



HEART OF THE UNIVERSE

By Jin Nua

Journey to the Heart of All Things

Heart of the Universe
By Jin Nua

ISBN 978-0-9911145-5-9

Published by Centerpath Books Publishing LLC

www.centerpath.org

Copyright Jin Nua

All rights reserved.

This book is licensed to the individual who purchased it under the conditions stated at the website www.centerpath.org. This book is not to be sold, copied or gifted to any others. No part of the book may be reprinted or reproduced or utilized in any form or by any electronic, mechanical or other means, now known or hereafter invented, including photocopying and recording, or in any information storage or retrieval system.

Note: This book is written solely for informational and educational purposes and the material contained herein is set out in good faith. It is each readers responsibility to assess whether or not to apply any suggestion and to seek professional advice if in any doubt. It is an express condition of buying and using this book that you hold neither the author nor publisher liable for the consequences of using any information herein contained.

CONTENTS

Introduction	8
Journey to the Heart of All Things	12

INTRODUCTION

I began writing this book in 1997 on a beach in Thailand, which, coincidentally, is also where I completed it some fifteen years later.

The book's roots lie in simple enough origins: a newfound fascination with nature. This simplicity however, soon gave way to something much broader, more complex, and profoundly deeper. Ultimately generating thousands of journal pages and several intermediate manuscript versions along the way until finally—in February 2013—I was able to write out the book you're holding in your hands in just two days.

To me, this biographical narrative isn't entirely satisfactory and leaves many questions unresolved. After all, isn't it a bit strange that such a short work took so long to develop? The questions "why did it take so long?" and "what would possess someone to stick with it?" naturally emerge.

To the first question, all I can offer by way of an answer is to say that it took an extraordinarily long time to develop because of the great distance I had to travel; it's a long way to the heart of the universe and there are no shortcuts or signposts to guide you along the way. It took fifteen years to zero in on it. Yes, the distance I had to travel was the main factor.

The second question is just as difficult to address. What keeps someone fixated on something so long and at the risk of such great disappointment? The journey was in fact arduous and kept me from other things that I wanted. The discomfort I felt from the many disappointments of the project's slow progress—realizing the hard work and years spent writing and rewriting wasn't good enough, and gathering the energy to begin yet another rewrite; all proved very painful at times.

So I asked myself: why did I stick with it?

Was it for the excitement and fascination? Was it for the money or maybe the fame and recognition? Was it for pride in finishing what I'd started?

Each factor surely played a part but, over time, what I realized is, writing a novel is a lot like marriage. We stick with it for many reasons but in the end we do it for love.

So, in a flash, I discovered the reason why I wrote this book—out of love.

—A love of nature with her exquisite and delicate ways.

—A love for great ideas and their expressions in art, music, and writing.

—A love for the heartfelt, gentle, and caring souls of the silent majority who put aside struggles for fame and power and, instead, are kind to friends, family, and our precious planet.

—A love of the unknown and a hope for something better yet-to-come.

—And a love and reverence for the Creator who set this exquisite universe and all its goodness and rightness into motion.

What, other than love, could keep the flame alive when the demands of life could have easily extinguished this grossly overdue project?

A love so bright it hopefully reaches the hearts and souls of everyone who reads these pages, inspiring them to reconnect with our world and take positive steps toward building better lives, closer communities, and more sensible nations on this precious planet of ours.

So, please join me and Moesre Bescoca (pronounced MO-ES-RE, BE-SKO-KA) on a magical tour to the heart of the universe and back. Hopefully, you will experience the same great delight and solace I found on my long journey toward delivering this book to you here today.

JOURNEY TO THE HEART OF ALL THINGS

Jin Nua: Good morning, dear friend.

Moesre BeScoca: Good morning, Jin.
I thought I'd find you here.

Jin: Did you sleep well?

Mo: Not really. In fact, I tossed and turned all night.

Jin: Was it the storm?

Mo: Partly.

Jin: Something else then? What's troubling you?

Mo: I can't really say something's troubling me per se. In fact, most times what's on my mind is extremely satisfying. It's just that the subject matter is complicated and, at times, I become stuck—like today. That's when the frustration sets in.

Jin: Please tell me more.

Mo: Well, I'll try...if you've got a spare hour or so! It begins on an essential level. As anyone contemplating the very nature of being knows—and I don't mean man's world of buildings and inventions—one's struck by just how bewildering existence truly is!

Jin: How delightfully true.

Mo: All of our greatest questions spring from nature and her enigmas: Where did we come from? What's the meaning of life? Does a great Creator orchestrate nature's marvelous symphony of being?

Jin: Carry on.

Mo: My journey is toward a better understanding of the universe's remarkable order and harmony. Think for a moment just how astonishing its creations are—subatomic particles, atoms, molecules, cells, insects, plants, animals, stars, planets, galaxies, and people—their orderliness and sophistication are truly miraculous.

Jin: Yes, I believe most people lack an understanding of just how phenomenal existence is. That's not a bad thing; life is demanding and we all have to make a living. Contemplating the great unknown doesn't pay the bills. But if we look beyond our day-to-day routines, we come to realize the innumerable miracles it takes for any of this to even be here at all. Look around us! The world is brimming with order and beauty!

Mo: Reality is a near impossibility when you stop to think about it. I guess the fact that it's happening in all corners of the universe is what leads us to the ponderings we're discussing.

Jin: Trying to understand its mysteries is made even more challenging due to science's silence on matters of creation and being. Scientists admit their very rules prohibit what can even be considered. For instance, if an experiment isn't exactly repeatable, it can't be considered scientific.

Mo: The subject falls completely off science's radar!

Jin: Yes. Science tells us much in matters of measuring the world, yet, unless there's an exact relationship, science won't touch it. Of course, nature cares little for what science ignores or acknowledges—the universe created its marvels of creation long before science came about!

Mo: Amen. While we should appreciate science, we should also know it will never provide all the answers.

Jin: What does religion say?

Mo: Religion also provides many great insights; however, like science, there are limitations. Don't get me wrong—I believe in God—it's just that religion's not geared toward uncovering the deep nuances of the physical world.

Jin: You do have a lot on your mind. I'll tell you what...let's take a walk. It's the best treatment for clearing the mind and refreshing the soul.

Mo: Good idea.

Jin: Let's walk to the lake's point; it's a light hike and offers many breathtaking sights.

Mo: Great. I also like how walking helps crystallize my thoughts; it's as though the nature of paths, the act of discovery, and the structure of a hike all share a common, underlying process. It makes sense I suppose, they are all journeys to a destination. After you.

Jin: When you spoke of how miraculous being is, I was reminded of something my mother once said—God's in everything. If that's true, maybe we shouldn't overly complicate things. Maybe we should just focus on the earthly creations before us to help us uncover nature's mysteries—and begin to fathom the thinking behind it.

Mo: Interesting perspective but I don't know where to start.

Jin: Let's start from the beginning. Let us launch our inquiry in the time and space we share now. The world before us is the universe! Take a moment, look about you, and describe what you see.

Mo: I see a lot of things: plants, flowers, trees, birds, rocks, and ants. I also see a stream over there, clouds overhead, and the sun on the horizon.

Jin: What else?

Mo: There's an odd "rightness" to everything. Everything looks just "right" and seems to fit together; like it's meant to be where it is. Oddly enough, even for nature's seemingly wild diversity, everything also seems to share a fundamental consistency, a unifying kind of aesthetic. In fact, I can't fathom improving anything before us, in any way.

Jin: That's an excellent start. Your words are profound and echo those of great artists like Blake, Whitman, Lao Zhu, and Van Gogh when they described the beauty streaming throughout the universe.

Mo: Thanks. I feel uplifted, whenever I immerse myself in nature and experience her charms. Communicating this experience is very satisfying.

Jin: Without possibly knowing it, your observation that all things share a certain commonality was quite profound.

Mo: Yes, it's hard to describe the exact quality but nature's creations do share an advanced consistency of sorts, as if they were all crafted from the same blueprint.

Jin: Taking it a step further, one's tempted to speculate that all of creation shares a consistent design template. A common "suchness" generated by a consistent universal ordering process.

Mo: Yes. Nature's copious designs strongly suggest that someone or something is creating them, apparently through a process so subtle we've been unable to capture or define it thus far.

Jin: This line of reasoning forms a significant development in our discussions so I'm going to ask: is there a "principle" or a "designer" orchestrating nature's creative force? But before we attempt to answer this delightful enigma, let's dive deeper into

our direct surroundings. Let's examine a specific example, this flower on the tree before us, for instance. What do you see? Is it communicating anything to us?

Mo: Right off, I can say with certainty that it's beautiful. Just look at it. Its vibrant color shines brightly as does its distinct form. It possesses some quality that quickens the heart and warms the soul.

Jin: As form is synonymous with order, let's stick with the quality of 'form' for a while. Does the flower's shape provide any clues to how the flower's ordered?

Mo: To me, what stands out is its coherence, which is a magical holism and profound "collaborative-ness" capable of transforming assortments of dirt, water, air, and sunlight into an orderly pattern. It's like an emperor giving billions of people a set of instructions and then, them working efficiently and instinctively together, to create something both organized and beautiful.

Jin: What you're describing is in fact the transformation of groups of parts into a larger whole.

Mo: Yes! It's the same phenomenon Aristotle referred to as "the whole being more than the sum of its parts"; it's exactly this quality of being that the science of systems theory is seeking to better understand and define.

Jin: To finish this thought, let's stick with the flower's form a bit longer. This time let's consider the qualities of its overall form.

Mo: OK. Its shape is intriguing...it seems to be a spiral or radial arrangement. Its overall symmetric shape appears to be a key element towards contributing to its cohesiveness and aesthetic appeal.

Jin: There's clearly something transcendental about symmetry.

