

Introduction to Nature Speaks

Learn Nature's Language to Engage and Connect With Her!

What We All Want...More Spirituality

We all want more spirituality in our lives however, just how to gain more is far less certain.

The attached two worksheets are intended to bridge this gap in accessibility through providing specific steps to grow our spirituality through building a connection with nature and better understanding her true nature (i.e. her harmony generating ways).

You can jump straight to the attached worksheets to get started or alternatively, check out the following overview to provide context to why the attached worksheets are so important to any spiritual journey of discovery. You can also check out this delightful YouTube video to learn more: <https://www.youtube.com/watch?v=NeU5sPnGXNc>

Let's Start From the Beginning - What is Spirituality?

Most definitions of spirituality list two key elements towards achieving it.

- Developing a sense of connection to something 'bigger than ourselves' and,
- A search for meaning as key elements of spiritual pursuit.

Let's look at each item individually to understand how nature might provide the solutions we seek.

What's 'Bigger Than Ourselves'?...Of Course, Nature Herself!

Ask yourself this question "is there anything bigger than nature itself?". Indeed nature is the one thing that truly encompasses all of existence and at all of its known scales. There truly isn't anything bigger than nature!

Thus through better understanding and engaging nature, we can develop a connection with 'something larger than ourselves', and thereby grow our spirituality.

To this end, we establish a common language to build a dialogue with and communicate with nature.

So what is nature's language? Her language is one of geometric pattern! Lest we forget that human language is also comprised of patterns of letters and symbols!

By understanding and recognizing these patterns, we gain the ability to engage and build a dialogue with nature, and thereby, better understand and connect with her--all major elements towards building a deeper spirituality! See the '**Nature Speaks (Pattern Worksheet)**' to develop this language!

All the Meaning You Will Ever Need...We Live in a Universe that Generates Harmony!

As Centerlife teaches, the universe's creative process spontaneously generates creations imbued with the harmony-like qualities of symmetry, beauty, balance, and holism.

Seeing how we live in a universe that produces harmony as it's modus operandi, we stand to, not only gain great insights to the genius behind such a colossal design, but also a wonderful context to build more meaning into our lives.

After all, what's more beautiful and meaningful than discovering we live in a universe that gifts harmony to all its creations, and what that might possibly mean, towards how we should live our lives? Clearly a giant leap upward in building a sense of spirituality in our lives!

See the '**Nature Speaks (Harmony Worksheet)**' to begin cultivating more meaning in your life!

Nature Speaks (Pattern Worksheet)

Learn Nature's Language to Engage and Connect With Her!

1. Nature's creations are shaped in center-oriented patterns--a natural result of them being produced by a corresponding, center-oriented creative process (see www.centerlife.center for more details).
2. Because nature's creations all share this same underlying center-oriented pattern, coming to recognize this pattern provides the necessary dialogue to engage and build a dialogue with nature's creations--in essence we are afforded a language to communicate with her.
3. Versus human language which is structured about human-centric needs, nature's language is universal. Hers is one that speaks to, and is the root of the order and harmony we see streaming throughout the universe. It one of creation, sustainability, and mutually beneficial relationships.
4. Use this table to learn nature's language to begin engaging with, building a dialogue with, and better understanding her. All towards the goal of connecting with something larger than ourselves and thereby building spirituality in our lives...and coming to know the mind of the Great Creator.

The Elemental Forms

Stars
Planets/Moons
Fruit (coconut, cantaloupe, orange, etc.)
Balls (basketball, soccer, etc.)
Eyeballs
Spheres
Halos
Galactic Dark Matter Halos
Elliptical Galaxies
Star Clusters
Halos in Religion
Insects About a Light Source

The Root Pattern




Center-Oriented Form

When studying nature and man's creations, ask yourself the following questions to discover its essence and center.

1. Where do all lines converge to?
2. What is everything connected to?
3. Where is the middle of the structure?
4. Where did it begin?
5. What's its terminal point/where did it end?
6. Where is energy concentrated at?
7. Where does it's peak in activity occur?

Discovering the center also means you unearth its meaning, its essence and truth, why it's here, and its destiny/destination.

