

CENTER LIFE

#shootfilm

HAPPINESS – DESIGNED BY NATURE

Centerlife

Centerlife

By Jin Nua

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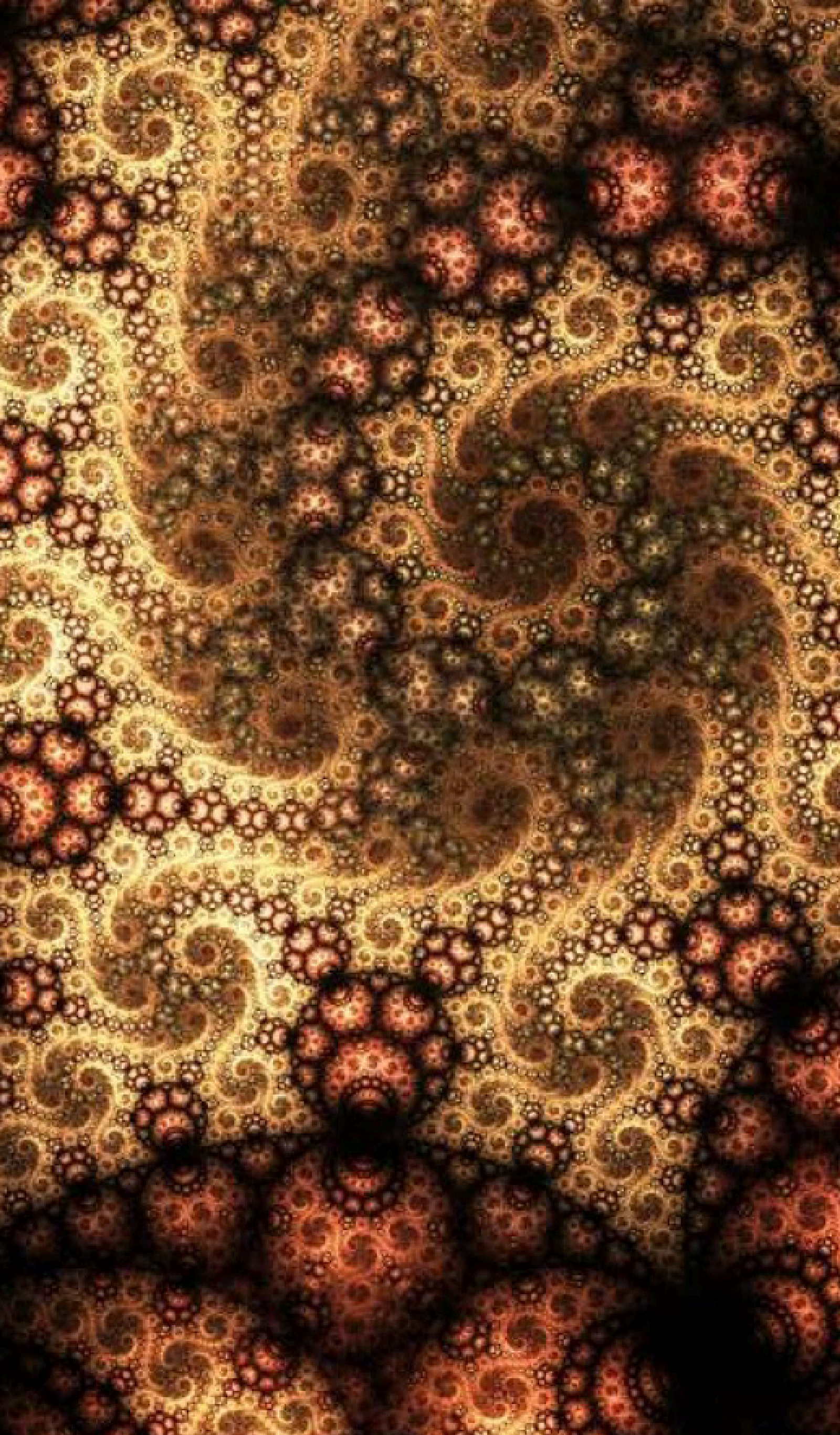
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By Jin Nua

Dedicated To

Ben, Scott, and Cary



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Introduction

The way of the universe is as simple as it is beautiful—it is the way of the heart. Its manner is to produce great things—to manufacture as much beauty, balance, and harmony as is possible. To generate purity, symmetry, and collaborative relationships in all she creates.

Centerlife honors this mighty tradition and for the first time, articulates the process raising the miraculous symphony of being we see streaming throughout nature and the cosmos. Just as importantly, Centerlife shows specific steps toward injecting nature's expansive wisdom into our lives.

Centerlife thus forms a comprehensive life practice structured about nature's way. Its general theme is uncomplicated and follows the principles of nature. In order to raise the overall condition of our lives, we need to purify the various centers of our lives and in doing so, elevate our lives to higher planes of experience.

Used in conjunction with Jin's books, Centerlife provides all you need towards turning your life around and living in a calmer, more blissful, and elevated state of being.

This book is laid out in the following sequential structure to facilitate progressive absorption of the material;

Part I shows how order is produced in nature and our lives

- Chapter 1 demonstrates how order is produced in nature
- Chapter 2 shows how our lives are ordered

Part II shows how harmony is generated in nature and our lives

- Chapter 3 shows how nature generates harmony through her creative process
- Chapter 4 shows steps to generate harmony in our lives

In general, I recommend reading all chapters however for those looking to immediately apply nature's wisdom to their lives, you can jump directly to Chapter 4. I hope your journey of discovery and growth are as satisfying and uplifting as was mine bringing these remarkable ideas to you here today!



Part I Order in Nature and in
Our Lives

Chapter 1 How Nature Raises Order

What if I told you that all of nature's creations share a common, underlying structure? A universality of form perpetuating the oneness of being we see streaming throughout nature. Is this something you think you could believe?

At first it appears a difficult concept to fathom. After all nature's creations do appear vastly different. What, one might ask do things like rivers, ant colony's, solar systems, cells, people, galaxies, birds, and rocks possibly share in common? There are just too many varieties in color, shape, size, texture, circumstance, and mannerism to imagine that all her multiplicity might somehow share something in common.

But that's just a sleight of hand. If time is the ultimate jest, nature is the ultimate illusionist. Her marvels of creation, while breathtakingly diverse and gorgeous, distract us from her true character and disposition. While she is coy, she actually has a certain way about her.

It's similar to our inability to see the common form underlying atoms for instance. For while all atoms actually share the same overall shape, we don't necessarily recognize it as such due to the wildly varying qualities of texture, look, smell, and taste we experience through our senses. But such diversity serves to mask the simple fact that on a structural level, all atoms share the same center-oriented pattern with only size varying from one to the next.



The same phenomena occur when we consider nature's larger scale creations—their outward diversity masks a deeper commonality of form and function.

What is this pattern?

It's simply a center-oriented pattern generated by an equally center-oriented process.

A process rooted in powerful centers that along with the fields radiating from their surfaces raise randomness into the center-oriented forms of circles, spheres, spirals, radials, branching systems, and clusters we see streaming throughout the universe forming nature's mighty creations of atoms, cells, solar systems, societies, galaxies as well as our lives.

We begin our Centerlife journey of discovery by examining the process responsible for transforming randomness into orderliness.

The Process

Nature uses a simple yet ingenious center-oriented process to create the orderly and harmonious-like devices we see streaming throughout the universe.

It includes three primary steps summarized as follows.