Its quality can be found throughout the universe. Let's focus on symmetry for a moment. Does symmetry have any essential features?

Mo: There must be but I'm not sure what they are.

Jin: Maybe we shouldn't over think this. Since our minds and this fine flower were both created by the same universe, perhaps we should allow them to communicate directly without interference to see what naturally arises. So take a few moments to consider the blessed form before us and heed its tale.



Mo: My first impression is that it looks like a whirlpool, much like water draining down a sink. Taking that observation one step further, we might say the petals are consistently arranged about a

single and common, central location.

Jin: That's an interesting observation.

Mo: The relationship of its overall shape to the focal point at its center appears to hold a special significance; as though the center is an essential element of what symmetry is.

Jin: I think you're on to a very important point. Central objects indeed reside at the heart of all of nature's 'big hitters'. In fact, atoms, cells, central nervous systems, solar systems, galaxies, city infrastructures, and even societies feature prominent centers of which their larger, symmetrical form is anchored about. Centers appear to play a very significant role in how nature's creations are formed.

Mo: But what role?

Jin: Let's consider another example to see if we can gain further insights. Let's shift our focus to the tree on which our lovely flower resides. Since the flower arose from the tree, I suspect they probably share something in common.

Mo: OK, I'll start. I see bunches of interwoven branches but I can't say they look much like a whirlpool or that they demonstrate a 360-degree symmetry.

Jin: Yes, it is difficult to see at first, so I will recall an experience that might shed some light. I was on a bridge crossing a gorge one day when I looked down on the trees below; I noticed that each tree's overall shape was a whirlpool when viewed from above. So, in fact, if you look more closely, or from the right perspective, you'll see that all the branches converge toward its main trunk.

Mo: I see that now.

Jin: Taking it a step further, once we consider the roots below ground, I can see the tree's larger, mirror-like symmetry.

Mo: Because its roots are hidden, it's easy to forget that a tree's upper portion is wonderfully reflected by its root structure in terms of both shape and volume.

Jin: It begs the question: does the tree have a center?

Mo: I suppose so. At its trunk?

Jin: But where along the trunk?

Mo: I guess it would be the place where the trunk enters the ground.

Jin: Good! Is there any other reason why that spot is significant?

Mo: I see what you're getting at...that's the location where the tree began, where its original seedling took root.

Jin: Yes.

Mo: The seedling marks the center of the tree's structure. It was a tiny yet in many ways, a colossal beginning of what ultimately became this massive creation we see before us today.

Jin: I note you just stated that the seedling is not only the geometric center of a tree but also the place where it began. I believe that to be another significant point. Centers are not only key to maintaining the tree's center-oriented symmetry as it grows; they're also the tree's point of origin. Can you think of other examples where centers correspond with a beginning point?

Mo: Not off the top of my head. Can you help?

Jin: I'd be happy to. Luckily, I've read extensively on nature and

recall many examples. For instance, stars begin as a minute center of gravity within a dust cloud in space. A snowflake originates from a single "seed" water molecule. Entire volcanoes begin when humbly-sized lava flows poke their way up through the earth's surface. It's also in the turbulence of a butterfly's wings which can ultimately change weather patterns half way around the world.

Mo: Those are some great examples. What about our lives? Are seedlings there as well?

Jin: First and foremost, we must consider each of us began from a single cell which ultimately grew into the intricately formed organism each of us are today. Another example is when new ideas take root and grow to engulf entire nations. I'm of course referring to fads, new scientific theories, and philosophical doctrines which each began from the thoughts of a single man.

Mo: I never thought of it that way.

Jin: In each example, we find vastly sized creations beginning from nothing more than minute, almost infinitesimal sized points of inception.

Mo: And all of them grew symmetrically outward from their originating center.

Jin: With this insight, we've found centers to be the key component in two very essential aspects of being—namely symmetry and origins.

Mo: Does this mean centers are an essential element of being?

Jin: It appears so. Because trees hold rich significance in Western spirituality and Buddha famously attained his enlightenment meditating under a tree, they likely possess even more clues to nature's underlying character. Because centers are associated with

origins, let's examine their role in the life cycle of a tree. Please describe how a tree's life unfolds.

Mo: Sure. A tree's life begins when a seedling falls to the ground. Upon the convergence of certain conditions, the seed sprouts and grows simultaneously upward and downward. The entire process is guided by the originating seed's genetic code—driving the tree higher to capture ever more resources.

Jin: Until one day our budding tree produces the seeds of the next generation, drops them to the ground, and initiates the life-cycle process anew.

Mo: Yes and as I understand it, some plants, such as poppy plants, as well as some insects and animals, only live long enough to produce the next generation seedling before they pass.

Jin: So seedlings are not only a tree's origin, they're also its ultimate aim. These ideas raise some interesting, and what I believe interrelated concepts. For instance, since a tree 'exists' because of its originating seedling; one could say centers (in this case the seedling), are the 'cause' of a tree.

Mo: Since you raised the concept of causes, I must ask, are there any corresponding 'effects'?

Jin: Yes. For instance, since a seedling's genetic code directs all of a tree's subsequent growth, one could say the 'effects' resulting from a seedling is the tree itself. In other words, creations begin from a center and all that follows is perpetuated by that same center.

Mo: Seedlings and centers as both chicken and egg...

Jin: Yes. Another insight from these ideas is the role of centers in the concept of destinies. I say this because I believe a tree's main purpose is to produce the next generation seedling. Otherwise

there would be no continuity of trees or other lifeforms—they would die off. Thus a tree’s ultimate and indeed final aim is to produce the tree’s forthcoming seedling. The seedling—i.e. the tree’s center—can therefore be considered the tree’s ‘destiny’.

Mo: These insights place centers at the heart of a host of additional, key elements of being: namely causes and effects, purposes, origins, and destinations.

Jin: Because centers are where tree’s begin and end; centers than, also appear to be deeply associated with, if not the cause of, the universe’s steadfast drive to return things to their source. It’s the phenomenon causing proteins to return to their originating DNA, salmons to journey thousands of miles to their spawning grounds, and stars to collapse back to the same gravitational center where they began.

Mo: Do these concepts apply to our lives as well?

Jin: Yes. Rituals unfold toward an originating purpose while conflicts only achieve resolution when the instigating dispute is confronted and resolved.

Mo: Those are some wonderful insights! They speak volumes about how our lives fit into the universe’s grand jigsaw puzzle of being.

Jin: Before we go any further, we need to back-up for a moment and address an issue we’ve so far glossed over. We’ve spoken much about centers and the larger creations they ultimately produce. But we haven’t yet addressed how centers actually accomplish this. What I mean to say is: we need to consider how centers go about their Samson-and-Goliath-like feat of controlling and converting their extended surroundings into the creations unfolding about them.

Mo: I see your point. Centers appear to possess an invisible,

almost magical, ability to perform work beyond their surface.

Jin: It's significant that you mention invisible forces. The first thing that comes to my mind is the concept of fields which are, in fact, capable of what you just mentioned; that is, they can transmit effects far beyond their source location. As I understand it they underlie all of nature's basic forces. In physics, they are known as force-fields. They might be the missing link between centers and the larger creations they produce.

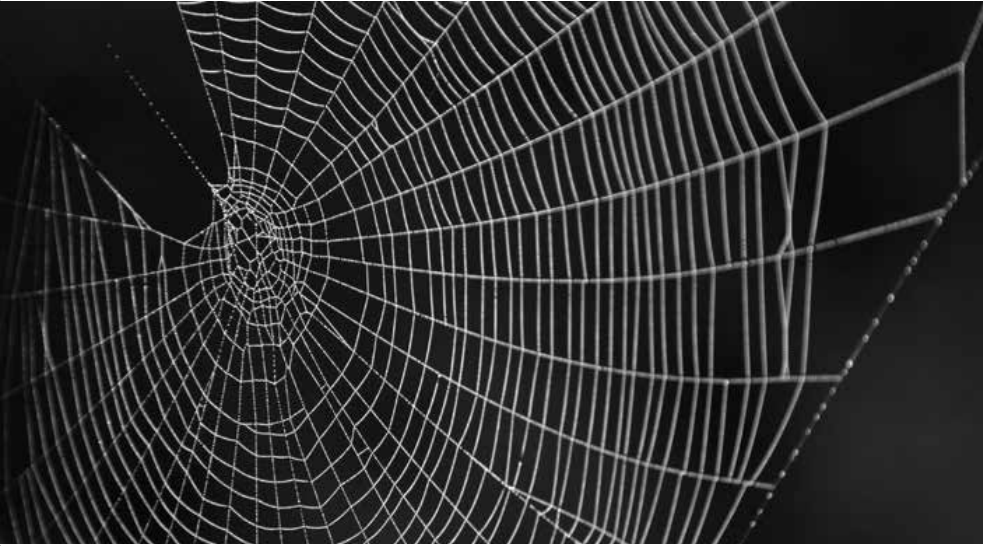
Mo: If I remember correctly from college, fields underlay many phenomena. For instance, the earth's magnetic field causes magnets to point north. An electric field induces positively charged electrons to move toward the negative pole of a car battery. Gravity's field pulls each of us to the center of the earth.

Jin: So, fields act as a kind of 'agent', similar to how the police enforce the laws that originated at the core of our legal institutions.

Mo: Yes, but I'd rather like to think of fields as little Holy Spirits performing the work of a Great Creator.

Jin: Please tell me more about these fields.

Mo: Fields have a phenomenal ability to distort the very fabric of the time-space continuum about them into an ever-collapsing, well-like shape. The well's form isn't tubular like a town's wishing well but instead, shaped like a bowling ball sitting on a trampoline. In essence, the walls of the well become increasingly steeper as you move toward the bowling ball (i.e. the center at the bottom of the well). It's the inward-collapsing geometry of a field—i.e. a kind of falling down-ness; that imparts a force on objects. In fact, the forces acting on objects result from the shape of the field—hence the term force field.