The Primary Forms

	Circles	<p>MW Definition: "A center is the point that is equally distant from every point on the circumference of a circle."</p> <p>Examples: The outline of meteor impacts and calderas, clocks, ferris wheels, coins, wheels, gears, plates, key rings, the eye's iris, rainbows and optical halos around the sun and moon.</p>
	Concentric Circles	<p>MW Definition: "Circles having a common center."</p> <p>Examples: Waves spreading in a pond, tree's cross-section, growth pattern of teeth, cross-section of fruits and vegetables, shells of electrons orbiting an atom, Mandalas, the rings of Saturn, the shape of B-Z metabolic reactions, auditorium seating arrangements, spheres of influence.</p>
	Conical Sections	<p>MW Definition: When you cut a conical section with a flat plane the results include circles, ellipses, parabolas, and hyperbolas organized about a core foci(s)."</p> <p>Examples: Conical sections are awesome. They directly link theory w- everyday reality, aligning mathematical equations w- planetary orbits, satellite dishes, & paths of balls thrown overhead.</p>
	Spirals	<p>MW Definition: "Winding around a center & gradually receding from or approaching it."</p> <p>Examples: Sunflowers, pine cones, pineapples, shells, galaxies, ram's horn, crashing waves, the ear's cochlea, DNA Helix. Emotions, rates of growth and decay, chaotic systems.</p>
	Vortices	<p>MW Definition: "The state of a fluid in vortical motion" (about a central area).</p> <p>Examples: The funnel shape of vortices conjure images of dizzying rides, emotional whirlwinds, magic, and the access point to other dimensions. As low pressure zones they perpetuate whirlpools, tornados, dust devils, and the drainage of water down a bathtub sink.</p>
	Clusters	<p>MW Definition: "A number of similar individuals that occur together" (usually symmetrically arranged about a central area).</p> <p>Examples: Globular star clusters, stars bunching near a galaxy's center, swarms of insects about food and light sources, players about a ball in team sports, population densities near city centers, antibodies attacking invading viruses and bacteria.</p>
	Radials	<p>MW Definition: "Radials are characterized by a divergence from a center."</p> <p>Examples: Roulette wheels, dartboards, bicycle wheels spokes, the flow of goods from distribution hubs, jewelry designs, over 300,000 plant species, starfish, barnacles, Internet connectivity diagrams.</p>
	Branching Systems	<p>MW Definition: "To extend in different directions from a main part or point."</p> <p>Examples: Trees, leaves, lungs, veins, arteries, skeletal systems, roots, rivers, lightning, family trees, organizational charts, parking lots, computer directory systems, road and highway systems, sports competition charts.</p>
	Distribution Curves	<p>Centerpath Definition: The symmetric clustering of data about a central value as with bell curves and their associated mean and median values.</p> <p>Examples: Bell curves apply to a broad range of natural and human attributes including size, weight, body temperature, shoe sizes, diameters of trees, and the results of IQ tests.</p>
	Human Organizations	<p>Centerpath Definition: Amalgations of neurons, groups, and products/infrastructures in radial, spiral, branching, and cluster patterns about organizing centers such as cognitive foci, meanings, groupings, and centralized structures.</p> <p>Examples: Nations/states/cities/groups about capitals/leaders. Nucleus of neurons, central neuron in group of neurons, consciousness. Purposes, meanings, rituals, symbols, language.</p>

Nature Speaks (Harmony Worksheet)

Learn Nature's Language to Engage and Connect With Her!

1. As we just examined in the 'Nature Speaks (Pattern Worksheet)', the basic output from nature's creative process is to produce halo and spherically shaped forms.
2. Amazingly enough, embedded in the very geometric interrelationships of this pattern, are the seeds of the harmony-like qualities of symmetry, beauty, balance, holism, collaboration, and even purity and perfection outlined in this chart.
3. Thus nature's language not only speaks of orderliness, it also provides a voice harmony to be expressed and articulated what, a delightful dialect of coherence and accord.
4. Use this table to learn how nature spontaneously generates harmony and how that relates to your life (see www.centerlife.center for more details). Learning that the universe gifts her creations with harmony, we gain great solace, additional insights to the genius of the Great Creator, and a beautiful context from which meaning can emerge in our lives.