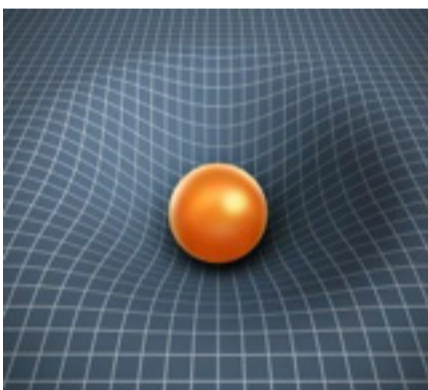
1. A seedling-like center spontaneously forms.
2. The center emits a field that shapes its surroundings into a halo-like geometry.
3. The field interacts with items of like makeup in their surroundings, causing them to align toward, gather about, coalesce, move toward, and form about the originating center.

Each of the above three steps is examined in more detail below.



Act I: A Center Forms

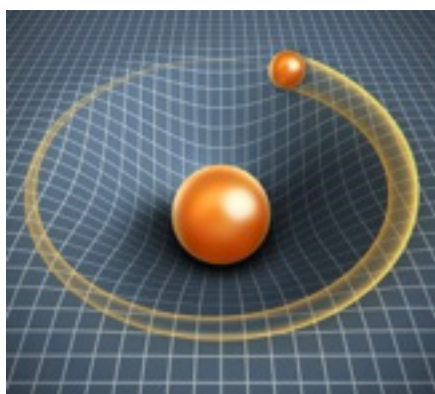
Nature's creative force begins with a first act of creation –the spontaneous formation of a center. Such an event might be a plant's seedling taking root, the formation of a gravitational center that ultimately becomes a planet or sun, a street performer raising his voice to draw attention in a crowd, an epiphany like experience that grows into an entire philosophy, or the originating spark of interest that united two lovers as one.



Act II: A Field Forms

Next the newly formed center radiates invisible 'fields' (Centerfields) into the space surrounding them. We're all familiar with Centerfields in nature. They're the 'force-fields' associated with gravitational, electrical, and magnetic forces. They also apply to human activities such as with the fields of sight, sound, smell, information, action, and love.

Information is a good example of how human fields are broadcasted across large volumes of space such as a society for instance. The act of everyone viewing the same source of information (for example CNN), is an example of fields spreading the influence of a center beyond its immediate environment. In this example the center (i.e. CNN's owners) influences our thoughts and opinions via the information field radiating from it.



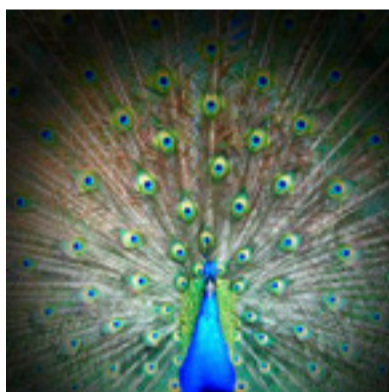
Act III: A Creation Takes Hold

But no matter the type of field the outcome is always similarly the same. The field conditions the surrounding space –distorting and shaping it into a 3D halo-like geometry about the originating center causing “like” things in their surroundings (electrons, entities, peoples, parts, etc.) to stir, shake, move, react to, and align inward towards the object at the bottom of the well.

Overtime the overall process shaping a group of ‘like’ parts into a larger, coherent overall ‘whole’ form about its originating center (the overall shape of the whole in fact mimics the form of the invisible fields underlying them). These are the center-oriented forms of spirals, circles, spheres, radials, clusters, and branching systems which we examine in more detail at the end of this chapter.

Each and every such creation ultimately comprised of different composition and circumstances yet all sharing the same overall center skewed design about a single and central center –the place where they started and continue to grow and be perpetuated from.

Witness ‘Acts’ of Creation Everywhere



You can see spontaneous acts of creation everywhere around you.

It’s the moon spinning around our planet overhead and the yearly path our planet navigates around the sun at the heart of our solar system. It’s what draws scores of animals and insects into flocks around their shared identity, and what unites entire societies of peoples about shared identities and purposes

You create such a pattern every time you arrive at a conclusion, make a plan, or perform a ritual about a purpose (including brushing your teeth, washing dishes, praying, and preparing a meal).

A good example to glean the transcendental and flexibility of the process is the structure of a book. All the layers of a book share the same center-oriented pattern. Consider how each of the following centers organize a larger, center-oriented device about it.

- A Book’s Title is the Center of the Overall Book
- Chapter Titles are a Chapter’s Center
- A Paragraph’s Theme is the Center of a Paragraph
- The Subject of a Sentence is its Center

Thus, books are not endless strings of words and sentences but instead form an array of worlds in rotation that, while infinite in expression, always find their rooting through the central element uniting and binding them.

The structure of books is a reflection of the world at large. Each creation a center-oriented world in rotation—i.e. hosts of swirling ‘parts’ organized into larger, coherent wholes about an originating and anchoring center.

By projecting the structure of books on the world at large, we can begin to appreciate how nature’s many other marvels of creation might come into being. How, for instance might swarms of subatomic particles come together to form higher and higher agglomerations of atoms and molecules around centrally organized nuclear and electromagnetic forces. How cells might join in larger tissue agglomerations through the same central strand of DNA they share. How worlds of individuals might join in higher and higher groupings of neighborhoods, cities, states, and nations around central organizing symbols, institutions, and meanings. How millions of individual neurons could merge into greater and greater associations of images and meanings until they arrived at the remarkably wonderful conscious thought in your mind. We might even imagine the greatest of all worlds in rotation—the entire universe itself bringing forth all things from a central well of divine creation at its core.

We’re brought face-to-face with a profound, yet delightful, conclusion. Nature and life’s seemingly static make-up is an illusion. Beneath the surface of reality we dwell upon exists a much larger and greatly interconnected sea of relationships. In fact, we find that no matter the condition or circumstance, wherever energy flows, change occurs, matter accumulates, dualistic counterparts collide, or parts merge to form wholes; the things of our world find themselves irresistibly drawn into creative arrangements about powerful and organizing centers.

A Universal Pattern



It’s no wonder the primary forms of nature are the center-oriented forms of spirals, circles, spheres, radials, clusters, and branching systems—they all share an overall inward flowing shape as a natural result of the center-oriented dynamics that created the form.

Centerpatterns come in practically any size, shape, texture, form, and function. Their shape underlies things the size of atoms and universes. Their parts can be as directly connected as the spokes of a wheel to its hub, or as loosely connected as nations of people about shared feelings of national pride. Their form can be as tightly bound as the crystals of a snowflake, or as loosely formed as ants circling an ant hill. Their boundaries can be as sharply defined

as a property line or as loosely defined as the extended volume of air converging on your lungs.

Some of the more common versions are listed below.

See Jin's Utube VDO for more details of these and additional center-oriented designs at: <https://www.youtube.com/watch?v=Z6OI3zKkTqM&t=3s>

Branching Systems



Notice how the bronchi in our lungs stretch out just like tree branches? We see the same structure in broccoli, rivers, roads converging at a city center, sports competition charts, and lightning to name a few.

Spirals



Spirals are ubiquitous in nature – we see them in sunflowers, shells, galaxies, a ram's horn, crashing waves, and the ear's cochlea. The pattern of spirals also extends to emotions, rates of growth and decay, and chaotic systems.

Circles and Spheres



Circles and spheres hold great significance in mythology and philosophy due to their flawless and perfect symmetric forms. Circles and spheres form stars, planets, dinner plates, balls, and wheels.

