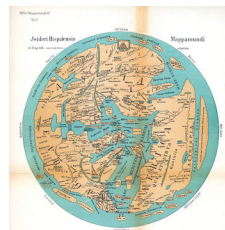
When we behave in an ugly fashion, not only do we work within our denial system to protect emotional wounds, we also reenforce negative emotions. Masaru Emoto writes about the effects of bad vibes vs good intentions on water crystal formation in his book ~The Miracle of Water~:

"When you think about negative emotions in light of what we know about vibration, it isn't hard to realize how and why irritation, frustration, and envy can be detrimental to your health. Anger and excitement raise the rate of vibration in your body and lead to abnormal physical condition. Anger, for example, can be especially hard on your liver... Sadness can be harmful to the cells in the hippocampus in the brain.... Envy can damage the thyroid gland... Why an emotion can have an effect on a particular organ in the body can be explained by the differing wavelengths caused by each emotion."

It is a symphonic perspective Emoto presents. He further asserts that when we feel the onset of a negative emotion, we can imagine the opposite emotion instead. He suggests we literally replace one feeling for another; intentionally. Learning such a practice helps in redirecting negative emotional spirals and bad behavioral patterns. For example, deviating from a state of distress or shock is necessary when treating severely traumatized patients. In the application of Autogenics, the goal of the practitioner is to redirect the mind/body from an agitated state into a more calm and emotionally regulated state. Autogenics skills are referred to as clinical hypnosis, and can be learned and implemented by anyone, without outside help. (Read more about Autogenics in my article titled 'Medical Hypnosis'. Link here: <https://wisdomnexus.org/c/15/medical-hypnosis>.)

However, there is an important difference to understand between changing our minds and fooling our brains. Fooling our brains is not healing our wounds. Fooling ourselves only supports our denial system. If we do as Emoto suggests, and imagine the opposite emotion when we feel like crap, we have to be genuine with ourselves to get favorable results. Antonio Damasio delineates the difference between a real smile and a fake smile in ~Descartes' Error~:

“Curiously, not all parts of the brain are fooled, as it were, by a set of movements that is not produced through the usual means. New evidence from electrophysiological recordings shows that make believe smiles generate different patterns of brainwaves from those generated by real smiles... although they reported the feeling appropriate to the fragment of facial expression, the subjects were well aware that they were not happy or angry at any particular thing. We cannot fool ourselves any more than we can fool others when we only smile politely...”



Boundaries

There are many ways to enforce calming effects on the body and entrain ourselves to experience emotional regulation. We are not required to exist in a trauma state of fight or flight and survival mode, although many people accept fear propaganda as normal reality. I do not propose that we chose to avoid our negative emotions by replacing them with imaginary butterflies and rainbow unicorns. If anything, the process of emotional healing proposed by Don Ruiz, requires surgical action that involves processing pain by cutting through our denial system using the scalpel of truth. I recognize that we can choose to “live in fear”, we can tolerate our own bad attitudes. Or we can witness things we are uncomfortable with, and address them with the willingness to change. In order to accomplish this, we must figure out what is real and what is illusion. What things are we over exaggerating? Where are our denial systems most deeply rooted?

Again, this may be in part a task of learning how to self parent and developing better willpower. Through the process, we must accept that the scalpel of truth cuts away not only our own lies, but also the lies connecting us to others. In less ideal situations we may have to reposition people in our lives. We may have reached a stalemate with issues that need to change in a relationship dynamic. We may cut open our denial systems with the truth, but people around us don't want to grow with us. We have to ask if we are being honest about our boundaries, with ourselves as well as others.

Boundaries are of huge importance. When we have healthy boundaries, we communicate what we want and we make sure everyone understands where our thresholds are (to our best ability). When we have porous partitions, we often get run over, feel taken advantage of, which leads to problems with establishing healthy commitments. Soft edges impact our capacity to work through difficult relationship dynamics. When we have rigid borders, those walls isolate us from connecting with others, and can antagonize duality (entropic attention). Rigid boundaries generate inner conflict. Defining our outer limits requires a clear awareness of our own lines of demarcation. These are changing all the time, for everyone. Rigid boundaries are too firm to go with the flow, and they crumble under extreme pressure. It requires introspection for us to understand how our own boundaries change over time with experience. Healthy boundaries are able to adapt under critical stress loads.

In worse case scenarios, the dynamics between people become so toxic that the process of setting boundaries becomes caught in the ‘damned if you do, damned if you don’t’ zone. When relationship dynamics break down, thresholds are not being understood, boundaries get violated arbitrarily, and manners of gentle communication fail. If you really give things your best but the situation does not improve, then what?

This question brings up the subject of regret. Obviously, we all want to make choices we don't regret. All we can do is try to be as honest as possible with ourselves before making life altering decisions so we can best avoid burning bridges we later wish we had not. Inevitably, we all make mistakes in the process.