Jin: So fields serve to align a lot things to a common center, like compasses pointing north. They can even cause things to fall inward like a skydiver free falling toward the earth.

Mo: Thank God for parachutes!

Jin: Through this understanding of fields, I'm starting to see the physical link between centers and the larger wholes they organize about them. In fact, I can see how centers stir and mold their surroundings into larger, cohesive creations. Please tell me more about the overall shape of these wells.

Mo: The "bowling ball on a trampoline" analogy I just alluded to is good for visualizing the shape of fields but it's limiting as well. A field's overall shape actually resembles a halo-like sphere.

Jin: So what you're saying is center/field configurations naturally produce symmetric, aesthetically pleasing geometries. I believe we're closing in on something significant. Tell me, why is the field symmetric? Why isn't it uneven?

Mo: I suppose this is due to the center being even and smooth, possibly even homogeneous.

Jin: That implies there's a certain "purity" about centers.

Mo: Yes. An evenly-formed and pure center would radiate its evenness (and purity) to its surroundings via a symmetrical and uninterrupted field.

Jin: If that doesn't hint of divine intervention, I don't know what does! Think about it. If you wanted to develop a perfect design you'd place purity at its core. Such purity would help everything that follows get off to the best possible start. In addition, the fields surrounding them would become perfectly rounded like halos in holy paintings and the geometric perfection of circles and spheres.

Mo: I also have to wonder—does this purity at centers somehow tie into our earlier discussions? Do nature's creations begin in small places such that they might have a better chance of being pure?

Jin: It makes sense. If you wanted to produce something exceedingly pure, you'd make it as small as possible. In other words, the smaller something is, the less likely it would possess impurities. Such advantageous initial conditions would also help all that follows—i.e. the creation, to be symmetrically arranged.

Mo: If I hear you correctly, you're saying creations with pure beginnings —i.e. pure centers—will evolve into more balanced and symmetrically formed creations.

Jin: Yes.

Mo: Another quality of center-oriented designs we must consider are the stabilizing effects they naturally generate. By causing objects to be drawn inward, fields encourage things to gather and stay together. In many ways, center-biased designs provide the organizational compactness nature's creations need to be stable and endure. It's no wonder nature's primary forms are center-oriented circles, spheres, radials, clusters, and branching systems since these shapes provide the firm foundation from which the universe's steadfast creations of atoms, cells, solar systems, galaxies, societies, etc. can survive and, indeed, thrive—as they do.

Jin: Another great insight. We've covered a lot of ground today. Let's pause and summarize what we just ran through.

Mo: OK. I'll try.

- Centers mark the location from which larger creations begin.
- Centers are often small, even and pure.
- Centers emit invisible fields which shape the surrounding space into a symmetric, halo-like "well" about the originating center.
- Fields create larger, holistic creations about the originating center by causing objects in their surroundings to gather and coalesce about them. In essence, the created 'thing' mimics the shape of the field underlying it.

Jin: It may not be obvious but what you just said, in fact, outlines a process of creation. It succinctly describes how hosts of unassociated things might be transformed into cohesive organizations through the dynamics generated by a central object.

Mo: Could you give me some real-life examples?

Jin: Sure. Electrons gather about a central nucleus to form atoms. Molecules come together in increasingly robust combinations around an electrical charge concentrated between them. Cells undertake myriad processes orchestrated by the cell's core DNA. All the tributaries of a river flow towards a central mouth. Naturally,

planets rotate about stars, herds organize about alpha males, and bees converge around their unique queen.

Mo: I suppose it's not a stretch to assume that this same dynamic applies to human affairs. For instance, a core purpose provides the anchor from which larger rituals can unfold. Further, I believe meanings serve to unite hosts of variables into a single theme; for example, "the moral of the story" summarizes whole books while symbols provide the glue to unite nations of people. I can't help but notice the thought I'm thinking right now serves to unify, and therefore center numerous subordinate thoughts.

Jin: I suppose human-generated fields aren't raw fields like electricity, magnetism, and gravitation but are, instead, sensory fields such as sight, sound, and information.

Mo: That makes good sense. Fields of sight and sound organize groups of people around street performers, movies, and circus acts. Information distributed in newspapers and textbooks aligns our societies with common ideas and beliefs as much as a sun's gravitational field aligns a host of planets. It's said that queen ants use powerful scent fields to help control worker ants. I suppose the smell of food and perfume attract us as well.

Jin: Our discussion has progressed quite far today!

Mo: Yes. Many of the uncertainties haunting me this morning have all but vanished.

Jin: Taking all points into account, I venture to say that the universe possesses a great creative force rooted in centers. A phenomenal penchant to spontaneously form point-like centers empowered with invisible yet far reaching force-fields. Their combined effects not only raising order from chaos, but also adorning the universe with the stunning qualities of holism, stability, beauty, balance, and harmony.

Mo: Centers, quite literally as the driving force behind nature's stunning mosaic of being.

Jin: Alas, there's still something that remains unresolved. From some of the phenomena you mentioned earlier, it appeared that fields are, for the lack of a better term, somewhat choosy in what they interact with. For instance, when a compass's needle points north, it does so only because it is magnetized. In other words, if the needle weren't magnetized, it wouldn't point north.

Mo: What you're saying is the source, in this case the North Pole, and the thing it affects, the magnetized pointer, must share something in common in order for them to interact.

Jin: That seems to be the case. Isn't this "like-seeks-like" quality of fields also what draws birds of a feather to flock together and groups to gather in clubs around common interests? It's as though fields possess a vibration-like quality and only 'communicate' with things sharing the same vibration.

Mo: It's like having a group of tuning forks. If you strike one, those sharing the same frequency or multiple of that frequency will begin to vibrate; in other words, only those sharing the same frequency as the source will be effected.

Jin: Yes. In the case of fields, only those things sharing the same frequency or "vibration" as the field will be affected. Likewise, since it's the center object producing the field, this means that only those things sharing the same frequency as the center will be affected.

Mo: Clearly, you know what that implies?

Jin: It means the larger holistic creation forming about its center will reflect the character and qualities of its source!

Mo: The created truly reflect their creator!

Jin: This relates to our earlier discussions in which we found that the quality of purity is often associated with centers.

Mo: I see. So, a center's purity is transmitted to the larger whole via its purity-vibrating fields?

Jin: Yes. Fields transmit a center's purity to the larger creation forming about it, ensuring it's infused with the greatest of qualities possible as it grows.

Mo: A further reason to believe a divine force orchestrates the universe's grand order!

Jin: Indeed. This quality, along with the geometric symmetry generated by centers, appears to have a lot to do with why there's so much beauty and indeed wonderfulness streaming throughout our universe.

Mo: That's epic.



Jin: This idea has implications as to what we choose to create as humans as well. It implies that if we want to create something pure and beautiful, we need to start it with similar type qualities—virtue and sincerity for instance. On the other hand, if we choose to start something with impure and improper intentions, we must realize the ultimate outcome will also be impure and distorted.

Mo: That speaks of ethics and how we should conduct our lives.

Jin: Interesting. We've just arrived at the lake's far point at the same time that our conversation also seems to have "arrived".

Mo: Yes, now that we've reached the place we set out to achieve—both in our walk and in our discussion—let's take a break and describe what we've discovered today as well as any possible extensions.

Jin: To me, it seems, through exploring the local, we discovered some global truths.

Mo: It does.

Jin: That through journeying to the heart of things we can discover their essence and in fact larger truths. We found that centers are the driving force behind nature's creative process --they are the places where things begin, and the "conductors" directing the "symphony" of the larger creations forming about them. Moreover, we've found that centers and fields naturally generate a variety of beneficial qualities including symmetry, stability, beauty, balance, holism, collaborative-ness, and harmonious relationships.

Mo: In a more general sense, what you're saying is that whenever we journey to the heart of something—a flower or a tree, a conversation or a relationship, a law or policy—we discover its essence and its reason for being here.

Jin: Yes. We've also discovered that, in nature, centers use pureness at the start of things to help ensure auspicious outcomes. This is an important concept in human proceedings since all relationships and things emanating from their point of inception are dependent upon the very condition of the originating center. We should strive to ensure that the conditions surrounding the centers we create are as pure and genuine as possible so as to contribute to the overall greatness of ourselves, our creations, and the universe.

Mo: That's a deeply meaningful concept and one that forms the basis of an entire philosophy on how we should live our lives.

Jin: We now need to consider this concept's universality, and what better way to do so than by traversing the full spectrum of being? Let's journey to the very heart of the universe. After that, we can trek back to the here and now of where we are on this lake today.

Mo: Please allow me to take this one.

Jin: You're a brave lad. Please, it's yours.

Mo: OK. Let's see. Speaking of the universal, since all things gather about domineering centers and these centers produce remarkable, near-perfect creations, doesn't that also mean, by extension, that there's an all-perfect supra-being at the heart of the universe radiating love and purity throughout our wonderfully arranged, near-perfect cosmos? If so, then each creation is a microcosm of the entire universe. A pure heart in the bosom of all things lovingly crafting the larger creation about it into a perfect reflection of itself.

Jin: That might be the most beautiful thing I've ever heard... the heart and soul of the Creator radiating through the core of all beings creating a perfect kind of harmony between heaven and earth. I must say, that's the most lucid description I've run across describing the mechanics necessary to sustain the colossal

handiwork we see streaming throughout the universe. It's also a compelling statement supporting the Creator's existence.

Mo: I agree. Our discussion today has tipped the scale further in favor of belief.