Concentric Circles



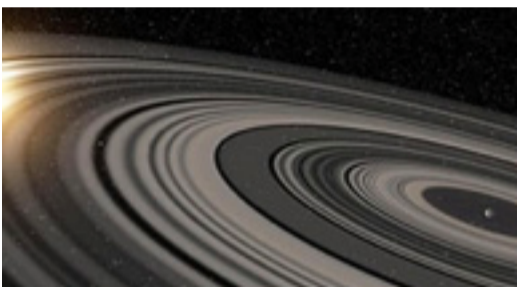
The first Centerpattern's we recognized as children were concentric circles spreading from rocks thrown into ponds and when counting rings of a tree's cross-section. We can also see concentric circles in the growth pattern of teeth, the slices of an onion, Mandalas, auditorium seating arrangements, and the rings of Saturn.

Radials



Like spokes of a bicycle wheel to their hub, radials highlight the connectivity of a creation's parts to their center. For instance, most of the 300,000 species of plants in existence have some degree of radial configuration. Other radial designs include roulette wheels, dartboards, the flow of goods from distribution hubs, spider webs, flowers, and starfish.

Sections of a Conical



Ellipses, parabolas, and hyperbolas form precise center-oriented patterns about core foci. These conical sections link the theoretical and physical worlds with incredible mathematical precision describing the physical trajectories of planetary orbits, the shape of satellite dishes, and the path of a ball thrown overhead.

Clusters



Clusters are the catchall for Centerpatterns that don't neatly fit into other Centerpattern classifications. In essence, clusters only require the general agglomeration of parts about a common center. We see them in beautiful star clusters, in how we gather around a street performer, in swarms of insects around sources of food

or light, in the population densities near city centers, and how antibodies attack invading viruses and bacteria.

Distribution Curves



Nature's ubiquitous disposition to generate symmetry and balance never ceases to amaze. Bell curves (and their standard distributions) highlight the subtlety of this quality and its center-oriented disposition. The first clue distribution curves adhere to a center-oriented design comes from the pyramid-like shape formed by bell curves. Standard deviations bands also speak of center-oriented, equally spaced

concentric circles about their central mean/medium.

Finally data points amass near the center of the curve (i.e. they reflect the quality of center's to amass/concentrate). 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.

Energy Flows - Vortices

When energy flows, it does so in center-oriented patterns. Be it a whirlpool flowing down your sink, the turbulence of smoke and flames, money circulating through a society, food through an ecosystem, or the energy pulse of a wave crashing on the shore --each invariably wraps itself into center-oriented balls of form and function.



Vortices are funnel-shaped similar in design to spirals. Often associated with magic or access to other dimensions, vortices conjure images of dizzying rides and windows to the 'other side'. In reality, vortices organize around a "low" at their core, such as

a low pressure zone or gravitational sink that serves to perpetuate the larger system. Examples include whirlpools, tornados, dust devils, the drainage of water down a bathtub sink, and emotional whirlwinds.

Chapter 2 How Nature Orders Our Lives

You're a child of the universe. No more, no less. It created you in your entirety—your body, mind, and life. You are its product and are therefore subject to its laws and, especially relevant to this discussion—its creative process. Thus, like all creations in nature your life begins at, is perpetuated by, and culminates at centers.

What are the control centers guiding our day-to-day routines? There are many. They are the numerous beginnings and starts of our lives. Such things as new thoughts, experiences, interactions, and initiatives. They are also centers of mind related to our needs, wants, and desires.

All dew drop-like seeds of the universe that once formed, grow into the larger creations of our being—our relationships, houses, families, the furnishings and products we buy, destinies, and the memories we form in others. They all reflect the disposition of their maker—i.e. you. You being who you are deep down inside—what you believe in and what you hold as dear and important.

To help illuminate how these dynamics operate in your life let's look at a simple yet profound example in nature. Imagine for a moment a spider and the things that go into making up its life. It consists of three primary components—itsself, its web, and the resources flowing into it (i.e. wind and the insects it carries).

In the context of Centerpath; the spider is the center; the web is the field and the resources drawn into it are 'the parts'. Combined, the center and field create a well. The flow of resources into the well completes the larger holistic creation.

Another way of saying this is a spider's existence (i.e. it's life) consists of not only itself, but also the web it formed and the things the web captures. Forming a force field about the spider, the web-field captures and coalesces things ultimately creating a larger holistic organization about the center-spider.

This arrangement applies to all things in nature. Take for instance a river. Rivers start at low points (i.e. at centers) which through gravity-fields, progressively grow the river outward in every direction, capturing more and-more land. The water coursing through the river system completes the larger, holistic structure.

It's the same for solar systems—gravitational fields emanating from central stars cause massive solar systems to form about them.

It even applies to classic family structure. Here the child is the center and the mother is the field (i.e. she defines the agenda which is aligned to the needs of the child). The man completes the larger organization through the act of 'bringing resources home'.

Your life's no different. It's structured by various control centers of mind which create fields designed to capture and gather resources about its core i.e. you. But whereas spiders only produce a couple of 'well and resource/capture' partnerships, we perpetuate a dozen or so such vortices via our primary needs of air, food, water, shelter, companionship, security, and well-being but also innumerable others created by our limitless wants, desires, and dreams as well as those generated by our interactions.

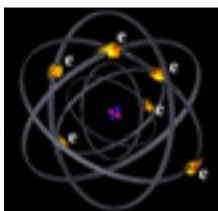
Combined in their entirety, forming a larger, rotating hurricane about you at its center. A collage of words, images, sounds, actions, associations; and things you make, buy, and produce—all intended to secure and arrange resources inward and about you—the originating, mastermind at its core.

All similarly shaped patterns dancing to the same center-oriented beat commissioned in the heavens, for you and me to live by and marvel over here on earth.

In this chapter, we examine the many center-oriented designs swirling through, in, and about our bodies and lives.

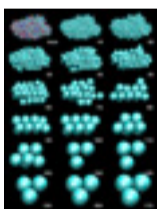
Top-to-Bottom, You Are Center-Oriented

Our bodies are comprised of hosts of center-oriented arrangements leaving little doubt to our rooting's in nature as well as our center-oriented physiological, cognitive, and behavioral disposition.



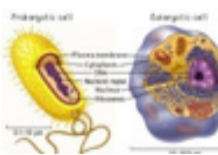
Atoms

Each of the innumerable atoms in our bodies are organized in a tightly bound, center-oriented device of electron clouds surrounding a highly condensed nucleus.



Molecules

Atoms combine to form molecules whose “nuclei are drawn toward a common, electrical charge concentrated quantum mechanically between them”—i.e. a center (from Feynman, Hellman. Feynman-Hellman Theorem of Molecular Bonding).



Cells

Each of the a million-billion diverse cells in your body are organized about a controlling nucleus containing the spiraling, DNA code of life. Even the non-nucleated outlier (red blood cells) are organized in the same pattern however instead of DNA at the nucleus, the core of a red blood cells includes a single Iron atom which latches the oxygen molecules so essential for the metabiological processes occurring throughout our bodies.

Organs and Other Misc. Bits

Cells combine into tissues and organs which also develop into center-oriented devices. Consider the following wonderful center-oriented formations.

- The spiral shape of the heart's left ventricle and its bioelectric impulses causes its chambers to beat with a spiral pulsing rhythm that produces the well-known 'spiked' pulsing rhythm on a heart monitor



- Teeth grow outward in layers of concentric rings
- Fingerprints resemble the concentric rings of a tree's cross section
- The twisting shape of the scalp's cholech often resembles a spiral
- A woman's breast's shape resembles a Nautilus seashell
- The shape of the ear and its cochlea are spiral shaped
- The eye's lens and pupil are shaped in concentric rings
- Light cone's cluster at the fovea on the backside of eye's retina
- Taste and pain receptors adopt a spiral form.
- The receptive fields of neurons in our arms, legs and fingers are laid out in spiral bands

- The brain's three sections (the ganglion, limbic, and cortex) resemble outward growing concentric layers
- Labor impulses (the quickening and intensification of contractions) increase leading up to birth in a spiral-like fashion

- Our arteries and veins are fashioned in arterial branching systems



- The lung's bronchial arrangement is a logarithmically based branching system
- The brain's circulatory system is dense branching system
- The walls of our digestive system are comprised of a fractal like branching arrangement

- The internal structure of various organs including the liver, kidney, and spleen adopt branching arrangements



Organ Systems

Organs combine with other cells, tissues, and organs to form larger 'organ systems' including our skeletal, nervous, digestive, endocrine, immune, integumentary, lymphatic, reproductive, and respiratory systems. Forming complete holistic devices in their own right, these organ systems include a central organ and/or central function from which the remainder of the system is connected and orchestrated by.