Certain relationships can bring out the worst of our ‘grr’. Are there times appropriate for breaking the golden rule: “If you don't have something nice to say, don't say anything at all”? “Always be pleasant to others”. Obviously this is a loaded question. When I was in elementary, the principle at school used a paddle to discipline children who acted out or didn't say something nice. These modes of violent discipline have changed in most schools, but it begs to argue that American society was plagued by domestic violence only 50 years ago. I do my best to maintain the position of a pacifist as much as possible, but when is enough actually enough? That is for each of us to decide.

I can only speak from personal relationships I have experienced. By no means do I propose a solution for complex relationships between warring nations. No one can ask the entire population of two warring factions to meditate and visualize a new vibration that resolves an incoherent chaos that currently exists between them. Contemporary with me writing this, for those living in the conflicts between Gaza Strip and Israel or Ukraine and Russia, there is no magical panacea in a personal visualization process that can fix their suffering and death. Nations can't just get up and leave a toxic relationship. Forced migration is not a practical resolution for anyone who took time to build a home and family. In modern warfare, enough was enough before it began, and we can do very little to change the outcome of these massive international conflicts as individuals. The only thing we can do is change ourselves. That will help the world, because living from inner peace raises the vibration of the community and those around us.



The Straw that Broke the Camel's Back

When does someone cross the line, causing you to throw in the towel? I certainly have checked many of my childhood boundaries at the gate over the years, in pursuit of an answer to this question. Healthy boundaries requires we adapt. Behaviors we all learned as children and teenagers to protect ourselves, may in fact be outdated. So I make a point, creating healthy borders as an adult requires sifting through old mechanisms we developed early in life to protect ourselves. As our own parent, we get to decide what continues to serve us, and what needs to be replaced. Exchange the flawed boundaries with new, more appropriate lines of demarkation. Once you remove childish boundaries that no longer serve you, then you can reevaluate your position on "be pleasant to others" with a fresh perspective. Ideally you can navigate gracefully among those people you do not resonate with. We can get through a work environment being civil with those we don't vibe with easily enough. That is just common stress.

But there are times where our boundaries have been disrespected by someone in a way that is unacceptable, and nothing we do or say seems to bring needed attention to the issue. You may have violated the boundaries of this other person in the process. In this case, either you, the other person, or both of you are in denial. Ideally, we are not acting from our denial system, protecting old emotional wounds, because we already have taken the time to heal those wounds with truth. Healing our wounds causes our sense of healthy boundaries to become more clear. If either party is constrictively protecting their emotional wounds with a denial system, even mediation may not help. It is one thing to look at our personal dynamics with others, but this becomes increasingly complex as we begin to look at International politics of War.

You may have heard the story of how the Hopi dealt with the missionaries who tried to convert them to Catholicism. It didn't end well for the missionaries. Peaceful people choose to break the 'be nice' rule when 'being agreeable' no longer improves critical issues that need to be addressed. When we use the force of chaos to protect ourselves, we impose changes and define boundaries. That is where skills of severing comes in. Cutting away that which no longer serves, applying the tool we call the sickle or the sword to remove serious problems. This is not always achievable through the behavior of the pacifist.

It is rarely comfortable for anyone to make the choice to remove certain influences from their life. This may be required to heal our emotional wounds. It can be cold and precise. The art of kindness in the process of such endings will certainly be reflected in the maturity of each individual. The consequence of ending relationships may involve abandoning shared dreams and setting free unrealized potentials. The upshot of cutting away that which does not serve in a flourishing capacity, is that we create new freedom to grow beyond those limitations. How we mark our lines in the sand for people to see through our process of healing emotional wounds, will be heavily influenced by the agreements set in place by those relationship dynamics with others.



Changing Our Minds to Open Our Window of Emotional Tolerance

If something is causing endless stress, then we ought to do something to change the situation. If we intend to say or do things to command change in our dynamics with others, we are best off contemplating the outcome before making life altering decisions. However, I have noticed that when are deeply entrenched in situations that have been washed among emotional triggers for extended periods of time, no matter how we draw our line in the sand, it can come off as a hostile act by the other person. This is an example of how entropic attention antagonizes duality. Unweaving these paradoxes can be tricky business. To become non-reactive in such circumstances may require removing ourselves from the equation by asserting physical boundaries with those people by no longer devoting time to them. At least for the time we need to heal. Ultimately, with the end behind us, can we set our sights on new beginnings. Build new dreams. With time and change, eventually those past traumas we shared with others can give way to new modes of creative expression. As we grow beyond the healing of our emotional wounds, we may find the other person has also shifted frequency, and we may choose to enter an entirely new harmonious dynamic with those people. Maybe we can once again become friends with those we had cut out of our lives.