Jin: Interestingly, the idea of a powerful entity at the heart of the universe finds a comfortable home in both science and religion. In science, it's the idea of the Big Bang. Physicists describe the universe's inception as—and get this—the moment when the entire contents of our universe were mashed into an exceedingly small point in space and time. This, of course, further corroborates our earlier discussions discovering that the beginning points of nature's creations are often very small and exceedingly significant. It's no wonder cosmologists call the moment of the Big Bang, the "grand unification".

Mo: In many ways, the mother of all centers!

Jin: That's an enormous idea—both figuratively and literally!

Mo: Yes and, whereas science and religion don't agree on much, they surprisingly overlap in how the universe was created.

Jin: Yes, many religions describe the universe's moment of creation as the sudden transformation of nothingness into the somethingness of order and light.

Mo: Both science and religion describe the universe as starting from a state of extreme smallness that transformed into something much larger—the universe.

Jin: Now that we've been to the far end of the universe, let us return to the space we now occupy. Let us take a path inward, journey to the here and now of our being, and say something about the little universes we create as humans. I'm truly fascinated by how related and deeply intertwined they are.

Mo: OK. Since we've determined that the universe's design of choice naturally gives rise to harmonious relationships, it seems logical that if we wanted more of the same in our lives, we should follow nature's lead as outlined by her template of creation.

Jin: Yes, and since all things reflect the very character of their point of inception, we should strive to make the centers of our lives as pure and wholesome as possible. Doing so, the larger relationships of our lives will also be evenly arranged, well-formed, balanced, and wholesome.

Mo: When you say we should "purify the center points of our lives", I take it to mean we should strive to be as compassionate, genuine, loving, kind, and caring as possible?

Jin: Yes.

Mo: It's no surprise these qualities are recognized as virtues.

Jin: Let's pursue this idea further and consider what the important centers of our lives are.

Mo: OK. The centers of our lives must be similar to centers in nature. In other words, they should be places where things begin and are organized about.

Jin: Good observation. The beginning points of our lives are where things start and take hold. These are our thoughts, words, and interactions. They are where the larger patterns of relationships, families, and societies start from, arise, and grow. They're also what our epitaphs are constructed from.

Mo: It must be so. What else, except our minds could produce the points of inception of our lives? Thoughts amplified into words and actions are truly the places where our lives begin.

Jin: One sees quickly why mindfulness is so important.

Mo: That's an essential point.

Jin: Yes. The character of our thoughts and words are largely shaped by our general disposition. Mindfulness' practice of cultivating a strong and well-balanced, 'base' mental condition helps ensure life's various points of inception get off to their best possible start.

Mo: Well put. All great things emerge from solid bedrocks.

Jin: It makes sense to carry this philosophy through to all the various centers of our lives. For instance, I once read how various ancient "centers of mind" regulate not only blood pressure and breathing, but also drive us toward securing essential needs such as food, shelter, procreation, and well-being.

Mo: I've read similar things.

Jin: I suppose there are also centers of mind related to wants, desires, and dreams?

Mo: Sure. That makes sense. After filling our stomachs and completing our work, we spend the remainder of our days undertaking activities to secure objects of our desire. This is what drives us to dream of vacation homes, to want a new gadget, and to become a superstar.

Jin: So in fact, much of our lives are organized about centers of needs, wants, and desires.

Mo: It appears that way. Ahhh...I know what you're going to say next.

Jin: You know me too well. Borrowing from nature's intelligence we'd do ourselves great favors ensuring the centers of our life are as pure as possible. For instance, our air and water should be clean and unpolluted. Our food should be organic and freshly prepared

instead of being frozen, canned, and laden with preservatives.

Mo: I suppose our homes should also be clean, warm and inviting?

Jin: Yes. We should also place the greatest values—love, trust, understanding, and wisdom—at the core of our relationships and, especially, at the center of the greatest creation of our lifetime, our families.

Mo: We should use the same approach when contemplating our hopes, wants, dreams, and desires, correct?



Jin: Yes, and that reminds me; we should be careful what we wish for because it could quite easily become a reality someday.

Mo: We should reach for the stars and strive to achieve true greatness; however, what we wish for should be rooted in something beautiful and right, so when it blossoms, we'll have a fair degree of confidence that what we created will be something good and possibly great.

Jin: So the first step in 'dream playing' should be asking ourselves—"Is what I want charmed with goodness and rightness?" If the answer is yes, then the goal, want, or desire is probably worth pursuing.

Mo: A simple yet potent guideline.

Jin: Along these lines, it also makes sense to consider our relationship with the various sources of our lives—the things that nourish and sustain us.

Mo: You must be referring to nature and this lovely planet we inhabit.

Jin: Yes. Nature is truly the source of which, all of our lives depend. She provides all our basic needs—air, water, and food—as well as the fuel and raw materials that power society. We should treat nature with the utmost respect and reverence she deserves.

Mo: Many would say that isn't the case, that we don't respect nature and that we're abusing our planet.

Jin: That's sadly true. By trashing these essential cores, we're living out of balance and creating worlds of destruction and deformity. I suspect we are violating even deeper, more fundamental laws. It's like slapping our forefathers in the face and trampling on them.

Mo: It's a sad indictment of our times but also hints at a path forward.

Jin: Yes. It's tragic yet hopeful at the same time. There's a wonderful lesson for society here. If we put Mother Nature back at the core of our lives, both functionally and spiritually, we have a real chance at turning around the terrible funk our society finds itself in today.

Mo: One can't argue with that. Who doesn't want to live a more meaningful lifestyle and leave something beautiful behind for future generations?

Jin: How true. Today, so many say they "do it for the kids". But, in fact, our actions don't hold up to scrutiny when we consider how much our society consumes versus how little it gives back. It's amazing just how cavalier we can be. People will rip living trees out of the ground because they're in the way without a second thought to the significance of trees towards our subsistence. Does anyone place a cost on what they use and consume? The electricity in our homes, the fuel in our cars, and all the packaging that fill our dumpsters?

Mo: That's a clear indication that society no longer holds nature in any regard much less extends a basic consideration for her. We only view nature as the means to our ends when it is, in fact, the means, the beginning, the end, and all the stages in between.

Jin: Of course, many would say such talk puts trees and the planet ahead of people.

Mo: Not true! Modern society's agendas are not only harming the planet; they're also toxic to our souls and wellbeing.

Jin: Please explain further.

Mo: Look around. By most measures, our consumer-based society isn't happy. The symptoms include physical and emotional distress, irritability, fear, recklessness, callousness, and a lack of trust and

meaning—these symptoms define our time.

Jin: It's unfortunate but true. We're a society of overworked, overweight, over-competing, over-drugged, and over-consuming souls. The excesses of today's extreme quantity-of-living approach are not giving people what they need to thrive or feel well.

Mo: It's quite ironic: our "advanced" society is not giving people what they need or want. How do you propose we turn it around?

Jin: Societies are organized the same as all of nature's other creations; the way of the whole organism goes the way of its core. Thus, society is sick because impure intentions and designs lay at its nucleus. A greedy, nepotistic, power-hungry, and shortsighted powerbase legislates more of the same. The way of society goes the way of its center.

Mo: You hit it on the head...to affect real, positive, and lasting change; we must heal this core—essentially redefine what society holds dear by rewriting its mission statement.

Jin: Yes. In order to heal the whole of a society, we need only treat its core values. We need to supplant the current quantity-based, nothing's-ever-enough beliefs with quality-based, rational, and sensible ones of balance, wisdom, and understanding. Real and right values in turn radiating real and right messages, broadcasts, and laws into our homes, streets, schools, institutions, and hearts.

Mo: Sounds like a utopian dream.

Jin: A tad, possibly, but over time and a few generations it becomes easy to imagine and in fact manageable. A practical way forward appears within reach. If we adopt bold, long-term approaches, we've a realistic chance of implementing powerful and positive change. Imagine man, society, nature, and the universe aligned and working in harmony toward something great!

Mo: That all sounds good. But what are the specifics of implementing such a grand scheme?

Jin: I'm glad you asked. We must renew and restructure our laws and taxes and what we teach our children. All being designed to guide us toward better, more balanced, rightful, and sustainable goals. Slowly at first, followed by progressive implementation over the course of one to two decades, real change is possible. In this way, we have a shot at rebalancing the needs of the human soul and the planet sustaining us.

Mo: That is a practical framework from which to proceed. It also highlights just how empty today's slogans are. In fact, all the hollow promises are only making the situation worse. They lead people to believe they are making a difference when, in fact, they only make people feel good while society, and we along with it, continue to trample nature.

Jin: I agree. The belief that we're making any meaningful change is a farce and the greatest illusion of our time. There's a larger message here.

Mo: Go on.

Jin: I believe we have a larger obligation to live our lives in balanced ways because the universe's creative force is a process which naturally produces greater, symmetrical, more beautiful and collaborative things. This applies to all interrelationships including us. The universe's natural disposition is to promote a certain rightness and goodness. When we go against the natural good and its higher callings, we are in many ways violating laws over, above, and encompassing mankind.

Mo: A marvelous insight and a challenge for us to strive to always do our best.

Jin: All this hints of a divine test. I believe we have a choice. Whereas nature spontaneously produces purity in all her points of inception, our advanced cognitive skills grant us the unique ability to sway the very character of our lives' starting points and, thereby, the very content of the larger things we create.

Mo: So, are you saying the Creator gave us a large "say" in shaping the outcome of the things we create, including our lives?

Jin: Yes. Like a divine gift, we've been granted the ability to choose between purity and creativity, on one hand, and impurity and destructiveness on the other, as well as all the many shades in between.

Mo: And, because society's core is so corrupt these days, it seems that most of us are taking the easy way out: downward and toward the less-than-savory.

Jin: That's not a mindful choice! That's just being whisked away by the stream!

Mo: How sadly true.

Jin: It's as though the universal soul is here with us, ready and willing to assist us in building a life of purity, goodness, and harmony. We just need to let it back into our hearts and allow it to guide us towards a more meaningful life.