Whole Organisms

As individuals each of us forms a complete, holistic organism about various prime centers. The center of each of us? Prime candidates are our conscious thought and reproductive system as well as (possibly) our soul.

Mental Routines



Our minds are designed in physically and functionally formed center-oriented patterns. Beginning with neurons and our body's overall central nervous system (CNS) which are both organized about

a central core (a neuron's nucleus and the mind at the heart of the CNS respectively). Naturally, these centrally oriented arrangements extend their influence to the larger assemblages of how we think and act.

For instance, memories organize about single, picture perfect images. Planning and problem solving both create an ever-collapsing, fishbone chart structure which converges upon a single and central conclusion. The millions of neurons firing in your mind at this very moment are organized by the single and gentle conscious thought floating in the middle of your mind.

Even the loosely-defined routines that fill our days are center-oriented in nature. Things such as storytelling, the urge to bet, tunnel vision, obsessions, the thrill of watching sporting events, as well as our goal- and task-oriented disposition all organize about a culminating and central outcome, act, or moment. The pattern also applies to urges, cravings, fits of impatience, panic attacks, emotional spirals, suspense, excitement, and even obsessions.

Our Lives

Our overall life also forms in complimentary arrays of center-oriented patterns centered on those things essential to our physical, emotional, intellectual, and social well-being.

Such centers include primal needs such as food, shelter, and wellbeing as well as emotional needs such as companionship, family, bonding, and love. Over-and-above our basic needs we find centers of want and desire which while often unessential to our survival –things such as hobbies, trinkets, and new IT gadgets; nevertheless drive large portions of our life in our age of convenience and consumerism. We are also subject to powerful flocking centers of mind that drive so many of life's arrangements including procreation, family, fitting in, and even behaviors associated with survival of our species.

Our pursuit of our needs, wants, and desires ultimately manifesting as homes, careers, relationships, shopping, hobbies, entertainment, vacations, etc.

Large portions of our overall life cycle are also organized in this pattern witness children having an ingrained "center of the universe" complex where they place themselves at the center of all existence. Later in life we become centers of a family. We also find ourselves increasingly attracted to a central calling in life and uncovering our destiny. Many want to be the boss whether it be at the office or at home. This archetype also drives us toward positioning ourselves as being the best or winner (i.e. the center) in nearly everything we undertake whether it be sports, arguments, social status, careers, or relationships.

Larger Circles Yet – We Social Animals

Whether it be in groupings, institutions, infrastructure, or how time is structured; when we interact, we do so in center-oriented arrangements as demonstrated in the following examples.

Time

Time is divided into and punctuated by key moments in time not unlike the rise and fall patterns of crashing waves, full moons cycles, breaths, heartbeats, and the firing of neurons.



For instance, our clocks are keyed to the top of the hour and high noon. Our weeks include high and low points (TGIF and Sunday morning respectively). Our months and years are punctuated by core national holidays as well as key anniversaries (Independence Day, New Year's Day, and our birthday).

Even our life spans have key moments in time. Weddings and child bearing qualify as one of life's prime centers as do career, retirement, and finding our destiny.

Rituals and Internal Rhythms

Practically all of our reflexes, expressions, and mannerisms unfold in rise and fall patterns. Sighs, frowns, crying, blinking, stretching, the 'chills', itching, sneezes, and smiles all feature a climactic moment in time as do hugs, kisses, and bear hugs. Greetings also reflect this rhythm as with handshakes, curtsy's, hand kissing, and bowing.

Celebrations and displays of enthusiasm capitalize on the tension building rhythm of center-oriented events such as with the clinking of glasses during a toast, wine testing, and imploring others to "make a wish" as well as exclamations like High Fives, 'Ka-Ching!'s, and the shouting "YYYYYess'!

This rhythm also applies to larger and more formal events such as 'surprise' birthday parties, blowing out candles, bursting of piñatas, the buildup up when introducing a keynote speaker, weddings ('you may kiss the bride'), and the countdown to 'Happy New Years!'.

Groups of Humans

When humans group, they do so about a central figure. Within families we organize about parents and grandparents on family trees. In larger social circles we bunch about teachers, coaches, and superstars.

Institutions also organize about central figures including supervisors, managers, CEO's, titans of industry, mayors, governors, generals, and presidents.

Our spontaneous interactions also generate center-oriented structures. For instance, when waiting in line (i.e. toward a common objective), when turning our heads toward crashing dishes in a restaurant, and when rubbernecking an accident along a highway. It's when players continually organize around the ball in a sporting match, or when a group of strangers' rush inward and encircle a superstar.

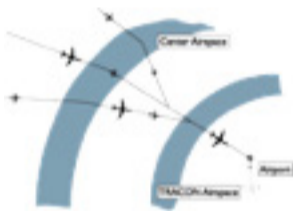
Institutions



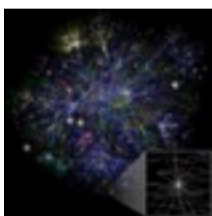
In a direct reflection of our groupings, our institutions are also organized in center-oriented configurations. Starting from the top we find our governments are organized in central capitals (about associated leaders) including nations, states, regions, cities, and townships as well as across multiple countries (such as NATO and the EU). Businesses, armies, and royal families also reflect this structure with CEO's leading companies, generals at the helm of militaries, and kings and queens residing over their extended families.

Infrastructure

Practically all of man's infrastructure reflects nature's center-oriented forms. For instance, roads and highway systems from sprawling organic, branching like structures centered on city centers.



Distribution systems weave throughout our cities bringing products and goods to places where we can purchase them. As the heart of these distribution systems are hubs from which all such goods converge and then are subsequently distributed radially in all directions. Airlines are no different ferrying passengers between central airports.



Large scale utility systems are also centered on central hubs from which the 'services' or 'goods' radiate and branch outward from. Such distribution systems include water, electricity, natural gas, sewer and drainage systems, newspapers, telephone networks, the Internet, and cable TV.



Stadiums and halls of entertainment form crisp center-oriented patterns witness orchestra halls, sports stadiums, movie theaters, opera houses, auditoriums, halls, and circuses.

The focal points of houses of worship provide wonderful examples of the unifying power of centers. For the focusing of people, thoughts, prayers, and meditation on a single spot serves to build the positive energy in the most wonderful of ways. In Buddhist temples it's a central shrine that contains an image of Buddha (a statue or picture). In a Jewish synagogue it's the ark (aron hakosh)—a container or cabinet that contains the Torah scroll. The center of Islamic mosques is a wall (qiblah) that faces Mecca. Depending upon the actual Christian faith, the 'center' of a church might it's the pulpit or alter.



Some of the world's largest structures—spiritual sites, display Centerpath's basic ingredients regardless of their history or faith. The Great Pyramids, Borobudur Temple, Angkor Wat Temple, Mayan Temples, Christian Churches, and Mecca all feature a central location that serves to anchor large numbers of peoples.

Part II Harmony in the Universe
and Our Lives

Chapter 3 How Nature Raises Harmony

The divine is there for all of us to see, reflected in the world's beauty,
like clouds in the stillness of a lake.