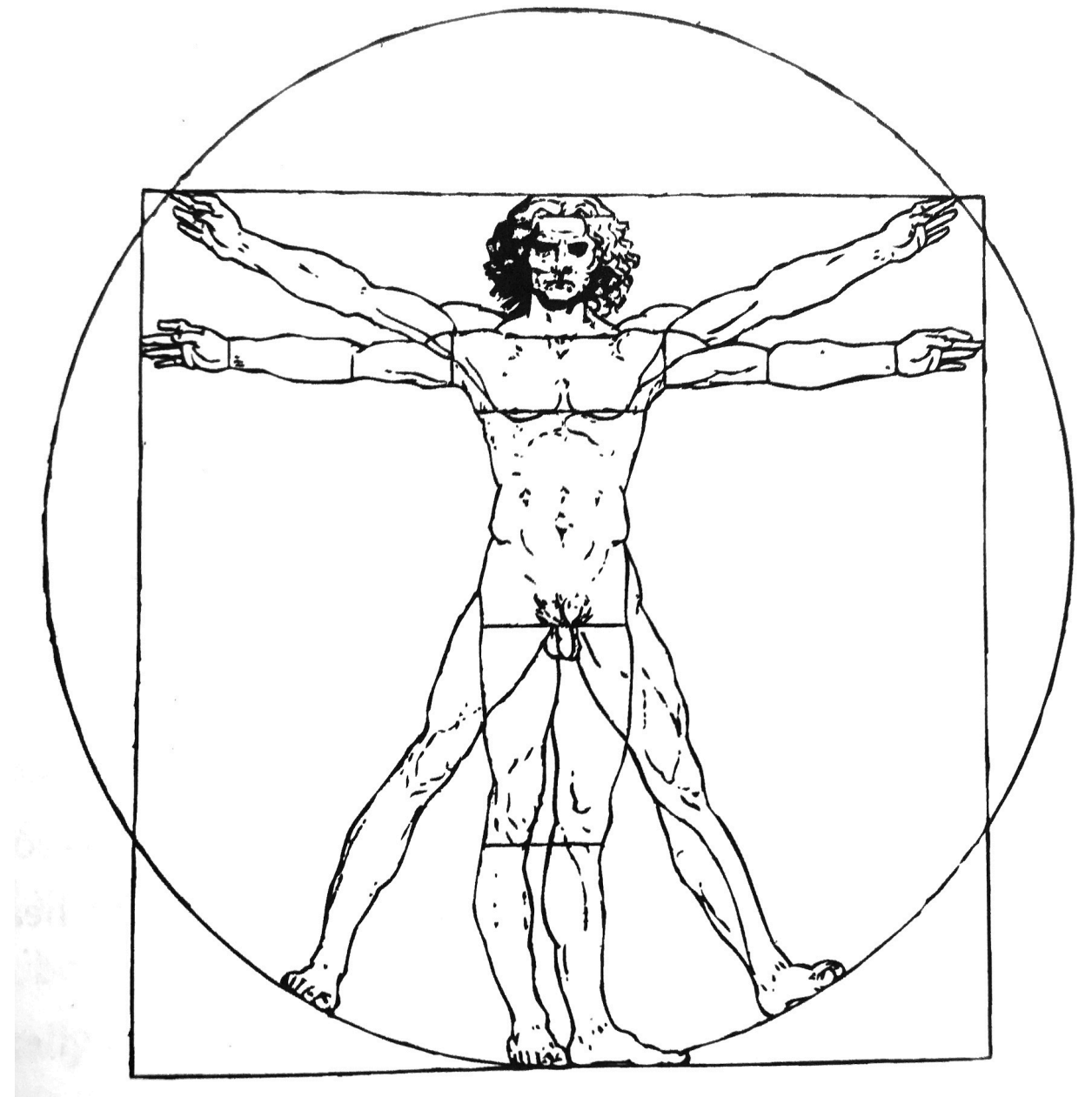
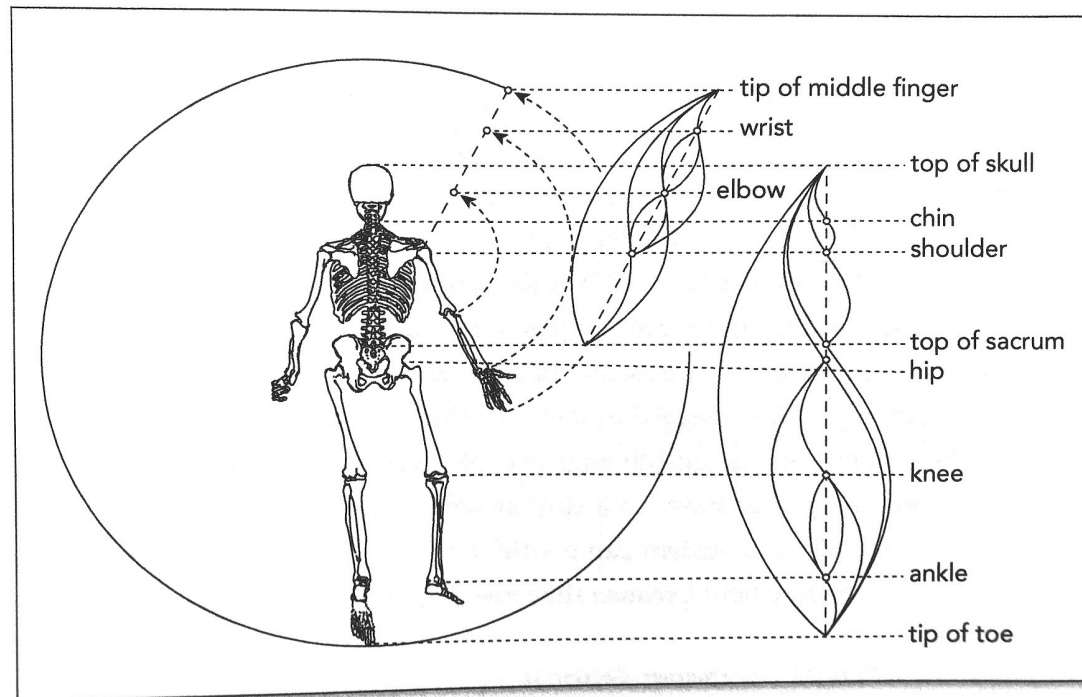
Dealing with issues that are causing unhealthy anxiety is necessary in the process of healing our emotional wounds. Charles Stroebel M.D. speaks up in his chapter "How Stress Makes Us Sick" in his book ~The Quieting Reflex~:

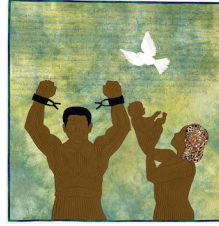
"The inner organs in the body receive nerve control signals from the two branches of what is termed the Autonomic Nervous System. The parasympathetic branch has a calming and energy conserving effect and tends to dominate when we are relaxed or in a low arousal state such a sleep. The sympathetic branch tends to activate and increase tension levels and dominates when we are excited, stressed, or in a high arousal state. Most stress management, meditation and relaxation programs seek to lower arousal by decreasing the level of activity in the sympathetic system. The problem with this approach is that it ignores the need to maintain a healthy level of stress. People need to learn skills that will enable them to adjust their stress and tension levels from high to low to suit the task at hand."

Stroebe goes on to explain how to identify alarm signals of stress and the compass points of healthy and unhealthy stress. QR Training involves balancing the parasympathetic and sympathetic branches of the autonomic system with a simple mindful gesture and personal reminder that not everything that causes stress deserves panic. With a gentle inhale, base comparison to other stressors in the immediate environment, an inward smile and exhale, we can train ourselves to organize our reactions to daily issues and develop appropriate responses to stress. This is a great resource for opening our window of emotional tolerance.

We can go further to interpret the balancing of one's autonomic nervous system as a sacred mathematical ratio. John Bealieu discusses the principles of Pythagorean monochord ratios in his book *~Human Tuning~*. He places emphasis on how the joints of human body are connected in 2/3 ratios. This ratio comprises the perfect fifth when applied to a single string, or when derived from any fundamental frequency:

*“When the autonomic nervous system is tuned to a Perfect Fifth, a 2/3 wave flows through our whole body. The nervous system entrains to the signal and further signals the tendons, muscles, and ligaments connecting each joint to come into a balanced tone. In order for our body to conduct the 2/3 wave, a precise balance of ligamental tension is necessary at each joint. Any imbalance of tension will set up an interference pattern that comprises range of motion. The key to physiologically understanding how human tuning works is suggested by T.S. Elliot in his poem *Four Quarters* when he says, “at the still point, there the dance is... neither arrest nor movement...” The words “neither arrest nor movement” can be physiologically understood as either the parasympathetic or sympathetic nervous system. The sympathetic nervous system is the “fight or flight” which has to do with alertness, expenditure of energy, being on the go, and getting things done. The parasympathetic nervous system is the relaxation nervous system which has to do with calming down, conservation of energy, and receiving.”*





Emancipate Yourselves from Mental Slavery

Milhaly Csikszentmihalyi introduces a human paradox regarding the attainment of carefree, light-hearted and delightful living in ~Flow - The Psychology of Optimal Experience~:

“The Roots of Discontent: The foremost reason that happiness is so hard to achieve is that the universe was not designed with the comfort of human beings in mind. It is almost immeasurably huge, and most of it is hostilely empty and cold. It is the setting for great violence, as when occasionally a star explodes, turning to ash everything within billions of miles. The rare planet whose gravity field would not crush our bones is probably swimming in lethal gases. Even planet Earth, which can be so ideal and picturesque, cannot be taken for granted. To survive on it, men and women have had to struggle for millions of years against ice, fire, floods, wild animals, and invisible microorganisms that appear out of nowhere to snuff us out... Chaos is one of the oldest concepts in myth and religion. It is rather foreign to the physical and biological sciences, because in terms of their laws the events of the cosmos are perfectly reasonable. For instance, “chaos theory” in the sciences attempts to describe regularities in what appears to be utterly random. But chaos has a different meaning in psychology and the other human sciences, because if human goals and desires are taken as a starting point, there is irreconcilable disorder in the cosmos.”

This boils down to what J.S. Mill wrote, *“No great improvements in the lot of mankind are possible, until a great change takes place in the fundamental constitution of their modes of thought.”* Csikszentmihalyi summarizes: *“How we feel about ourselves, the joy we get from living, ultimately depends directly on how the mind filters and interprets everyday experiences. Whether we are happy depends on inner harmony, not on the controls we are able to exert over the great forces of the universe.”*

The modern linear model of time is a prime example of man’s drive to control the universe. Charles Eisenstein has expressed support for changing our relationship to time, modifying our calendar system and creating a more sustainable economy for the modern age. In ~Sacred Economics : Money, Gift and Society in the Age of Transition~, Eisenstein indicates another aspect of what makes it challenging for humans to be happy. Slavery:

“Perhaps the deepest indication of our slavery is the monetization of time. It is a phenomenon with roots deeper than our money system, for it depends on the former quantification of time. An animal or a child has “all the time in the world.” The same was apparently true for Stone Age peoples, who usually had very loose concepts of time and rarely were in a hurry. Primitive languages often lacked tenses, and sometimes lacked even words for “yesterday” or “tomorrow.” The comparative nonchalance primitive people had towards time is still apparent today in rural, more traditional parts of the world. Life moves faster in the big city, where we are always in a hurry because time is scarce. But in the past, we experienced time as abundant.”

“Clocks,” writes John Zerzan, *“make time scarce and life short.”* “Time is money” the saying goes, an identity confirmed by the metaphor *“I Can’t Afford The Time.”*

Larry Dossey M.D. is the author of ~Space, Time & Medicine~. He opens his chapter “What Is Time” with a graffiti quote, *“Time is nature’s way of keeping everything from happening at once.”* He goes on to discuss the influences of clocks on human life:

“With the development of accurate measurement devices, man became less and less observant of cyclical natural processes as a means of keeping track of time. He needed nature less in a world of clocks. Although Newton held to a cyclical view of time as intrinsic to nature, the linear view of time was increasingly popularized by such figures as Leibnitz, Barrow and Locke. This view of time gathered momentum in the three hundred years following Huygen’s invention of the pendulum clock, such that we now generally believe it to be intuitively obvious that time flows; that it is divisible into past, present, and future, and that once an event has happened, it will never occur again. Our lives are so chronometrically dominated that we not only have become unconscious of the cycles in nature, we have become inured to the cycles within ourselves.”

We are again confronted with the reasonable perspective that linear time is not natural. Cyclical time involves an awareness of timelessness in which we are not always in a hurry. I am not alone when I extrapolate that, experiencing time as fundamentally linear, creates disease. Experiencing time in cyclical rhythms creates harmony within and around us.

Eileen McKusick discusses Right Relationship With Time in her book ~Electric Body, Electric Health~:

“We want to realign our inner compasses with the cycles of nature. Everything in nature has its own cycle... Getting back to nature is the best way I know to heal our relationship with time. Because ultimately, there is really no separating nature from time. The explicate universe is all about rhythms and cycles. The moon has a cycle around the earth, the earth has a cycle around the sun, and the sun has a cycle around the solar system. It’s all just one big old space-time continuum. Flow is a state of connection with these larger cycles.” She continues, *“Life is meant to be celebrated. Nature shows us how to do that. Nature is abundant, harmonious, loving, and joyful. Living in a natural state of joy (bliss, even) is a revolutionary act. We have to be rebels of bliss, warriors of love, speakers of truth... It doesn’t have to be a struggle.”*



Holographic Space Time Medicine

To really tilt this topic, and to touch on the subject of a holographic universe, I present a short description of time-space as described by Wayne M. McDonnell in his "Analysis and Assessment of the Gateway Process". The study was provided for the US Department of the Army and CIA in their study of Robert Monroe's Out Of Body Experiences, and the Monroe Sound Science he developed. Wayne discusses a Cosmic Egg Torus Field in which all holograms of time and space reside:

"Since the Torus is being simultaneously generated by matter in all the various phases of "time", it reflects the development of the universe in the past, present and future (as it would be seen from our particular perspective in one phase of time)... By reflecting on this model, it becomes possible to "see", how human consciousness brought to a sufficiently altered (focused) state could obtain information concerning the past, present and future since all exist in the universal hologram simultaneously.... All of the movements of the energies which comprise the universe leave their mark and hence tell their story throughout time... Reality has both a beginning and an end because it is bounded within space-time, but the fundamental quantum of energy and its associated consciousness is eternal."

