

The Pattern Worksheet (The Pattern Family Tree)

Discover Nature's 'Patterns of Creation' to Engage, Build a Dialogue, and Connect With Her (And Thereby Grow 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 the Process Worksheet for additional details).
- Because nature's creations all share the same underlying center-oriented pattern, coming to recognize this pattern provides the necessary platform to study, engage and build a dialogue with nature. It's also the building blocks to learning her language as we explore in my other course "The Language of the World".
- Nature's patterns are universal. Her patterns speak to, and are the root of the order and harmony throughout the universe. It's one of creation, beauty, balance, connection, and mutually beneficial relationships.
- Use this table to learn nature's patterns of creation to engage and connect with her. 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 Forms
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 deepen your understanding of life and being.
- Study and sketch nature's forms.
 - Find examples of the same forms in your world.
 - Gaze at the form. Is it conveying anything to you? List out any qualities that come to mind.
 - Contemplate how the form reflects the a host of hidden forces you normally can't see.
 - Listen to your intuition. It is the universe speaking back at itself, through you!

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 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 are the ingredients to spontaneously generate the harmony like qualities of symmetry, beauty, balance, & holism as we examine in detail in the Harmony Worksheet.

*** - Definitions are courtesy Merriam Webster Dictionary and Jin Nua

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

Pattern Definitions***

- Circles**
"A center is the point that is equally distant from every point on the circumference of a circle"
- Concentric Circles**
"Concentric circles have different diameters but share a common center"
- Conical Sections**
"Cutting a conic in circles, ellipses, parabolas, or hyperbolas about a focus"
- Spirals**
"Winding around a center, receding from or approaching it"
- Vortices**
"The state of a motion about an area"
- Clusters**
"Numbers of similar forms occur together" arranged about a center"
- Radials**
"Radial forms feature lines extending from a center"
- Branching Systems**
"To extend in different directions from a main part or point"
- Distribution Curves**
"Symmetric distribution curves are centered about a central mean & standard deviation"
- Duality**
"The quality or state of having two (often complimentary) opposite parts or elements (about a common 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.
A Circle's Message of Wonder and Wisdom: 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 mollusks, orbiting systems, the rings of Saturn, the shape of DNA helixes

Take Jin's Course 'Naturepath - Spirituality Found!' to enjoy the full contents of this worksheet!

Sign up for the course at:
<https://naturepath.health/on-line-courses/build-spirituality-thru-nature-offer/>

Examples: 'Equal and opposite' reactions, neutron and proton pairs at the core of atoms, the left and right halves of DNA helixes, 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.
Duality's Message of Wonder and Wisdom: Balance, holism, the power of contradiction--i.e. opposites yet counterparts that act to compliment one another towards a larger goal or good.

** - While we haven't repeated the contents of the Harmony Lecture above, it's noted that in addition to the qualities listed in the 'Wonder and Wisdom' sections above, each form also includes elements of beauty, balance, holism, collaboration, and perfection.