~Jonathan Borges (1872-1929)

One can't help wondering what to make of this splendid universe.

Flowers burst outward in brilliantly arranged masterpieces of creation, stunning spiral mosaics form about rocks in a stream, frozen crystals spontaneously form on window panes in the winter, delicately interconnected ecosystems work in harmony for the good of all things, planets spin in synchronous relation overhead, and a single smile can warm the soul of the entire universe.

One thing is clear—order and harmony are the norm and not the exception in our universe. In the battle of chaos versus order, order emerges as the clear victor not only producing copious regularity but also the fantastic qualities of beauty, balance, and harmony.

And there are reasons for this. Order and balance are synonymous with nature because in her very fabric resides a process which spontaneously generates orderly and harmoniously arranged structure.

A great creative process of seeming divine origins that not only forges chaos into orderly devices, but also one that imbues nature's creations with the qualities of beauty, balance, holism, and collaboration. Fantastic qualities of being we can put to good work in our lives once we understand nature's way. This chapter will provide that knowledge in preparation for applying nature's wisdoms to our lives in Chapter 4.

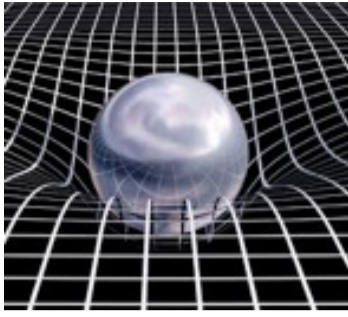
Nature Generates Harmony Thru a Center-Oriented Design



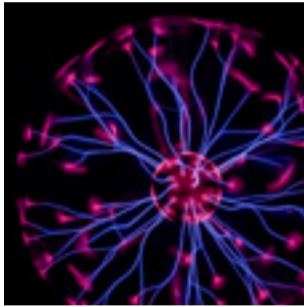
Remember in Chapter 1 when we mentioned that center-oriented configurations naturally generate 3D, spherically shaped forms? While possibly appearing relatively insignificant at first, this outcome in fact brings with it colossal consequences. For embedded in the very form of spherical forms are structural interrelationships that spontaneously generate the beneficial qualities of symmetry, balance, purity, holism, and collaboration.

Ultimately giving rise to the wonderful harmony and indeed magic we see streaming throughout the universe—including in our lives. In the following sections we examine how these fantastic qualities of being naturally arise as part of nature's center-oriented, creative process.

Centers Produce Halo Shaped Creations

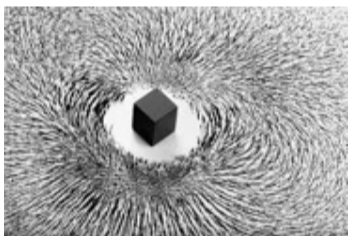


Nature generates halo-shaped creations through an ingenious partnership between centers and the fields surrounding them. As you'll remember from Chapter 1, centers produce halo-like forms as a natural outcome of the universe's creative process (see Chapter 1 for a refresher). In essence, the evenly radiating fields from centers shape their surroundings into a well-like shape akin to a bowling ball sitting on a trampoline.



While providing a readymade visual depiction of how fields shape their surroundings, the 2D trampoline analogy oversimplifies the actual 3D reality. In fact, when the trampoline analogy is applied to its true representation in the 3D world in which we live, the outcome is a full circle, halo-like form as depicted in the next image.

But that's just the first half of the equation. As discussed in Chapter 1, fields then interact with things in their surroundings, causing them to align inward, affix to, and congeal about their originating center. In the end forming a halo-shaped creation that mimics the halo-shaped, often invisible field underlying it.



You can readily visualize the underlying configuration of fields, and how they structure the 'creation' forming about them, via the following image. Here a magnet's field is exposed by the metal filings positioned about the central magnet.



A spider web forms a field around the spider. The bugs in the web form the larger, extended creation.



Halo forms are also readily visible in the heavens. For instance, planets and suns form spherical halos around the gravitational centers at their core. Halos can also be seen in globular cluster formations as well as the shape of invisible dark matter that encircles galaxies.

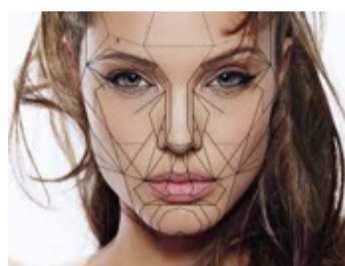
Halos Produce Beneficial Qualities

Halos = Perfection and Holiness



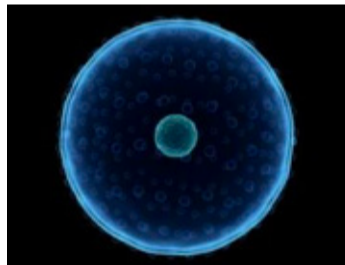
The easiest way to visualize how centers spontaneously generate beneficial qualities is considering the historical and spiritual significance of halos and spheres. For instance, spheres have long been recognized as the universe's ideal form due to their flawlessness, beauty, and perfection. Of course, these qualities lend themselves to the notions of perfection—a necessary quality to even begin being considered holy, thus the use of halos in the art of mysticism and religion throughout time.

Centers, Symmetry, and Beauty



Artists have long recognized the inherent beauty of spherical shapes, and science has caught up to this fact. Psychologists have found that people considered the most beautiful are those with the most symmetric face. Beauty is indeed synonymous with symmetry and spherical shapes are their most idealized form.

Centers Generate Holism



The three-hundred-and-sixty-degree symmetry generated by center-oriented designs also imparts a certain balance and holism to nature's creations. In fact, through the natural equilibrium generated by center-oriented designs; nature finds the organizational compactness, and stability it requires for its creations to sustain and endure themselves.

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.

Centers Build Collaborative Relationships



Center-oriented dynamics also generate collaborative-type relationships. Through the simple act of bringing together sets of disassociated 'parts' about a common point, centers naturally cause things to join in larger, cooperative arrangements about a common point and/or purpose. 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 emerge.

We see this mechanism directly at work in our lives as well. For instance, it's no surprise we enjoy working towards positive, common goals whether at home or in the office. It's because we intuitively recognize such collaborative type practices build stronger and more enduring relationships.

Centers Define the Character and Content



You'll remember from Chapter 1 that centers emit a field beyond their surface which distorts the shape of the surrounding space into a halo-like, well-shaped form. More than just forging a geometric set of relationships, the field also possesses a certain quality that is specific to the makeup of the originating center. In other words, the quality of the field directly reflects

the character of the center. In many ways, the field emits what is akin to a 'signature' frequency that reflects the makeup and frequency of the center. Like having one's own branded perfume, the field radiating from centers has its very own, distinct character.

This is a very significant outcome relative to the makeup of the creation forming about the center. For fields only interact with things in their surrounding of similar character and makeup the field. It's like striking a tuning fork—only tuning forks with the same frequency as the originating tuning fork will vibrate.

Thus, when fields interact with their surroundings, only those things of 'like' makeup coalesce about, circle about, move inward, connect with, and 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. Of course, the opposite is also true. When we are positive, fair, genuine, and forthright our larger life becomes more of the same being surrounded by trusting and inspired people. We further examine the overriding significance of this outcome in Chapter 4.

Centers Foster Purenness



Points of origin (i.e. centers) are generally quite small. For instance, intricately arranged snowflakes emerge from a single 'seed' water molecule. Massive stars begin from the sudden formation of a diminutive gravitational center. They're also where entire philosophies emerge (which are from the initiating ideas that conceived them). Each of us also began from a small place—a single cell which ultimately became the fantastic organism we are today.