This opens up a Pandora's box to the meaning of life, where we come from, where we belong and where we go when we die. Clearly an argument for philosophers and fundamentalists to discuss (or argue) forever. Some refer to this conundrum as the Akashic paradigm. I cannot say I completely embrace the idea of the future being precisely predetermined, as much as I concur that time is in a state of super position based on probabilities that can be accurately interpreted when we learn to focus our consciousness appropriately. I do resonate with the concept that causality has some bearing in the art of prediction. Whatever opinion you develop, I offer this model of a holographic space-time Torus in this manuscript as a model for considering the impact of our choices.

Where does our 'stay' and 'go' reside in the space-time continuum? We leave a mark on the Cosmic Egg with each emotion we process or ignore. In an ancestral sense, the things we don't resolve in this life will be a challenge for the next generation. Those emotional stamps are passed on through DNA and psychic imprints stored in the planet's morphogenetic field. We bestow our unresolved problems upon the world. The Gaian Mind remembers all.

This is a good reason to create goals, remain grateful and self-loved when life presents challenges, and move forward after we have been raked over the coals of grief, pain and loss. If Uh = Yes, we grow up. If Uh = No, we get ugly. When we don't confront our personal fears, those attributes of resistance and unwillingness to approach zones of discomfort actually impacts the state of reality: past, present and future. When we address sources of anxiety along the way, and show a willingness to change when we need to grow, then we live a better life. The result causes epigenetic shifts to occur in our species, and the planet evolves.



Intuition: Listening to the Guidance of Our Essence

Many books I have read, cite how the modern world is full of evolutionary updrafts and downward spiraling pits of decay. All at the same time, the world is being consumed by terror while simultaneously we are emerging to a brighter way of coexistence. The evolutionary upward currents are strong when we find them, and they are the tides of change that are building a better planet. The destructive pits of trauma are equally present, and we must learn to avoid those trenches of negativity in order to make the best use of our lives. When we are dealt a deafening blow in life, we must eventually make the most of the worst. We need to maneuver ourselves toward safety, and grow from the experience. We are looking for ways to plot our following course of action. We stop, and plan where to go next.

New age ideas such as the Law of Manifestation, left unchecked, become pitfalls having a tendency to focus single-mindedly on the power of positivity and affirmations of the light. It is possible to circumvent unnecessary failures by avoiding of such illusions to begin with. In his book ~The Occult Control System~, Daniel Pinchbeck elucidates on this subject:

"The underlying belief is that each of us creates our own reality through our thoughts and intentions. Therefore, if we simply avoid anything dark or malevolent, nothing negative will be able to enter our field. But unfortunately, reality is not that simple, and this approach is a blatant form of spiritual bypassing... Paul Levy explores the idea that modern Anglo-European culture is infected by what the Algonquins call "wetiko", a cannibalistic spirit driven by greed, excess, and selfish consumption. "Spiritual/New Age practitioners who endlessly affirm the light while ignoring the shadow" fall "under the spell of wetiko," he writes. By seeking to turn away and hide from their darkness, these practitioners unwittingly reinforce "the very evil from which they are fleeing". Looking away from the darkness, thus keeping it unconscious, is what evil depends on for its existence. If we unconsciously react to evil by turning a blind eye toward it - "seeing no evil" - we are investing the darkness with power over us." The alternative is to permeate the evil with awareness, "stalking" the shadow so we can catch and assimilate it. Carl Jung wrote, "One does not become enlightened by imagining figures of light, but by making darkness conscious."