..Generate Pure and Symmetric Fields

Pure, homogeneous centers produce evenly distributed, symmetrically arranged, halo-shaped forms. In essence, the evenly radiating fields from pure centers create a halo-like well shape, akin to a bowling ball in a trampoline. Except the trampoline analogy is only a 2D representation. In 3D, the outcome is a symmetric halo form.

...Generate Symmetric Geometries

...Radiate Pure Fields

The fields emanating from centers emit a frequency-like vibration* specific to character and content of the originating center. Further yet, this field only interacts with things of similar make-up in its surroundings, assuring the larger creation is a direct reflection of its originating center.

Notes on Fields:

* - While it's a misnomer to describe fields with the terms vibration and frequency, they are helpful terms for visualizing the phenomena. The actual condition is the field distorts and 'conditions' the space around the center.

Pure Points of Origin..

Pure Centers...

Nature's creations begin from pure, homogeneous, and often very small places. Such a combination of conditions helps ensure the field emanating from the center is of pure content and evenly formed (i.e. symmetric). See www.https://centerlife.center/how-harmony/ for more details.

When studying nature's patterns of creation, ask yourself the following questions to gain a sense of their harmony, purity and perfection.

1. Do you feel calm and at ease?
2. Do you sense balance and beauty?
3. Does everything seem just right?
4. Does everything look like it belongs?
5. Do you feel heartened viewing nature's creations?
6. Do you feel a divine presence?

..Which In Turn, Generate a Host of Harmony-Like Qualities



Perfection

Due to their **perfect-like** qualities, spheres have held a significance place in math, art, and religion throughout history. For instance due to their **smoothness and flawlessness**, mathematicians have long considered spheres as the ideal, essentially perfect form. It's precisely due to this quality that spheres and halos have adorned religious paintings and sculptures across time and religions. It's because, their perfection is the only form pure enough to represent holiness.



Beauty

Center-oriented, symmetric forms also generate **beauty**. Not only do we know this intuitively such as when viewing a flower, artists and musicians have long recognized the aesthetic appeal of symmetry in paintings and musical composition to create enduring works. And science has finally caught up to this fact. They have documented that those with a more symmetrical face are considered more beautiful.



Balance

Due to the 360 degree symmetry generated by center-oriented designs, nature's creations are gifted with the qualities of **balance and holism**. In fact, through the natural equilibrium generated by this design; nature finds the organizational compactness, and stability it needs for its creations to sustain themselves and endure. It's no wonder the primary forms of the universe are circles, spheres, radials, clusters, and branching systems. Their center-oriented configuration provides the firm foundation from which nature's steadfast creations of atoms, cells, solar systems, galaxies, and societies can survive and, indeed, thrive as they do. You can readily see the stabilizing force of centers and the 360 degree symmetry they imbue in the dark matter halos encircling galaxies such as our Milky Way, essential lipid formations in metabolic processes, and in a spinning top.



Holism

The basic definition of a center-oriented pattern is that all of its parts point to, and are aligned to a common center. You can see this phenomena directly with gravity for instance. In fact, each and everyone in the world is pointing to the same point at the center of the earth! Applying this to human arrangements we quickly see how collaborative-type relationships are generated. Through the simple act of bringing together sets of people about a common purpose, centers naturally cause things to join in larger, cooperative arrangements. Just replace the phrase 'common center' with the words meaning, belief, or symbol and one can see the very bedrocks from which something like a ritual or a society could arise.



Collaboration



Unity

By extension, centers also establish a framework from which a sense of **unity** can emerge.



Pure Creation

Fields interact with their surrounding causing things of similar makeup to coalesce, circle about, move inward, connect with, or affix to the originating center. The net result is to create a larger, halo-shaped creation about, and of similar composition to, the originating center. In other words, the developing creation is comprised of the same makeup and character as the originating center. The created indeed reflects the creator. Thus, matter filled stars create matter filled solar systems, charged nucleons organize electrons into atoms, and greedy and selfish people create distorted and unhappy lives whereas good hearted and caring people create lives of love and respect.