The disposition to start things small brings with it a delightful result—tiny points of origin have a lower probability of being impure. Think about it—if you wanted to make something exceedingly pure, you'd make it as diminutive as possible so it would have the smallest chance of possessing impurities—the smaller the better! Such favorable

beginnings give all that follows the best chance to grow into something equally as pure, symmetric, and evenly arranged.

What are the key moments of inception in our lives? They are our thoughts, reactions, interactions, choices, words, and actions: little moments of glory planting the seeds for ever more glorious things to follow. Thus, as you go about your life, you can ensure a degree of excellence in all you ultimately create—the strength and quality of your relationships, the impressions and lasting memories you leave on others, your reputation, the character of your children; if you begin all things with great intentions—virtuously and with a golden heart.

Put Nature's Wisdom into Your Life



You instantly see how powerful these concepts are. We do have the ability to influence the content and character of our lives through the centers, i.e. the seeds we sow. When we choose to pack gold into what we create—our thoughts, words, deeds, choices, and actions—we grow balanced and wholesome things.

Setting the stage to grow our life into something equally golden and enchanted. The choice is yours to make.

Chapter 4 Raising Harmony in Your Life

Capitalizing on the knowledge we gained in the previous chapter, we now learn how to apply nature's wisdom to our lives. How to go about this? Simply through enhancing and purifying the various centers of our life in order that our larger life is equally as well-formed and beautiful...much in the same fashion nature gifts her creations!

Stop—Center—Ascend

To implement the practices of The Seven Pillars of Centerlife, you need to understand two simple facts and they are this.

1. All things are perpetuated by and defined by an originating center.
2. Pure and powerful centers naturally generate a host harmony-like qualities including purity, symmetric, balanced, and collaborative relationships.

Thus, the focus of Seven Pillars is to instill purity, positive energy, and wholesomeness in the seven, prime centers of your life. Once you nurture and heal your primary cores; your larger life will naturally include more balance and harmony.

Used in conjunction with Jin's books, Centerlife provides all you need to turn your life around and live a calmer, more blissful, and elevated state of being.

What Are the Seven Pillars?

The key centers of your life are the physical, emotional, mental, social, intellectual, individual, and spiritual centers which account for over 90% of your time and experience of it. The Seven Pillars are;

Wellpath (Physical Centers): Purify the physical centers of your life toward better health

Heartpath (Emotional Centers): Reconnect with your heart to gain emotional stability and greater happiness

Virtuepath (Thought Centers): Purify Your thoughts to improve your overall wellbeing

Socialpath (Social Center): Improve yourself through helping others

Sagepath (Wisdom Center): Master the universe to build perspective and wisdom

Spiritpath (Spiritual Center): Get closer to God through better understanding her mind through her designs

Selfpath (You Center): Reconnect with your core and release the power of the universe

As you can see, each 'pathway' is designed to bolster and strengthen a prime center of your life. All paths can be practiced in parallel however strengthening the base centers first (i.e. first the physical centers, followed by the emotional centers, etc.) will allow a more reliable ascension to the higher levels of Centerlife.

Implemented faithfully over time, your life experience will naturally become more-and-more uplifted as the new seedlings you plant begin to take root and sprout.

To ensure you can gain the last 10%, we also provide the 30 Ladders of Centerlife (see www.centerlife.center for details). 30 Ladders is designed to supplement your life, over-and-above the Seven Pillars. Like any structure, think of 30 Ladders as the remaining lattices necessary to buttress, support, and fill in the remainder of the structure. The 30 Ladders should also be thought of as the upward conduits leading us to ever higher paths of ascension.

To begin preparing for your seven pillars journey, we recommend you prepare the following documents and develop the following expectations;

1. Begin a journal to sketch out your plans and monitor your progress.
This journal is also a great place to record your journey to a greater state of being.
2. Fill out the Centerlife Seven Pillars Worksheets (see www.centerlife.center for details).
3. Buy Jin's six Centerpath books which supplement and amplify Centerlife's various life practices (you can buy all of Jin's book here for only \$7.99). They can be read in any order however the following is generally considered a good way to progress.
 - Encyclopedia Centerpath (provides copious examples of Centerpatterns in nature, life, mankind, and the cosmos. Should be read as a general reference book throughout all phases)
 - Heart of the Universe (metaphysical treatise on Centerpath)
 - Heart of Gold (provides self-help guidelines)
 - Seven Paths to Power (provides philosophical guidance)
 - Awaken (outlines steps to gain awareness)
 - The Centerpath Papers (provides the theoretical basis of Centerpath)
4. Lastly—be curious, patient, and positive.

Since all lifepaths below involve bolstering the various cores of being, all contemplations and exercises overlap and compliment one another—i.e. each study advances the other.

A note on expectations: As you begin to sharpen the focus of your life, you will experience some immediate, positive results however as with all great things, it takes time to fully evolve them so have a 6-12-month window to allow the full benefits of your new habits. After all, all masterpieces—including your life are an ever-evolving and 'big' work in progress.

May your Centerlife journey be as rewarding and exhilarating as was mine delivering it to you here today!



WELLPATH

Boost Your Physical Centers to Greater Health

Discover the physical centers of your life and learn how through their purification, your general health and fitness will naturally be improved and uplifted. From such solid foundations, you will have set the stage to build healthier emotional, intellectual, and spiritual states of being.

- **The Centers of Focus:** The Physical Centers of Your Life
- **The Path to These Goals:** Purify the Physical Centers of Your Life Toward Better Health
- **Associated Precious Gem:** Blue Sapphire

In order to begin elevating your general state of being, you'll need to first establish a firm foundation from which to grow the larger elements of your life. This process starts through ensuring the physical centers of your life are strong and well-formed—i.e. your health is in good order. To do this, you will need to develop good and proper habits—you will need to walk a path toward wellness.

Like all things in nature, the larger creation is defined by the character and make-up of its originating center. Thus, to build more wellness into your larger life, you need to ensure the physical centers of your life are packed with the purest and most wholesome stuff possible and your overall health, and larger life will naturally flourish.

How to go about this transformation is to upgrade the quality of your food, water, air, home, and how you spend your time as well as setting reasonable expectations for yourself.

Follow these Wellpath steps to enhance your health. Also, be sure to complete the Wellpath on-line worksheets to map out your plan to enhance and purify the physical centers of your life.

1. Discover the physical centers of your life (use Heart of Gold as your guide).
2. Adopt a long-term mindset and steadily work toward your Wellpath goals.
3. Set yardsticks to monitor your progress to ensure you are implementing your plan.
4. Enjoy the benefits of feeling well.

Wellpath Worksheet

Use the Wellpath worksheets in Appendix A to help purify the centers of your life and enhance your health. You can also download the worksheets (in .pdf format) at this link: [Seven Pillars of Centerlife – Worksheets](#).



HEARTPATH

Reconnect with Your Heart and Elevate Your
Emotional Well Being

Discover the importance of your relationship with your heart and how it's strength largely equates to the health of your emotions and general wellbeing. Heartpath shows how to reconnect with your heart and use her timeless wisdom to naturally uplift and enhance your emotional wellbeing freeing you up to live life more joyfully and to pursue ever higher plateaus of experience.

- **The Centers of Focus:** The Emotional Centers of Your Life
- **The Path to These Goals:** Reconnect with Your Heart to Gain Emotional Stability and Greater Happiness
- **Associated Precious Gem:** Red Ruby

To heal your life, you will need to reconnect with your heart. Your heart is like all other things in nature—it is full of good energy and seeks out positive, enduring, balanced, and collaborative relationships. It intuitively knows the solution to all your challenges and the answers you seek.

By getting back in touch with your heart and listening to her, you will become emotionally stable, look at the world in a more positive light, and become happier.

