

# Introduction to the 'NaturePath' Worksheets

## Learn Nature's Patterns of Creation to Grow Your Spirituality!

### *What We All Want...More Spirituality*

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

Collectively known as Naturepath, the attached two worksheets are intended to bridge this gap in accessibility through providing specific steps to grow our spirituality and meaning in our lives through 1) building a connection with nature and 2) better understanding her true nature (i.e. her harmony generating ways).

You can jump straight to the attached worksheets to get started or alternatively, begin with the overview below to provide context to why the attached worksheets are so important to any spiritual journey.

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

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

1. Developing a sense of connection to something 'bigger than ourselves' and,
2. A search for meaning.

Let's look at each item individually to understand how nature might provide the necessary avenue to both items.

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

Ask yourself this basic 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, you can develop a connection with 'something larger than ourselves', and thereby grow your spirituality.

To this end, the Patterns of Creation Worksheet examines nature's patterns, and thereby establish a means to approach, interact with, and engage her. In essence we establish a language to build a dialogue 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 interface and connect with her--all major elements towards building a deeper spirituality! See the **Patterns of Creation - NatureSpeaks Worksheet** to develop this language!

### *All the Meaning You'll Ever Need...We Live in a Universe that Generates Harmony!*

As Centerpath teaches, the universe's creative process spontaneously generates creations imbued with the harmony-like qualities of symmetry, beauty, balance, and holism (see [www.centerlife.center](http://www.centerlife.center) for more details).

Seeing how we live in a universe that produces harmony as its 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 in 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 possibly might mean, towards how we should live our lives? Gaining this knowledge providing us a firm foundation to building a sense of spirituality in our lives!

See the Harmony Worksheet to begin cultivating more meaning in your life!

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# NaturePath - Questions and Answers

## Learn Why Pattern is Essential to Spiritual Ascension

### *How Can I Get Started?*

1. Start by studying the Introduction and Q&A sections. Be sure to take notes to summarize your thoughts.
2. In conjunction with studying the Introduction and Q&A, take a general look over the Pattern and Harmony worksheets to glean their overall structure and how the flowchart unfolds from left to right.
3. Be sure to also look over the instructions included on the Pattern and Harmony worksheets (see the text boxes in the upper left and lower left of each worksheet).
4. Print out the worksheets and take them into nature. At first, you may want to focus on the Pattern Worksheet to first become familiar with the primary patterns and their qualities. You should then begin to progressively integrate the Harmony worksheet into your routine.
5. Consider any creation before you (e.g. a plant, flower, tree, creek, whirlpool, cloud, atoms and molecules, a conversation, a group, a thought, etc.). Try to match up what you're viewing with forms in the table (and/or combination of the patterns).
  - a. Identify the pattern (and/or hybrid pattern).
  - b. Write out the qualities you observe and compare your impressions with those listed in the table.
  - c. Consider where the pattern started and where's its center resides.
  - d. Consider other instances of the pattern you have noticed in your past. Be sure to carry your new observations/insights forward to compare against future observations. In other words, build up a library of patterns as I think you'll be surprised just how much nature's patterns vary yet always carry the same underlying structure!

Also be sure to check out the 'Additional Resources' links in the worksheets.

### *Why are Nature and Spirituality Important?*

Better understanding nature and being, where we came from, and how we relate to the source are essential pursuits in the lifelong cycle of learning and growth.

After all, the simple fact that we are even here to contemplate these essential questions is a miracle beyond comprehension (and one that depends on innumerable other miracles behind it to make it all happen!). Thus trying to better understand the incredible condition we find ourselves in pays homage to the miracle of existence and provides us with incredible feelings of awe, peace, gratitude, wholeness, solace, and heartfelt spirituality.

Not only coming to better understand and connect with the universe helps us better understand the mind of the Great Creator and the opportunity to adopt, and let the grace of the universe radiate through us.

As the main representative of the universe, nature and in particular her POC's (see discussion below on the key importance of pattern), provide the most direct means to build our understanding of the universe and thereby growing our spirituality.

