

The Harmony Worksheet (the Harmony Family Tree)

Learn How Nature Spontaneously Generates Harmony and 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--guaranteed by pure and powerful centers at the core of the creation.
3. This phenomenal outcome tells us that nature not only speaks of orderliness, but also harmony expressed in her 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 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.

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?
4. Do you see symmetry, accord, and holism?
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?

..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 spherical-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 distort and condition the surrounding space (akin to emitting a frequency-like vibration) that is 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.

* - How Symmetry Generates Harmony

As outlined in the Harmony Lecture, symmetric forms naturally generate the harmony-like qualities of beauty, balance, holism, collaboration, and unity. While we won't repeat the reasons why this occurs in this worksheet, feel free to see the Harmony Lecture for a refresher of how center-oriented, symmetric designs perform this feat of divine proportions!

Additional Resources:

[Learn Nature's True Character](#)

[Learn How Nature Generates Harmony](#)

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

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



Perfection

Through spheres, see the perfection of the universe and how your life might be once again—full of symmetry, balance, and perfection—once you pack purity into the centers of your being.



Beauty

Beauty abounds in flowers, faces, stars, planets, the Milky Way at night, crystals, glaciers, Van Gogh's, a mother's grace.



Balance

Practice balance by giving more than you take, listening more, helping others, & bringing more calm back into your life.



Holism

Bring more holism back in your life by filling it with a variety of quality things such as art, music, great literature, etc.



Collaboration

Work with others towards positive and meaningful goals, grouping, and relationships.



Unity

Relish in knowing all things are unified and through the common center they share!



Pure Creation

Strive for pure food/water/air, a pure heart, pure thought, etc. See Greg's '7 Paths to Happiness' Course to learn techniques to create a great life through nurturing the key seven centers of your life!

Perfection lurks in all corners of the universe. It's reflected in nature's patterns, harmonious interrelationships, and the way everything is finely tuned to its environment. It's in intricate crystalline structures, molecular symbiotic relationships, and the graceful flight of a bird. You can find it in our body's form and structures, the chiselled logic of mathematics, parents wanting the best (i.e. an idealized condition for their children) and how racers, athletes, and artists alike seek to become flawless in their craft.

Beauty is not just visual; it's a multisensory experience that touches the soul, so engage all your senses and allow nature's wonders to captivate your spirit. Observe the interplay of light and shadow, the vibrant colors of flora and fauna, the symmetry of pattern, and the rhythmic symphony of sounds. Seek it out in diverse landscapes, from serene forests to majestic mountains and tranquil lakeshores. In a smile, an act of kindness, and the genuineness of heartfelt people.

The 360 degree symmetry generated by center-oriented designs, gifts all things with the qualities of **balance and holism** necessary to sustain the planet's vast interconnected web of life. You can readily see the stabilizing force of centers in essential lipid formations in metabolic processes, planets revolving about their sun, hemostatic systems that regulate temperature and salinity in our bodies, and even in spinning tops. Recognize cyclical balance in natural processes such as the water cycle, where evaporation, condensation, and precipitation work in tandem to sustain life on Earth. Holism speaks through the interconnectedness and interdependence of all living and non-living elements within ecosystems. For example, in a rainforest, the intricate relationships between trees, fungi, and insects demonstrate how nutrients cycle through the ecosystem, emphasizing the unity of all life forms.

To identify collaborative-type relationships in nature, observe instances where different species work together about a shared, central, and mutual benefit. One prominent example is mutualism, where two organisms engage in a shared, advantageous partnership such as with pollinating bees and flowers. Similarly, the oxpecker bird and large mammals in African savannas collaborate; the birds feed on the parasites that infest the mammals' hides and improve their cleanliness. Trees create unified, interdependent communities through providing shelter and nutrients for countless species, from worms in the soil to birds in its branches. In aquatic environments, the relationship between phytoplankton and the global carbon cycle demonstrates unity as these tiny organisms, through photosynthesis, produce the majority of Earth's oxygen, influencing climate and supporting life across the planet.

Nature uses **purity** at centers and points of inception to create equally wholesome and well-formed and creations. Center point purity resides in nucleon pairs at the core of atoms and at the moment of the Big Bang when our universe was brought into creation. Look for it in pearls, crystals and diamonds, a lotus flower, and the grace of swans. Seek it in remote wilderness areas, untamed rivers, or untouched landscapes far from industrialization and pollution and take in the clear mountain streams, unspoiled beaches, and untouched rainforests where the air is fresh, the water unpolluted, and the natural world flourishes undisturbed.