To live from your heart, you need to begin listening to her again. As a start you can do this through simply paying more attention to your gut feelings, initial reactions, and waking thoughts and through living more spontaneously and trusting yourself and your intuition. You also do it through nurturing natural qualities of heart in yourself including sharing, caring, loving, and giving.

By strengthening your heart, you build a pure and solid anchor from which your emotional life flourishes with confidence, rightness, and positivity; setting the stage for a larger life of peace, harmony, and love.

Heartpath living begins by following these steps. Be sure to also complete the Heartpath on-line worksheets to map out your plan to enhance and purify the emotional centers of your life.

1. Discover the true nature of the universe. Discover that in the bosom of all things includes a pure and powerful center. A golden heart.
2. Realize this is the true nature of yourself. Seek out and set free your golden heart (use Heart of Gold as your guide).
3. Begin listening more than you speak.
4. Give more than you take.
5. Be open and receptive.
6. Try new things and be spontaneous.
7. Begin listening to your heart again.
8. Reconnect with your heart.
9. Enjoy the benefits of living from your heart.

Heartpath Worksheet

Use the Heartpath worksheets in Appendix A to help purify the emotional centers of your life. You can also download the worksheets (in .pdf format) at this link: [Seven Pillars of Centerlife – Worksheets](#).



Through Virtuepath, discover the all-important link between the quality of your life and the quality of your thoughts. Virtuepath teaches that our thoughts are just as real as anything else in the universe, and like seedlings they take root, sprout, and grow; and that their originating DNA is passed to all things that follow—that is to say our thoughts grow into something permanent and progressively larger. Virtuepath provides fresh new insights toward developing better quality thoughts toward uplifting and optimizing your life.

- **The Centers of Focus:** The Thought Centers of Your Life
- **The Path to These Goals:** Purify your Thoughts to Improve your Overall Wellbeing
- **Associated Precious Gem:** Clear Quartz

Be careful what you wish for—your thoughts are very real and once thought will take up space in the universe—they are here to stay.

In many ways they are like magic beans. Once you think them, they take root and sprout. They become permanent fixtures that grow into larger-and-larger organisms. Thus, over the course of time you will have to progressively tend to them, interact with them, and address all they produce. If they are virtuous thoughts you will gladly nurture, support, and grow them into something even more gorgeous, meaningful, and enduring.

Likewise, if the seeds you plant are uninspired, mean, reckless, or greedy; you will reap what you have sown. Pesky and thorny weeds which undermine your very foundation and livelihood. You will have to waste exceptional energies tending to them and may have to eventually uproot them. All the while sapping your energy, wasting your life experience, and possibly damaging your reputation.

To optimize the condition of your larger life, you than need to optimize the very character of your thoughts. Thus, cleanse your mind and thoughts. Think good, proper, and pure thoughts and watch your life grow into something real, right, and possibly colossal.

Cultivate positive thought habits through the following practices. Be sure to complete the online Virtuepath worksheets to map out your plan to enhance and purify the thought centers of your life.

1. Learn how your thoughts grow into larger things (use Seven Paths to Power and Heart of Gold as your guide).
2. Learn to better control the character and content of your thoughts. (use Seven Paths to Power and Heart of Gold as your guide).
3. Meditate.
4. Take up yoga.
5. Study your favorite religion in more depth (Buddhism in particular includes specific studies on the quality of thoughts).
6. Watch the quality of your life elevate to higher and higher planes of experience.

Virtuepath Worksheet

Use the Virtuepath worksheets in Appendix A to purify the thought centers of your life. You can also download the worksheets (in .pdf format) at this link: [Seven Pillars of Centerlife – Worksheets](#).



SOCIALPATH

Boost Your Social Centers and Improve Your Relationships

Socialpath reteaches the overriding important of others to our wellbeing. That through helping others, we help ourselves. Socialpath accelerates this process through exposing the powerful ‘flocking’ centers that drive much of how we behave day-to-day. Through such an understanding we become better equipped to positively influence our interactions with others. We are also afforded the joy associated with helping, inspiring, and uplifting others as well as thanking those that have helped us on our journey.

- **The Centers of Focus:** The Social (or Flock) Centers of Your Life
- **The Path to These Goals:** Improve Yourself Through Helping Others
- **Associated Precious Gem:** Yellow Citron

We’re not alone and have never been. We’re brought into this world by others, raised and nurtured by them, educated and socialized by them, and are continuously supported by countless others. We have a genuine responsibility to help others and in doing so, begin to repay the debt we owe the myriad that that have helped us. The great mystic Rumi went as far as stating “our main purpose in this life is to serve others”.

To begin helping others, we need to first better understand ourselves. We need to appreciate just how deeply our shared DNA unites us, makes us so very similar deep at our core—i.e. makes us human. We also need to understand the common, tribe-like centers of mind that drive so much of our behaviors. Strong flock-like clusters of mind that are strongly interconnected with powerful emotional centers such as empathy, loving, kindness, and compassion. It’s no wonder we all share the desire to bond and help others; we are hardwired to do so.

To become a better person and help others more, take up some of the following habits (be sure to complete the online Socialpath worksheets to map out your plan to improve your relationships and help your fellow man).

1. You first need to understand just how deeply you are intertwined with the rest of humanity (see this VDO as a start).
2. Spend quality time with family and friends to understand their challenges and offer help where you can.
3. Share your knowledge and wisdom of the world and how life works with others.
4. Coach children on the importance of helping others.
5. Donate some of your money to good causes.
6. Give your time to a worthy cause.
7. To learn more about what true compassion looks like, study the words of the likes of Ghandi and Mother Theresa.
8. Enjoy helping others and thereby, the universe at large.

Socialpath Worksheet

Use the Socialpath worksheets in Appendix A to purify the social elements of your life. You can also download the worksheets (in .pdf format) at this link: [Seven Pillars of Centerlife – Worksheets](#).



SAGEPATH

Boost Your Knowledge to
Increase Your Wisdom

If you want to attain a one of life's crowning—true wisdom, you need to build a deeper understanding of nature and how the world works. Wisepath accelerates the pathway to higher planes of wisdom through exposing the common pattern underlying all things. Coming to see the unity all things share, you quickly build a dialogue with nature and thereby deeper understandings of how nature and your life work. Ultimately gaining knowledge that transcends mankind on your path to higher wisdom and a richer experience.

- **The Centers of Focus:** Centers of Transcendental Truth
- **The Path to These Goals:** Master the Universe to Build Perspective and Wisdom
- **Associated Precious Gem:** Pearls

Gaining true wisdom is one of the greatest mountains we can ascend in life. True wisdom allows us to see the world as it truly is and adopt a broader view, longer-term perspective, and enjoy the bliss of better understanding what life is all about.

However, gaining wisdom doesn't come easy. Like climbing any mountain, it takes work, time, and real effort. You have to earn wisdom and there is no quicker path to gaining it than through gaining a deeper understanding of the true nature of being.

To build such an awareness, you need to study the world to understand how it organizes itself, functions, and is interrelated. This process can be accelerated through seeking out and understanding the center of all things. In nature, biology, your life, in society, and in the cosmos—coming to know what organizes and perpetuates all things is the first step toward seeing the unity of all things and building a wider awareness.

Truthpath will guide you from the valley of unawareness and to the light of knowing through fostering the following habits. Be sure to also complete the online Truthpath worksheets to help purify the thought centers of your life.

1. Regularly walk in nature.
2. Study all things to find their center (use Heart of the Universe or Encyclopedia Centerpath as your guide).
3. Keep a sketch pad journal to record your findings and grow them.
4. Apply the findings from your nature studies to your life, the cosmos, infrastructure, institutions, biology, matter, rituals, and human nature.
5. Enjoy the benefits of becoming more aware of your world and life.