### *Why Pattern Is So Essential...*

The Universe's Patterns of Creation (POC) are much more significant than most realize. In fact, while most consider nature's patterns as simply geometric artifacts they actually represent much, much more.

Nature's patterns of creation actually form a direct window to the machinations of the universe's deepest, inner workings. In fact, when you are viewing nature's patterns of creation, you are actually viewing the very mainframe of the universe, its master code, the DNA of being, the universal soul, and the mind of god.

To appreciate what this means consider that nature's patterns of creation reflect and embody the entire 'behind the scenes' workings of the universe. They are the net result and output of how the universe's underlying qualities and interactions add up and resolve themselves. They are the culminating expression of how matter, energy, space, time, and force fields intermingle and act together as one. They are the 'aftermath' and end result of how quantum, nuclear, atomic, molecular, electrical, magnetic, and gravitational forces push, pull, and effect one another.

Thus POC's are a window to the entirety and history of the universe, a direct view into the core of being and the great source!

### *Are the Patterns Conveying Anything to Me? Are They 'Speaking' to Me?*

Being the outward-facing representative of a universe that produces order and harmony as its modus operandi, nature's POC speak to and express a wide variety of qualities, meanings, and hints to how we should live life. Consider the following qualities of nature and how they intimately relate to our lives.

- Creation, Being and Becoming
- The Life Force and the Life Cycle
- Beginnings and Endings, Birth and Death
- The Precision of Accord and Geometric Perfection
- Oneness and Interconnectivity
- Duality, Interdependency, Mutually Beneficial and Enduring Relationships
- The Qualities of Symmetry, Beauty, Balance, Holism, Collaboration, Unity, Purity, and Perfection (see the Harmony Worksheet for more details)

Listen to nature's patterns and qualities and learn of life and the universe!

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# NaturePath - Nature's Patterns of Creation Worksheet (Introducing NatureSpeak - Nature's 'Language of Geometry')

## Discover Nature's 'Patterns of Creation' to Engage, Communicate, and Connect With Her (And Thereby Build Your Spirituality!)

- Nature's creations are shaped in center-oriented patterns--a natural result of them being produced by a correspondingly, center-oriented creative process (see [www.centerlife.center](http://www.centerlife.center)).
- Because nature's creations all share the same underlying center-oriented pattern--what are her patterns of creation, coming to recognize this pattern provides the necessary platform to engage and build a dialogue with nature--in essence we are afforded a language to communicate with her.
- 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 throughout the universe. It's one of creation, beauty, balance, and mutually beneficial relationships.
- Use this table to learn nature's language to engage and connect with nature. All towards the goal of 'connecting with something larger than ourselves' and thereby increasing your spirituality.

### Additional Resources:

[Discover Nature's Creative Process](#)

[Watch this Utube VDO on Nature's Patterns](#)

[Take Greg's Associated On-Line Course](#)

### The Root Pattern

#### Center-Oriented Form

Center-Oriented Forms naturally dominate the universe because their forms precisely reflect the center-oriented creative process that created them.

When studying nature and man's creations, ask yourself the following questions to discover their form, commonality, and center-oriented bias.

- Where do all lines converge upon?
- Where is the middle of the structure?
- What is everything connected to?
- Where did it begin?
- What is the overall form?
- Where is energy concentrated at?
- Where does it's peak in activity occur?

Find the center and you'll find why the creation is here, its essence and meaning, and where it is headed (i.e. its destiny/destination).

### The Elemental Forms

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

\* - Halos and Spheres form the basic output resulting from nature's center-oriented, creative process. Amazingly enough, embedded in the very structure of these forms spontaneously generate the harmony like qualities of symmetry, beauty, balance, & holism as we examine in detail in the Harmony Worksheet.