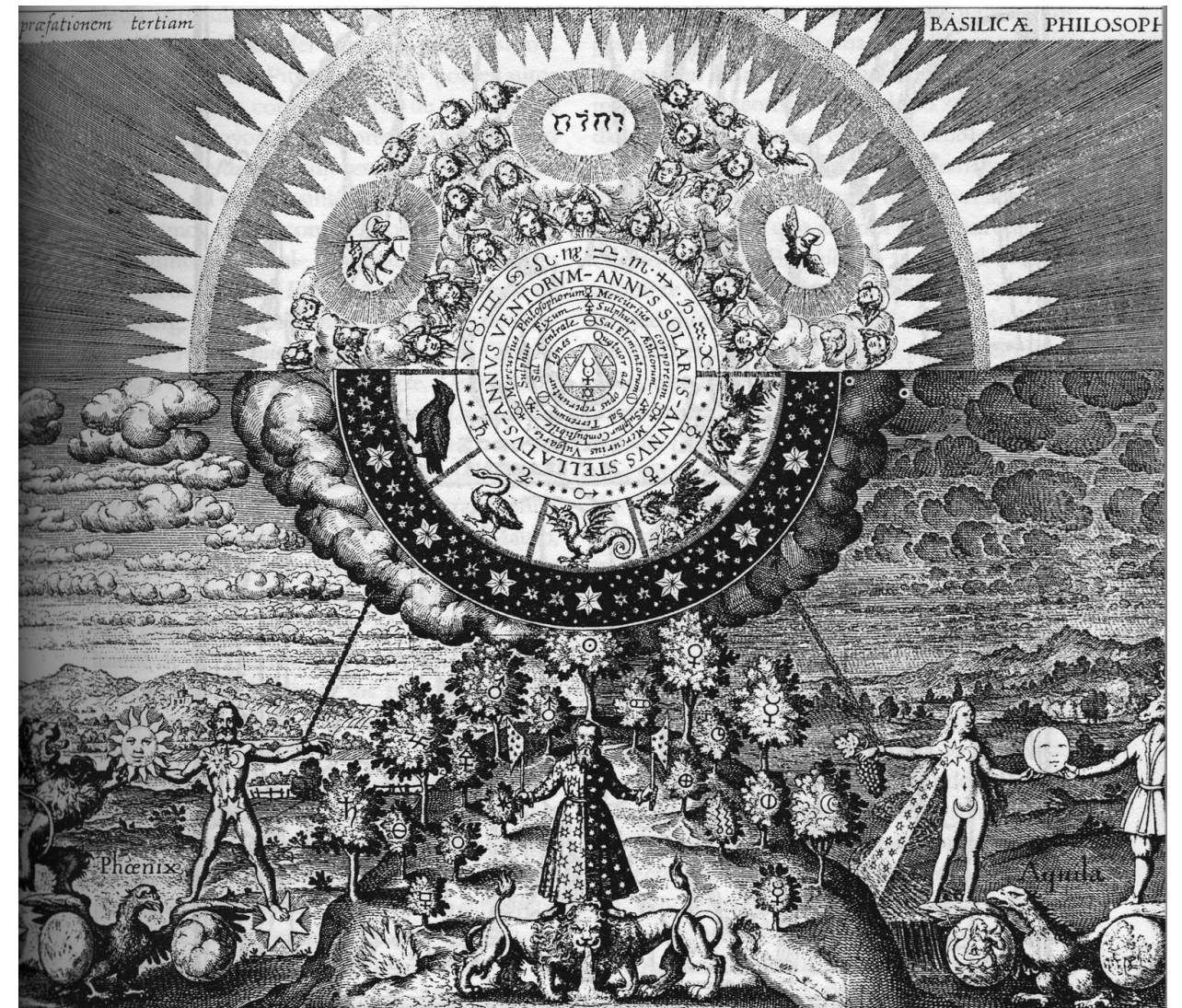
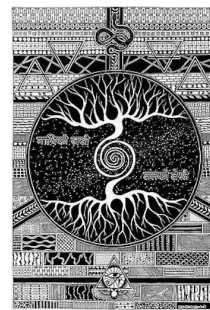
Perhaps developing intuition is among the finest qualities we can develop for illuminating those shadows of fear. We all need tools for navigating updrafts and pitfalls in the world. Mitchell L. Gaynor M.D., who uses singing bowls in conjunction with meditation and visualization in his healing practice, presents a chapter titled “Exploring the Inner Chamber” in ~Sounds Of Healing~:

“When I speak of intuition, I’m referring to the capacity to listen to ourselves and the world through the inner ear of our essence. We are all born with an intuitive sense of the universe, but as happened to me, many of us prefer to ignore that aspect of our consciousness. Rather than respond from our essence and become attuned to the infinite wisdom of the universe, we stay stuck in a fearful, ego-based perspective that binds us to the here and now, with all of its inevitable conflicts and contradictions... (with singing bowls and visualization) I’ve been graced with the ability to look past someone’s grimace or tears, beyond the expressions of hurt and trauma, and intuit what that person most needs in order to heal on every level.”

Using sound therapy in conjunction with somatic emotional processing to enhance intuitive development, is a subject that deserves deep study. I bring this to the table because active listening with mindful awareness of emotion in the body in synchrony with the application of curative vibrations provides a wide symphony of tonic effects. In my experience, this combination of modalities provides a baseline for the most transformative therapeutic potential available for living in form beyond fear.