Sagepath Worksheet

Use the Sagepath worksheets in Appendix A to help elevate your wisdom. You can also download the worksheets (in .pdf format) at this link: [Seven Pillars of Center-life – Worksheets](#).



SPIRITPATH

Connect with The Divine
and Elevate Your Spiritual Life

If you want to deepen your spiritual life and aspire to the divine, you'll need to get closer to god. To accomplish this, you need to develop a dialogue with her, better understand her thinking, and recognize her smile in all things. Godpath facilitates getting closer to god through introducing you to the design she uses to generate her miraculous state of being. A wonderful creative process which naturally generates a host of beneficial qualities including symmetry, beauty, balance, holism, and collaborative-ness. Elevate your spirituality and proximity to the divine through coming to know god's infinite genius and the loving care she injects into all her wonderful creations.

- **The Centers of Focus:** God and The Spiritual Centers of Your Life
- **The Path to These Goals:** Get Closer to God Through Better Understanding Her Mind Through Her Designs
- **Associated Precious Gem:** Danburite

There is one certainty in this universe, and it is this—all of its contents are breathtakingly beautiful and harmonious. It's this way because at the core of all her creations resides pure and powerful objects which, through the fields emanating from their surfaces, radiate pureness and rightness into the larger creation forming about it.

Not only a fantastic result in-and-of-itself, what this says about the entirety of the universe is nothing short of colossal. You see, when we find all the contents of the universe—its innumerable galaxies and stars, planets and moons, atoms, peoples, whales, butterflies, and eco-systems; and its art, music, and thought; all possess deeply harmonious-like qualities, we are confronted with the delightful conclusion that universe's source must be more of the same.

Why is this? Because, as Centerpath teaches the center defines the character and content of the larger creation surrounding it. All of the contents of the universe are beautiful and harmonious, because their core made them that way. In other words, all of the universe includes fabulous qualities because its source—that is the center of the universe, is comprised of something infinitely perfect and powerful. Such a splendid source radiating powerful fields of love into all of the universe; forging its creations in a gorgeous and direct image of what could only be a Great Creator at its heart.

What else other than an all-knowing creator at the center at the enormity of the universe streaming her infinite love into her infinite creations? Each creation then a microcosm-like image of the ultra-macrocosm architecture of the universe. A pure and perfect God at the heart of the universe radiating her love directly to all things. Completing a perfect harmony between the big and the small, the one and the many, heaven and earth, and man and God. A central design whose seeming purpose is to create endless degrees of greatness and perfection.

To reignite your spirituality and better understand the mind of the Great Creator, who designed and set into motion the magnificent state of being streaming throughout the universe, you need to learn the following steps. Complete the on-line Spiritpath worksheets to map out your plan to enhance and purify the spiritual centers of your life.

1. Walk in nature.
2. Study her patterns (use Encyclopedia Centerpath to guide you).
3. Seek to understand the wisdom of nature's creations and the many beneficial qualities they possess. Use Seven Paths to Power as your companion.
4. Contemplate the sheer significance and enormity of being. Even its most basic elements are miraculous.
5. Try to fathom the infinite genius to design such a condition.
6. Think of the care and love that would have to go into the crafting such a condition.
7. Give thanks to the Great Creator for setting our grand symphony of creation of being into motion.
8. Find deep solace in knowing greater things and greater beings are at work above and beyond us, giving us the miraculous experience of being.
9. Give thanks for the ability to live and enjoy our blessed experience.

Spiritpath Worksheet

Use the Spiritpath worksheets in Appendix A to enhance your spiritual life. You can also download the worksheets (in .pdf format) at this link: [Seven Pillars of Centerlife – Worksheets](#).



SELFPATH

Reconnect with Your True Self and
Release The Power of The Universe

To gain higher awareness and enlightenment—to gain the ultimate human achievement; you'll need to reconnect with the great source residing at the core of your being.

A magical spot, this place possesses the greatest treasures of the universe—infinite energy, creative fire, deep insights, spiritual awareness, and who you truly are. Self-path provides a roadmap to this essential point of being through a series of exercises designed to slow your life and allow it to migrate back to your inner core allowing you to once again live your life from the very source of your being.

- **The Centers of Focus:** Your Ultimate Core—Who You Are
- **The Path to These Goals:** Reconnect with your Core and Release the Power of the Universe
- **Associated Precious Gem:** Black Onyx

To obtain the ultimate personal experience in this lifetime you will need to reconnect with the pure and powerful center at the core of your being. This object, an exceedingly special object in the universe remains a mystery to science to this day. Some call it our soul; others believe it is God's voice speaking through us. Whatever the name bestowed

this blessed being, it's connected to the source of all things and capable of drawing on its limitless power. It can only be described as a boundless well of immense wonder and greatness.

Thus, when you reconnect with it you open Pandora's box of energies and potentialities bringing with it very real and tangible benefits. Consider the value of the following qualities you stand to gain. Be sure to also fill out the online Selfpath worksheets to help guide you to these qualities

- The world will appear fresh and new.
- You'll feel great bliss from experiencing the world and learning new things.
- Nature will become a limitless source of awe and inspiration.
- You will come to realize that you don't know everything. Surprisingly enough, you'll appreciate this as a strength since it keeps you curious and draws you toward deeper understandings.
- You will come to see and appreciate the interconnectivity of all things.
- Your breadth of experience will expand above and below man's layer of experience (i.e. you will be able to dive down into the hearts of atoms as well as soar across vast galaxies).
- Your appreciation of great thoughts, art, literature, and music will become tangible and deeply heartfelt.
- Your ability to express thoughts, art, literature, and music will expand tremendously (i.e., your creativity will become limitless).
- Your ability to conceptualize and stitch larger ideas together will increase dramatically.
- Your understanding of yourself and others will increase.
- Spirituality will transform from a marketing slogan to a deeply felt emotion.
- Your proximity to the divine will increase.
- You stand to gain the highest levels of consciousness and awareness—i.e. enlightenment

Here's how you can begin to restore this essential bond and increasingly reconnect with yourself.

1. Start by loosening your ties with 'hard' society and its swirling agendas. i.e. turn off your TV and 'dumbphone'.
2. Find more quiet time for yourself.
3. Spend more time in nature.
4. Study new and exciting subjects—i.e. stretch your mind.
5. Read Jin's book *Awaken*.
6. Over time, your ears will reopen to what the loving voice at your core is trying to tell you.
7. Listen to your heart and allow it to once again become your source of simplicity, spontaneity, spirit, and confidence—a sure and steady center from which you can lead your life.
8. You can again come to know God's voice speaking to each of us from the heart of the universe guiding us toward the divine in all of life's interactions. Join her kind and gentle invitation to participate in a heart felt dialogue with the heavens and the heavenly.
9. Enjoy the increasing bliss you will experience as you ascend to higher levels of consciousness.

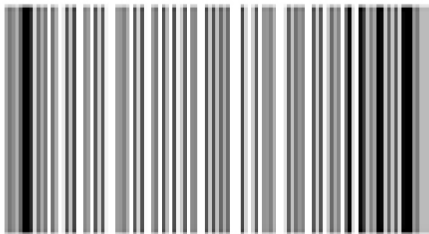
Selfpath Worksheet

Use the Selfpath worksheets in Appendix A to get closer with your inner core. You can also download the worksheets (in .pdf format) at this link: [Seven Pillars of Centerlife – Worksheets](#).

Appendix A Centerlife Worksheets

To facilitate your Centerlife journey,
fill out the Seven Pillars Worksheets
which can be accessed at www.centerlife.center.

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