### The Primary Outputs/Patterns (and associated Qualities of Being\*\*)



#### Circles

"A center is the point that is equally distant from every point on the circumference of a circle"



#### Concentric Circles

"Concentric circles are circles of different diameter having a common center"



#### Conical Sections

"Cutting a conical w- a flat plane results in circles, ellipses, parabolas, & hyperbolas about **core foci(s)**"



#### Spirals

"Winding around a center & gradually receding from or approaching it"



#### Vortices

"The state of a liquid or vapor in vortical motion about and keyed to a **central area**"



#### Clusters

"Numbers of similar individuals that occur together" (symmetrically arranged about a **central area**)



#### Radials

"Radial forms feature and are characterized by a divergence from a **center**"



#### Branching Systems

"To extend in different directions, but of similar form at varying scales, from a **main part or point**"



#### Distribution Curves

"Symmetric clustering of data about a central value (e.g. bell curves) & associated **mean & median values**"



#### Duality

"The quality or state of having two (often complimentary) opposite parts or elements (about a **center**)"

**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.

**Expressions/Qualities of Being:** Evenness, flawlessness, symmetry, balance, perfection, the life cycle, 'closing the loop'.

**Examples:** Waves spreading in a pond, tree's cross-section, growth pattern of teeth, cross-section of fruits/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.

**Expressions/Qualities of Being:** Growth, proportion, the passage of time, the power of the source, connection of the source radiating from a point source, a perfect fractal form.

**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.

**Expressions/Qualities of Being:** Mathematical precision, portal to order and harmony, unification of math and physical reality, mathematical confirmation of key role of centers in perpetuating form.

**Examples:** Sunflowers, pine cones, pineapples, shells, galaxies, ram's horn, crashing waves, the ear's cochlea, DNA helix, emotions, rates of growth & decay, chaotic systems, mazes.

**Expressions/Qualities of Being:** Infinity (spiraling in and outward forever), balance across opposing opposites, walking the middle path, the unfolding of time, labyrinths/convergence on a goal, the calm eye (of a hurricane).

**Examples:** Whirlpools, tornados, dust devils, turbulence, smoke rings, the drainage of water down a bathtub sink.

**Expressions/Qualities of Being:** Volatility, chaos spinning into order, magic, access to other dimensions, dizzying rides, emotional whirlwinds, the power of low pressure zones, strange attractors in chaos theory.

**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, anti-bodies attacking invading viruses and bacteria.

**Expressions/Qualities of Being:** Accumulation, bunching, bringing people and thing together, the power of centers to connect (even in loosely formed formations), the shape of meaning.

**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.

**Expressions/Qualities of Being:** The power of connection, direct linkage to the center, functionality, efficiency, universality.

**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.

**Expressions/Qualities of Being:** Expansion and contraction, rooted, fractal dimensions, universality (the bridging of form across the living and inanimate).

**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.

**Expressions/Qualities of Being:** Symmetry (common distribution/spacing across a center), universality (window to underlying balance of growth forms and cognitive functions).

**Examples:** 'Equal and opposite' reactions, neutron and proton pairs at the core of atoms, the left and right halves of DNA helices, male and female counterparts at the heart of flowers and families, dog and cat, sun and moon, gold and silver, up and down, left and right.

**Expressions/Qualities of Being:** Balance, holism, the power of equal and opposites, counterparts complimenting one another towards a larger good.

\*\* - In addition to the listed 'Expressions/Qualities of Being' above, each form also includes elements of beauty, balance, holism, collaboration, and perfection as we examine in detail in the Harmony Worksheet.

# The Harmony Worksheet

## Learn How Nature Spontaneously Generates Harmony to Build More Meaning in Your Life!

1. As we just examined in the 'Patterns of Creation' 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 as outlined in this chart.
3. This phenomenal outcome tells us that nature not only speaks of orderliness, but also harmony expressed in 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](http://www.centerlife.center) for more details). Learning the universe gifts her creations with harmony, we gain great solace, great 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).

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?
6. Where does harmony appear in your life?
7. Do you feel a divine presence?

### Additional Resources:

[Learn Nature's True Character](#)

[Learn How Nature Generates Harmony](#)

[Discover Seven Paths and Build a Happier and Healthier Life](#)

### ..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



#### Collaboration

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.



#### 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, **pure**, and caring people create lives of love and respect.