Mo: Beautiful.

Jin: I believe we've said all that can be said.

Mo: I agree. Today has been filled with talk of the greatest things: beauty, rightness, divinity, and hope.

Jin: I, too, like where we've traversed today. We've outlined real

and positive means to live our lives through simply aligning them to nature's ways. I also like how we were able to link the Great Creator and nature to our personal lives, bringing to light a path transcending mankind.

Mo: And, today, we found real and practical solutions to guide society. We revealed a simple and straightforward set of principles to resolve the many dilemmas haunting mankind...a "centering path", if you will, to help us reach our new goals.

Jin: ...a definitive direction to guide us going forward both as individuals and nations.

Mo: ...a path for those seeking a better way.

Jin: ...one that begins and ends at the heart of the universe.

Mo: My good friend, this has been a great day.

Jin: I, too, will always hold dear this conversation and look forward with great anticipation to our next.

Mo: Let us head home and celebrate our auspicious day and the great promise of a better tomorrow.



All images Wikimedia Commons (wikimedia.org) and are in the Public Domain unless noted otherwise below. All images are intended for simple illustrative purposes only. Their use does not constitute support of the Heart of the Universe or Centerpath Book Publishing LLC.

We have endeavored to obtain all relevant permissions for the use of the images included herein. We offer our sincere apologies to anyone whom we may have unknowingly left out in this search for clearance. Please contact Jin (at jinnua@centerpath.org) to inform us of any additional clearances that may be needed. We would like to thank the individuals who have given us permission to use their images.

[Image on Page 18](#)

"Apple Blossom"
by Yuri Panchul

[Image on Page 30](#)

"Raindrops on Nasturtium Leaf Public Domain Photograph"
by Leon Brooks. In the Public Domain

[Image on Page 25](#)

"Early Morning Cobwebs"
by Ian is licensed under CC BY 2.0

[Image on Page 36](#)

"Dorsal Side of Adult Female"
by Chen Pan Liao is licensed under CC BY 2.0

[Image on Page 43](#)

"Morning Sun Rays"
by Harold Hoyer is licensed under CC BY 2.0



HEART OF THE UNIVERSE





HEART OF GOLD

by Jin Nua

Harness the Power of the Universe

Copyright Jin Nua 2013

All rights reserved.

This e-Book is licensed to the individual who purchased it under the conditions stated at the website www.centerpath.org. This e-Book is not to be sold, copied, or gifted to any others. Reproduction, retransmission, recording, or redistribution in whole or in part, or in any form is illegal and strictly forbidden, as is continuous and regular dissemination of any general or specific information. The use of any material included herein must be approved and written permission be gained from the author (jinnua@centerpath.org). Limited quotations or citations may be utilized only if full credit is given to the author.

Published By Centerpath Books Publishing LLC

ISBN 978-0-9911145-1-1

This e-Book is written solely for informational and educational purposes. The material contained herein is set out in good faith. It is each reader's responsibility to assess whether or not to apply any suggestion and to seek professional advice if in any doubt. In no way can the reader infer any claims or guarantees whatsoever or hold the Publisher (Centerpath Book Publishing LLC) or Jin Nua accountable for any information included herein. It is an express condition of buying and using this e-Book that you hold neither the author or the publisher liable for any consequence of any information herein contained.

To Mom

INTRODUCTION	10
PART ONE GOLD SMITHING	13
1 - A GOLDEN PATH	14
2 - PURE HEARTS MAKE THE WORLD BETTER	16
3 - WHY PURE HEARTS?	20
4 - DOES CENTERPATH APPLY TO MY LIFE?	23
PART TWO HEART OF GOLD	26
5 - BE THE UNIVERSE	28
6 - BEGIN ALL RIGHT!	30
7 - EVERYTHING COMES BACK TO YOU	32
8 - BEGIN WITH THE END IN MIND	35
9 - CHOOSE YOUR CENTERS WISELY	37
10 - CHOOSE PATHS WITH A HEART	40
11 - CREATE A GREAT LIFE	43
12 - MINDFUL IS AS MINDFUL DOES	48
13 - LISTEN TO YOUR HEART	51
14 - HEART OF GOLD	54

INTRODUCTION

Deep at the core of each of us, resides a heart of gold. A divinely inspired, orb of pure universal stuff, it radiates golden rays into our surrounding creating the things our hearts wish for.

I've discovered on my journey this golden heart was born with us, and stays with us throughout our lives. It is fully equipped and capable of expressing goodness and rightness; it urges us to do our best and climb toward higher planes of love, truth, and compassion; and it joyfully contributes to the vast universe from which it was born. Some might even call it our Soul.

When flowing naturally, it creates great things in our lives and in that of others. But when the golden heart is stifled and obscured, life becomes more complicated, difficult and enjoyment suffers.

The question naturally arises: "If this is the essential way of all things—why isn't my life filled with such gold?" This is a profound question and possibly the most significant of our time. Thankfully, its solution is surprisingly simple.

But the solution also speaks of a divine test. Since the Creator gave us a "say" in the Creation, we've been granted the ability to choose our path. Our advanced minds have not only given us the unique ability to sway the very character of our lives, but to alter the fate of our planet as well. There is a choice to be made.

What we feel, think, and say has a real and direct effect on our world and the people in it—fear and despair breeding more fear and despair. Love and kindness building more love and kindness.

The lessons are many—we are entrusted with great powers to positively and negatively affect the world and our surroundings. Without a heart of gold at the core of society and its individuals, we're adrift and lost at sea; and our lives suffer accordingly.

Thus if you seek a reason why harmony is no longer a part of your life, you need look no further than yourself. And if you want to reintroduce nature's ways back into your life, you can. There is a higher path.

How to start this process you might ask? Simply by relearning nature's wisdom. It is she—and she alone that created our universe and its stunning qualities of beauty, balance, and accord. You'll just need to follow nature's blueprint and reintroduce her ways back into the various centers of your life. Quite literally fill your heart with gold!

PART ONE

Gold Smithing

CHAPTER ONE

A Golden Path

To gain a heart of gold you'll need to emulate the great way of the universe. It's very creative process naturally generates pureness at the start of all things. Thus to ensure your larger life is composed of the same great qualities nature possesses, you'll need to cultivate a purity of heart in everything you create and enchantment will naturally follow.

In all your creations—your experiences, thoughts, encounters, choices, and initiatives—you'll need to instill genuineness and virtue.

The way of the whole is the way of its originating center. Look around you. In your life what you see is more of yourself. If it's filled with invaluable trinkets—things such as smiles, understanding, respect, trust, and love—you can be sure your life springs from the heart and all will be abundant and well.

On the other hand if your life's filled with distrust, uneasiness, strained relationships, and a lack of peace and connectivity, you have some real work cut out for you. In many ways you'll need to transform some lead into gold. We'll try to help you find your way on this, in what might be, the noblest journey of a lifetime.

CHAPTER TWO

Pure Hearts Make the World Better

Pure Hearts Give Good Starts

-Jin Nua

Reality, existence, and being –their splendor and mysteries a true delight to experience and marvel over. Who hasn't felt awe when overlooking an endless expanse of ocean waves, gazing at a million stars on a moonless night, or marveled over spiral mosaics forming about rocks in a stream?

Beauty, balance, and harmony are synonymous with nature and being because they're imprinted in the universe's very creative force. A center-oriented process orchestrated by pure and powerful centers. Just how sophisticated this process is, speaks of a near perfect design, providing nature and life with a host of exceptionally advantageous qualities.

Before digging into the details of this design, you'll need a better understanding of how nature's creative process unfolds. It goes like this (see Jin's book *Heart of the Universe* or *The Centerpath Papers* for more details):

- Step 1: Centers spontaneously form.
- Step 2: Invisible fields emanate from centers.
- Step 3: Fields vibrate in a frequency specific to the originating center.
- Step 4: Only those things sharing the same frequency as the originating center, interact with the field.

The net effect of the overall process is to create a larger, spherically-shaped creation about an originating center. The relationships resulting from this process generates several aesthetically pleasing and beneficial qualities.

Firstly we discover centers, and the fields radiating evenly from their

surfaces, generate symmetric, halo-like structures whose pleasing form not only delights the senses but also mimics the shape of a sphere. Spheres have long been recognized as nature's flawless and perfect form, speaking directly to the inherently perfect-like qualities of center-oriented designs.

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 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.

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.

Another phenomenal outcome resulting from the creative process is this—the 'parts' coalescing about centers are comprised of the same stuff as the originating center. This is a natural result—fields only interact with things sharing the same frequency as their originator. The developing creation is therefore made up of the same stuff as the center perpetuating it. The created truly reflects their creator. Since the centers of nature are naturally pure (in essence, favorable to the overall condition of being)—the resulting creations are also largely pure,

wholesome, and indeed enduring.

Balance, beauty, and holism stream throughout the universe because it's designed into its very fabric. Center-point purity carried forward into the creation forming about it—a natural result of the creative processes' center-oriented geometry.

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 THREE

Why Pure Hearts?

Why nature generates purity at its points of genesis may never be known but since it does, one can't help wonder if it's part of a grand design. Consider the divine-like messages embedded in the following splendid, confluence of phenomena.

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.

Nature's first act of creation naturally generates purity! Because the fields emanating from the surface of centers are equally even, the uniformity of centers is also carried through to the larger creation evolving about it.

Not only a fantastic result in-and-of-itself—and one hinting of an intelligent design, extending this guideline to the entirety of the universe—the 14 billion light-year wide, spherical dome containing some one hundred, hundred billion stars; we arrive at an incredible and most delightful result—and one speaking directly to the possibility of a divine hand in the universe and our lives.