To sum things up harmonically, I offer another important principle of sound. I want to round out your understanding ‘syntropic attention’. This principle reflects on the interval of an octave (1/2). This is also known as the law of correspondence. John Beaulieu discloses this relationship to be representational of the space between heaven and earth, again from his book ~Human Tuning~:

“The lower and higher tones of the Octave represent the polarization of opposites - the alpha and omega, moon and sun, male and female, yin and yang, mother and father. The Emerald Tablet of Hermes, one of the oldest Alchemical texts, can be summarized by the statement, “As Above, So Below.”



Summary : Horizons Beyond Denial

In this composition, I present a discussion on meeting fear. Among the concepts I present, includes imagining our conception as the forces of Vital 'Uh' and Calming 'Oh'. This offers insight into our deepest motivations and cultivations. With practice, the tools included in this manuscript can sharpen your understanding of how to detect sources of resistance interfering with your ability to accomplish big life goals. By nurturing an internal environment that sustains a foundation of self love, both our sense of stability at home and reassurance that we can accomplish what we are here to do begin to grow. These values deserve to be among the primary anchors allowing us to move our lives into a state of gratitude and sustainability. From here, we can begin to choose bliss over depression, nurture over anger, growth over grimace, and move upward; rather than remaining in an ugly rut of denial. This is possible only after we take the cyclical time to process grief. There is some truth that we must change our role from victimhood to autonomy in order to adequately provide our gifts to others. In this process we will pave a path to best receive support and vitality from our community We nurture our dreams.

Our feelings of being victimized may well be based on honest calculations about real experiences. It remains however, that existing in a victim role only perpetuates pain. The denial system we build to protect our emotional wounds need to be cut open. We need to clean those wounds and apply medicine, nurturing those wounds until they heal.

Negative emotions effect the way water in our bodies and our environment behave. Emoto shows, with his images of water crystals, how negative attitudes change harmonious crystalline structures into distorted and non-symmetrical patterns. We have to change distorted thought patterns in order to bring harmony into our experience. Additionally, we cannot expect that attempts to change the nature of the universe will end in success. Instead we can focus on our state of being and change the only thing we can, our minds. Positive emotions generate beautiful water crystals.

Training ourselves to accordingly relate to various forms of stress, provides a wider window of emotional tolerance. When we integrate an awareness that stress is part of life, we can learn to navigate from an unanimous inner response, something which Charles Stroebel terms the Quieting Reflex. We become more emotionally regulated. This is achieved through balancing the parasympathetic and sympathetic branches of the autonomic nervous system.

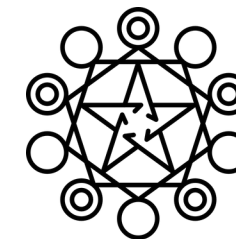
The betrayal of slavery exists not only in our minds, but also in the economic and calendrical systems that govern the planet today. The monetization of time is one of the greatest failures of modern culture. We require a new relationship with time if we are to abolish slavery in the modern age. Clocks and linear time have replaced natural cycles for many people, but we can apply timelessness practices to optimize our life experience. Spending time in nature is among the most beneficial for activating the magnetite in our pineal glands and resetting our inner compass to cyclical cycles.

Remote viewing and altering time-space perception to focus on past or future events has been public debate regarding the plausibility of supernatural powers for centuries, but there are reliable sources providing diagrams of systems that explain how these psychic capacities may be developed. Robert Monroe and his reports on Out Of Body Experiences, along with his research into signal set entrainment to alter (focus) consciousness, offers a unique perspective on the continuum of awareness and how one goes about training personal facilities that open portals to extra sensory cognizance.

Whether we develop psychic abilities or not, we can all certainly develop a better sense of intuition. Whatever technique we chose in order to develop greater tolerance to stress, we may also add a cherry on top of a healthy psychophysiological system by learning to respond from our essence. There is a living voice in each of us that is attuned to the infinite wisdom of the universe. That voice will always meet fear with love and understanding. By cultivating greater intuition, we bring more splendor into the world while learning to trust ourselves to change what needs to be changed. With proper self parenting and stronger willpower, we can learn to catch more updrafts, and avoid as many pitfalls as possible.

One reliable source I use to enhance intuition, that is a way I detect things that may not be readily perceived by my common senses, is through the use of oracle systems. To end this manuscript, I share an insight from Izzy Ivy's oracle deck ~Beyond Lemuria~ , regarding card "The Portal Keeper". This echo of wisdom retains much of the meaning that I wish to convey.

"Psychically advanced people can sense discarnate souls, elementals in nature and spirit guides. They can also see information in energy fields. These perceptions (clairvoyance, clairsentience or clairaudience) are still connected to this reality but are examples of what can happen when we raise our consciousness or train ourselves to the subtleties of what is happening around us. In essence, we share our physical location with overlaying beings and energies and can raise or lower our vibration to match and enter their realms of reality... Set your energy field to the highest good and ensure your intention is primed for the places you wish to journey to."



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