For when considering all creations are crafted with exceeding degrees of beauty, perfection, and harmony—seeming love-like qualities of

heart generated by pure centers at their core—by extension we might surmise this condition could only occur if an equally pure (and infinitely powerful) expression of this love were situated at the core of the universe itself. A mighty source of purity—an immense heart of gold—infinitely deep, powerful, and perfect—it radiates potent fields of love into all of the universe forging its many creations into a lovely image of its exquisiteness.

Each creation then, forms a microcosm reflection of the ultra-macro architecture of the universe. It naturally follows an ultrapure Creator must reside at the heart of the cosmos radiating her love directly into the bosom of all things. Providing the perfect design—infinitely robust and adaptable—infusing goodness in all creations—connecting big and small, the one and the many, heaven and earth, and man and God.

CHAPTER FOUR

Does Centerpath Apply to My Life?

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, your life too 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—they shape what you believe in, your disposition, 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 through 1) filling the well and 2) fulfilling the originating 'purpose' of the web (which was to capture resources).

This arrangement applies to all things in nature. Take for instance a tree. A seed-center forms a tree-field about it. Gathering evermore resources, the tree-field grows the tree higher-and-higher until such time it's capable of producing a next generation seedling.

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 (which is coincidentally, flowing in the opposite direction of its growth) 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 back to the home.

Your life's no different. It's structured by various control centers of mind which create fields designed to capture and draw in resources towards 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, arrange, and pull inward resources towards 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 I to marvel over here on earth.

PART TWO

Heart of Gold

What centers are, are what centers create. Good centers create similarly good things. Impure centers generate imbalances and dead ends. As the center goes so goes the way of the whole organism.

If the center is bright and truthful, the whole will be free, expansive, balanced, and right. If the center is deceptive and impure, the whole that follows will be similarly the same—distorted, destructive, and plagued with strong imbalances. What's the color and character of your center?

In Part Two we focus on packing the various centers of our lives with the greatest things possible so that all we create shines brightly.

And more than just filling our lives with finer and greater things, as an added benefit, pure and powerful centers effortlessly make life easier. For the stronger and more formed centers are, the more forcefully they influence their surroundings—both attracting more of the things we want but also naturally generating balanced and symmetric relationships—so you don't have to work as hard to get more out of life provided the various cores of your life are strong!

CHAPTER FIVE

Be the Universe

What if you were given the ability to create a universe of your own making? An entirely new realm of being, you could fully shape, and control. What would be its character and content? How would you design it? What would you hope it to be like, and aspire to?

To facilitate this effort, let us establish a measuring stick from which to gauge the virtues of our new universe. Let's first consider the quality of the cosmos in which we currently reside. Imagine yourself at its center. Look out about you, what do you see? An enduring, gentle, silent, mighty, and grand universe? Symmetry, beauty, balance, and harmony abounding throughout?

Our universe contains these extraordinary qualities, because, at its core; resides the ultimate heart of gold. A pure essence radiating love into all things. Infinitely perfect and powerful; shaping all its creations into an image of, the great creator at its core.

Now imagine yourself at, the heart of your own little universe. Your life. What would you like it to look like? A universe filled with beauty, balance, and harmony? A life filled with truth, goodness, rightness, compassion, caring, and kindness?

Now, more than ever, you have a real means toward raising your life to an elevated plane. A charmed existence filled with richness and magic. That by emulating the great universal way; through nurturing, enhancing, and giving your full attention to your life's various points of inception, you can raise your experience to the same elevated condition, as is the case with the rest of the cosmos.

Imitate the universe, and elevate your life to shades of the divine. As the Great Creator does, and gave you the opportunity to know and experience.

CHAPTER SIX

Begin All Right!

It's astonishing finding just how much of our existence is created from what are nothing more than small, tiny instances of change. Fluctuations, thoughts, and interactions forming the seeds of something much larger to follow. It's this unique dynamic causing seedlings to grow into mighty oaks, single molecules to evolve into intricate snowflakes, and how the flapping of a single butterfly's wings can change weather patterns half way around the world. It's the way of the universe and the way of our lives.

Cognizant of this condition, we'd do ourselves great favors ensuring the various inception points of our lives are comprised of the greatest things possible.

What are these key moments of inception? 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 the business of life, you can best ensure all things you ultimately create—the strength and quality of your relationships, the impressions and lasting memories you leave in others, your reputation, and the characters of your children; will be great if you begin all things with great intentions, virtuously, and with a golden heart.

Each time you think, act, plan, choose, speak, and dream do so with sincerity, passion, purity, and compassion. From such beginnings all that results will ultimately grow and flower into something beautiful, meaningful, and enduring. Practiced routinely, setting the stage for a life of enchantment.

CHAPTER SEVEN

Everything Comes Back to You

All Things Return to Their Source so Begin All With a Heart
-Jin Nua

Real joy accompanies discovering just how closely our lives are linked to nature's designs. For me one such stirring discovery was realizing how deeply nature's cycle of 'returning things to their source' was embedded in my life.

Thus when finding how much my life approximated nature's—for example: how the same forces driving plants to produce seedlings, proteins to migrate to their originating DNA, salmon to journey thousands of miles to their spawning grounds, and stars to collapse back to the same gravitational center where they began—were also the same forces molding my life (for instance—why rituals unfolded toward originating purposes, conflicts only resolved themselves when the instigating event was confronted, and we're inexplicably drawn to be buried in our hometown); I gained great insights toward how my life fit into nature's jigsaw puzzle of being.

Nature's trick towards implementing this rhythm in her day-to-day business is once again linked to its creative process. Specifically, it's linked to the relationship of the parts making up a larger creation, to their originating center. You'll remember from Heart of the Universe, centers create fields and fields generate well shapes. In addition, we found anything caught in the grips of the well will become aligned and attracted to the center.

In cases where the well's walls are steep enough, the parts will fall in and downwards towards their originating center. In this condition, the parts may even come into contact with the center. In its full cycle expression, the universe's creative process impels things to contact their originator; in other words to return to their source!

To maintain a perfect harmony, nature keeps all things true to their roots, forever linking and ultimately drawing them back to their source. All things do meet their Maker.

The ramifications are profound. The conditions surrounding the points of inception of our lives are paramount. They're always present in current time and will always come back to us. In other words, all creations never escape their roots; they're forever linked to and a whole byproduct of the place where they began. We are indeed accountable for everything we do.

Thus as you go about the various acts of your life—thoughts, a conversation, new initiatives, relationships, and/or new hopes desires, and dreams—always strive to make them as fine and balanced as possible. Approach, interact with, and begin all things with only the highest order qualities of truth, love, kindness, and compassion. By doing so you'll have given all things their best possible start, and best chance to return to you in similarly beautiful form and something you can be proud of. Overtime defining you the person and how you'll be remembered.

CHAPTER EIGHT

Begin with the End in Mind

Because all things return to their source, thinking ‘in reverse’ highlights the importance of beginning all things with the end in mind. Why? Endings inherit the quality of their beginnings so, by visualizing the end result, we gain a wider and broader; start-to-finish perspective from which we can make better decisions today.

Thus, before embarking on a new career, hobby, project, or a family; visualize and define the end first. Think about it; sketch it out, talk to a trusted soul. What do you see? Do you see something beautiful and virtuous awaiting you at the end of the journey? Is it full of goodness, kindness, beauty, and compassion—does it have a glowing heart and therefore, worth pursuing?

Having visualized the end result, work your way back to its starting point and list what it’ll take to build your glowing city. Lay out its core themes and guiding principles such that when you arrive at its grand finale it will be inspired and great.

There’s also a message for our generation. When we look forward 50 years and consider what we leave behind, what do we see? A thriving and sustainable planet? A result of our treating every field, valley, meadow and mountain with the utmost care and respect? Or do we see a polluted, scorched, and overly consumed landscape with the potential loss of species, eco-system collapses, and global calamity? If the latter outcome is likely, its makings lie in our on-going greed-based, consumptive mindset, actions, and national policies. Are we brave enough to face the future and make new choices in the way we do business as individuals and nations such that the end of our era is something magnificent, enduring, and worthy of our children’s consideration?

CHAPTER NINE

Choose Your Centers Wisely

Choose your centers wisely

-Jin Nua

We should be careful with the choices we make. They ultimately become very real. Choices become the steadfast centers from which our lives grow from and forever reflect.

Invariably, well-considered, positive, and mutually beneficial choices lead to positive, meaningful, and enduring things. Bad choices rooted in greed, selfishness, and destructive intent generate worlds of imbalance, harm, and dead ends.

Through a case in point, let's examine just how significant choices can be, and how bad they can turn out when the initial choice is not well considered.

Over breakfast a few years back, a friend related how her relative had become increasingly infatuated with a direct marketing scheme. For purposes of discussion let's name the relative Sue and the direct marketing scheme Unfair Pyramids.

Issues arose when Sue began pushing more-and-more family and friends (and their friends and family) to sign up for Unfair Pyramids. "It's easy and fun. We're all making money." To prove her bullishness, Sue quit her job and purchased thousands of dollars' worth of product in hopes of what she believed, inevitable sales.

But what was the actual condition? Sue's life had become a mess. Her house filled up with unsold products. Her relationships with family and friends became strained. She and everyone about her were unhappy. Ultimately, and as is the case with most mass marketing ploys, she ended her Unfair Pyramids account, lost money, and placed her life in great turmoil.

So even while I empathized with Sue's plight of falling prey to get rich quick predators; I also took advantage of the opportunity her predicament offered toward illuminating just how much a single and powerful center can control the whole of a life. For having become her prime purpose, Unfair Pyramids resided at the core of her being and as with all centers, the bigger they are, the more powerful they are. They exert a greater influence on their surroundings and the larger creation evolving about it (in this case Sue's existence).

In terms of Sue; Unfair Pyramids at the core of her existence came to control all aspects of her life —creating a massive rotating whirlpool sucking in all her thoughts, actions, words, time, and money. All revolving about Unfair Pyramids' promise of riches at the end of her journey. The system stays alive until the person either achieves the success they so crave (a very unlikely outcome and an awful price to pay in terms of stress to your friends and family) or the vortex dissipates when either the money disappears or the pain of not succeeding becomes too great.

The lessons are many. We see how centers anchor our being and establish the basins of attraction about which our lives circulate and are drawn to. Making good choices—indeed choosing your centers wisely, will lead you down favorable and enduring paths. Likewise poor choices lead us to dead ends and undesirable things.

Recognize the prime centers of your life—which are largely the choices you've made—and you'll come face-to-face with what you value and what's important to you. Set your targets on meaningful and purposeful things —nurture and care for them with heart and soul. In such a condition the outcome of your choices will always be strong and bright.

CHAPTER TEN

Choose Paths with a Heart

“A path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you . . . Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself alone, one question . . . Does this path have a heart? If it does, the path is good; if it doesn't it is of no use.”

- Carlos Castaneda

Our lives are comprised of hosts of journeys. Kaleidoscopic and interwoven paths of education, adventure, evening plans, careers, vacations, projects, relationships, lifetimes, and destinies. Some are short and direct while the paths of others are convoluted and challenging. Others lead to places known while some travel roads less certain.

The journeys we undertake all vary in specifics; however, all share something very essential in common. They all include starts, pathways, and destinations. Of the three, the most significant element is the destination.

Destinations are most important because they define the outcome—quite literally where we end up. Little known is their choice also defines the character of the entire activity. Wouldn't it be great if our choices always steered us to magnificent vistas and spectacular views along the way?

You can develop the ability to select superior pathways. To do so, you'll just need a deeper understanding of how journeys are structured. Let me explain.

All creations are comprised of two distinct phases. The first phase forms an originating center and associated basin-of-attraction (formed by the center's field). The second includes the inward motion of things (effected by the field) about and inward toward the originating center.

In the case of journeys, the originating center is the initial choice which is also the destination. The terrain you traverse toward the destination is the field. The parts 'falling inward' toward the destination are you, and the things and resources you commit to the journey.

You can see the importance of the initial choice. Once you choose the destination, the end point of the journey is defined. Because destinations also establish a fixed point in space, the path's terrain (or terrain-field) is also largely defined. The choice of destination largely defines all aspects of your travels!

Let's look at some examples. Consider a trip to destination A and one to destination B. Path A leads to a beautiful mountaintop which invariably includes a beautiful accompanying drive. The kind of journey we all desire. Now consider Path B—the top of a landfill. Besides a terrible initial choice, our experience is marred with a featureless landscape and one reeking of foul and toxic fumes. The choice of destination is paramount so choose your destinations wisely!

To ensure your destinations steer you to the greatest summits possible, set your compass in the direction of things with a golden heart. Choose fun, uplifting, inspiring, good, right, and meaningful destinations—so your journeys and arrivals are as great, enjoyable, and memorable as can be.

CHAPTER ELEVEN

Create a Great Life

In recent chapters we focused on sharpening the beginning points of our lives to ultimately create more gold. Such points of initiation generally emerge spontaneously as we traverse our days and interact with others.

In this chapter we instead focus on the various control centers of our minds which, like airport control towers, guide us toward the things we need, want, and desire; which ultimately direct large portions of our lives. Such centers include our primal needs such as air, food, shelter, and wellbeing as well as our emotional needs for companionship, family, bonding, and love. They also include our limitless wants and desires which, while often unessential to our survival—things such as hobbies, trinkets, and new IT gadgets, nevertheless drive large portions of our day-to-day routines (especially in this, the age of consumerism).

The goal remains the same with centers of mind—we should strive to fill them with the highest quality things possible—gold, such that the subsequent, larger elements of our being are equally wholesome, enjoyable, and filled with the finest things life has to offer.

So pack the various centers of your life with the purest and best things possible. Clean the air you breathe. Buy organic foods and take the time to prepare them freshly at home instead of buying frozen, canned, and the preservative laden.

Clean up, tidy, and unclutter your home and fill it with themes of the heart instead. Things such as light pastel colors, soothing plants, warm wood floors, cushiony and oversized couches and beds, and lightly decorated shelves, walls, and cabinets.

Place the greatest values of all—love, trust, understanding, and wisdom—at the core of your relationships. When you meet and interact with others be kind, thoughtful, gentle, compassionate, and a good listener. All of the larger relationships that develop from such

foundations will be equally well formed and positive.

Build a great family—your greatest ‘work’ and surely the most enduring creation of your life. The seeds of thought we plant in our children will grow and shape their lives forever in profound and potentially the most beautiful ways. Thus as a parent at the core of your family, make sure that you fill all you create with greatness and love. Through the food you prepare, the things you define as important, the examples you set, your teachings, loving, listening, and holding—always set into motion the purest, most beautiful, and loving things. You will have given the greatest possible gift to those closest to you; and those whom will carry on your legacy.

You’ll need to work at being happy. If your expectations are unrealistic, and your wants and desires never ending, you will never be happy or fulfilled—you will never feel well. Get rooted instead. Take a yearlong sabbatical from the newspaper, Internet, television, and the competition culture and fill your time with walks in nature, and time with your kids and family instead. Begin studying and learning again. Buy a book on biology, nature, the cosmos, and spirituality.

Get control of your emotions. Seek to understand your feelings and those of others. Better monitor your surroundings and become more familiar with the powerful impulses driving so many of the worlds’ interactions and happenings. Examine yourself with the idea of gaining deeper perspectives and at the same time exerting more control over the sometimes virulent sea of emotions in which we often find ourselves adrift. You will be better prepared when emotional volatility—whether you’re own or that of others—emerges. You should also strive to fill your life with good people. In this way you will have less a chance of being adversely affected by negativity.

Every time you have a new experience, you create something new and unique. Experiences are seedlings that grow into something larger; it’s

a quality of the universe we can't escape. Thus seek out and surround yourself with the best: good people, good food, good conversations, nature, and things of the spirit. By surrounding yourself with only good and uplifted things, your experiences have a better chance of growing into something great.

Feed your mind. Fill your life with the 'best of the best' to ensure your experiences are as wide and wholesome as can be. Often far removed from mainstream culture, seek out those things that are great and have endured the test of time. They will open countless passageways to wonder, knowledge, and pleasurable experiences—things such as creative passion, music, philosophy, poetry, literature, good science, art, great ideas, religion, and mysticism. They are the heart and soul of man's greatest creations and some of the highest things this universe holds.

Sometimes we forget to enjoy the pleasures of life. Sweets, ice cream, rest, recreation, entertainment, friendship, excitement, love, physical contact, food, coffee, etc.—all are enjoyable. Why shouldn't we relish in them from time-to-time? Of course we shouldn't be gluttons however it does mean after completing life's hard work—cooking, cleaning, parenting, eating well, exercising, working, etc.—we should allow some time to guiltlessly indulge. So make pleasure a regular part of your routine—be it a picnic, bottle of wine, a hearty meal, a banana split, a good book in a hammock, or a long holiday.

Be a good member of society. Join into good causes. Ensure the organizations you join have a golden heart at their core. And just as importantly, when you are at the core of such groupings, set the tone by being proper, mindful, spirited, and collaborative; from there all else will work out for the best.

Help your fellow man. Compassion is the highest form of human grace, increase your contribution to society. Give and donate your time and money to those in need and you will receive universal returns far greater

than any investment fund could ever hope to provide.

Spend more time alone to explore yourself and the natural world. Sure—social interactions are natural and good; however, they can easily take up all our time and prevent us from a wider range of experience and knowledge.

Choose an occupation you love and your job satisfaction and career will naturally fall into place and flourish. The direct relationship between doing what you love and it spilling over into your life is easy to recognize. When we do something we love we put our best into it; our true care, pride, and passion. Having such heartfelt sentiments at the core of our productive drive ensures everything we produce is naturally more of the same. Such passion is contagious and causes others to respond positively. As more passion streams into your efforts your creations will appear larger than life, like flowers sprouting across a forest floor, all about you, centered at the golden heart of its great machinery.

Watch what you wish for. Definitely reach for the stars and strive to achieve greatness however, be sure what you desire is rooted in something beautiful and right such that when it blossoms, you will have a large degree of confidence what you ultimately achieve (i.e. create) is as beautiful as humanly possible.

Don't be afraid to give thanks—to food, bountifulness, existence, nature, good fortune, loved ones, success, and career—frequently and copiously. By doing so you will have shaken the tree of good fortune and helped release its bountiful harvest in both seen and unseen ways. Giving thanks also keeps us connected to those things that are most important to us. Things in our immediate environment such as family and the resources we consume. It also returns us to the spirit at the heart of our existence. When we remain close to the source, we recognize its undeniable significance and, begin looking at the wonderful world it provides to us, in different and more respectful and meaningful ways.

CHAPTER TWELVE

Mindful Is as Mindful Does

We've extensively studied the overriding importance of starting points to the character and quality of our larger lives. Little known is how much these starting points are colored by our core disposition.

It follows—to ensure the beginning points of our lives are as wholesome as possible, we need to get under them—quite literally gain better control of our minds to create an optimum internal environment. Dig deeply inward toward our core disposition and shape it to be as pure and righteous as possible so that everything they effect, will grow into something similarly awe-inspiring and possibly even divine.

Going deeper and straight to the point—the character of our thoughts—and thereby our larger reality, are generated from our core disposition. In order to best boost our lives' overall wellness it's essential we get our internal, mental landscape in order because it's from our habits of thought and basic mindset that practically all our conscious thoughts are generated.

The best way to achieve this is to cultivate a greater mindfulness much like what Buddha preached over 3,000 years ago. The goal being to foster an elevated state of being, so that when life throws its volatility at us, we're best positioned to approach 'what happens next' in the most balanced and rightful means possible.

The most practical methods to attain an optimum mindset are through meditation and mindfulness. It's no wonder they've survived the test of time. In fact even modern science has come to acknowledge the benefits!

The goal of each is the same—to create an elevated state of thought—a strong and centered point of control at the root of our being (a heart of gold to be sure) such that anytime the world calls us into action, what comes out is as good, right, and balanced as possible.

Thus if you want to elevate the quality of your life and its relationships,

you'll need to begin from within. You'll need to work at being more mindful—think good and proper thoughts such that all the words, actions, and therefore the ever larger relationships of your life are similarly good and proper. Learning to stop, look, and listen so that you can craft the best possible path forward before speaking and acting. Helping build your larger world into a grand reflection of your focused and glowingly pure heart at your core.

CHAPTER THIRTEEN

Listen to Your Heart

Dive deep, O mind, in the ocean of God's beauty! If you descend to the utmost depths, there you will find the gem of love.

-Bengali Hymn

Deep at the heart of each of us a gentle voice speaks from the core of our being. Tender and kind, forever urging us toward things real, good, and beautiful. This is the voice of your heart speaking to you.

Today, it seems most can't recognize this voice any longer, drowned out by the deafening battle cry streaming from our media outlets. A destructive message coveting only greed and conquering, and caring nothing for matters of the heart. Keeping us nervous and on guard, eventually we're no longer able to distinguish between the routine and the divine.

After a lifetime of such exposure, our little heart becomes buried—overrun by emboldened segments of mind seeking advantage and unable to tolerate the pain of a weakened social posture. The one sure thing in our lives is silenced. Eventually we lose our bearing and are lost.

But our heart never left us. She's still there like a lifelong friend, loyal to the end. You'll recognize her gentle ways whenever kind thoughts emerge. She's talking when you experience initial reactions, first impressions, and gut feelings. You also recognize her when you're at your best, being truly sincere, selfless, and treating others with grace and compassion.

You can restore your essential bond with your heart—slowly at first—by loosening ties to 'hard' society and its swirling agendas. Progressively tread away from the swift undercurrents distracting us from our true mission in life. As you begin returning to her, you will listen more-and-more to what her timeless melody is trying to tell you. Listening to

your heart and allowing it to once again be your source of simplicity, spontaneity, spirit, and confidence—a sure and steady core from which you can guide all of your being.

CHAPTER FOURTEEN

Heart of Gold

In this life and in every moment fill your heart, mind, body, and soul with gold—copious, brimming streams of bullion.

Bathe every breath, thought, plan, action, interaction, 'design', want, hope, dream, desire, decision, and choice in its fountain of goodness. Sprinkle gold dust over all the spaces and places of your life; your home, family, career, and relationships.

Create a heart of gold deep at the core of your being. It's radiating golden rays of love will create universes of beauty, balance, and harmony about you. Put little hearts of gold in all you create and thereby give all the larger associations of your life the best possible start. Each creation perfect and loving, resonating within and throughout all things. Pots of gold at the end of all your rainbows. Becoming more wholesome, well-formed, and living life blissfully; a heart filled with love and happiness is indeed an existence filled with more of the same enchanted things.

Fill the hearts of others, the world, and the universe with its greatest gift. Become a shining beacon, a perfect fixture of love and goodness glowing brightly throughout eternity. Give all you can and be the best you can, and by so doing, doing the work God intended of you.

...the phenomenal world shows us a universe of balance, beauty, goodness, and harmony.

...you too can share this world of wonder and wealth and harness the creative forces of nature to your liking.

...in Heart of Gold author Jin Nua shows you how to reintroduce nature's great wisdoms into your life so you can create the enchanted life you want and hope for.

In this book you'll find the following:

- Learn how the universe generates harmony—and how you can use her secrets to generate the same in your life.
- Learn how important 'beginnings' are to all things that follow.
- Learn how nature instills 'purity' into all her creations.
- Discover how cultivating pure 'centers' in your life also directly translates to a more wholesome and balanced life.
- Discover the universe's geometry-of-choice (and how distorting it can throw your life into chaos).

Learn how through reconnecting with the divine you can live a more enchanted and meaningful life.

HEART
OF GOLD

 CENTERPATH

USD 8.99



Awaken

A Personal Journey of Enlightenment

JIN NUA

Awaken

A Personal Journey of Enlightenment

Jin Nua



Copyright © 2015 Jin Nua.

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews.

Balboa Press books may be ordered through booksellers or by contacting:

Balboa Press
A Division of Hay House
1663 Liberty Drive
Bloomington, IN 47403
www.balboapress.com
1 (877) 407-4847

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Any people depicted in stock imagery provided by Thinkstock are models, and such images are being used for illustrative purposes only.
Certain stock imagery © Thinkstock.

Print information available on the last page.

ISBN: 978-1-5043-3686-4 (sc)

ISBN: 978-1-5043-3687-1 (e)

Library of Congress Control Number: 2015911318

Balboa Press rev. date: 09/29/2015

To Oprah



Contents

Introduction.....	xi
What Is It?	1
What's Holding Us Back?	3
How It Works	6
But Why? How?.....	9
My Path	13
The Event	16
Awakening Is Not for Everyone.....	18
The Benefits	20
The Challenges.....	22
Meditate.....	24
Walk Every Chance You Get!.....	26
Keep a Journal	28
Stretch Your Mind	29
Surround Yourself with Good People	31
Fill Your Life with Great Things.....	32

Take Time for Yourself.....	34
Koans Can Hasten the Change.....	36
Every Experience, a Chance to Center and Grow	38
Get Closer to the Source	42
Give Thanks to the Source	44
How Will You Know You're There?	47
What to Expect.....	49
What Should You Do?	52
Does It Change over Time?.....	54
Your Journey	56
Bibliography.....	59

Bodhi is a Theravada term. It literally means “awakening” and “understanding.” Someone who is awakened has gained insight into the workings of the mind which keeps us imprisoned in craving, suffering and rebirth.

—Merriam-webster.com (April 25, 2007)

Looking into one’s nature or the opening of satori.

—D. T. Suzuki

A thunderclap under the clear blue sky
All beings on earth open their eyes;
Everything under heaven bows together;
Mount Sumeru leaps up and dances.

—Gatsurin Shikan

Bodhi (Sanskrit, Pāli), literally means “to
have woken up and understood.”

— Ingrid Fischer-Schreiber, Franz-
Karl Ehrhard, Michael S. Diener¹

Prajna refers to the particular form of understanding or
knowledge that the Buddha attained upon his awakening.

— Sung-Bae Park²

Yogacara uses the term *āśraya parāvṛtti*,

“revolution of the basis”

... a sudden revulsion, turning, or re-turning of
the *ālaya vijñāna* back into its original state of
purity ... the mind returns to its original condition of
nonattachment, nondiscrimination, and nonduality.

—Dan Lusthaus³

The full enlightenment attributed to Buddha is known
as *samyaksaṃbodhi* (Sanskrit; Pāli: *sammāsaṃbodhi*) or
anuttarā-samyak-saṃbodhi, “highest perfect awakening.”

—Linnart Mäll⁴



Introduction

Over fifteen years ago, I experienced a powerful transformation. In many ways, I was awakened. It occurred over the course of a few weeks when a series of close encounters with nature caused a budding awareness of my surroundings to surge in a crescendo, sparking a powerful epiphany that forever changed how I would view the world.

Everything changed—the vividness of colors, the intensity of experience, and my conceptions of man and nature. I gained a seeming freedom to explore all things from any angle without restraints from past beliefs or convictions.

It was a classic “bottom falling out of the bucket” or “becoming aware” event whereby everything suddenly came into sharper focus, innocence reemerged, and deeper understandings took hold. It was as though I’d fallen into

a new world—a new terrain filled with wonder, bliss, and awe seemingly only roamed by artists, sages, and monks.

Over the years, I sought to better understand what had occurred. I read books on neurology and philosophy, as well as writings on Buddhist enlightenment, but a suitable explanation remained elusive.

I wondered: Did my mind change? Did an angel-like spirit enter me? Had I tapped into some kind of universal source—a well of knowledge buried beneath the level of reality we experience in our day-to-day existence?

Years later, I came to the somewhat surprising realization that nothing much had really changed. I was still fully myself, complete with my memories, identity, and a full set of emotions. What I came to realize was startlingly simple yet intensely profound: my inner voice—the gentle narrator quietly guiding my day-to-day life—had never changed. The only difference was that a certain control over this voice had been removed.

My inner voice—always reliable and steady—had become unshackled and was once again free to roam. And roam it

did. It was a source of pure universal wonder looking upon a similarly beautiful universe, like looking into a mirror. But now the view was clear—no longer obscured by intervening layers of discouraging thoughts and impulses that served only to keep me anxious and confined within a world where only consumption and getting ahead of others were valued.

Back in charge again, I was free to stop, look, and listen to the world with newfound innocence and wonder. I was drawn to all things beautiful and seemingly closer to the divine. Art, literature, music, and especially nature were the new beacons guiding my thoughts. Wonder of being and mysticism filled all moments in between.

Able to couple my past experiences and knowledge with a renewed innocence and purity of thought, I was able to fly effortlessly to the greatest heights of understanding, knowledge, imagination, and creativity.

I believe this is the universe's greatest gift to us—connecting us to the source and placing us in closer proximity to God's grace. Wouldn't you like to come along for the journey? *Awaken* will help you better understand what this all means and how you might bring its great gift into your life.



What Is It?

*D*eep at the core of each of us resides a boundless heart of gold. Some call it our soul; others believe it is God's voice speaking through us. Whatever name it is given, it is the source of all things—an infinite store of universal energy; a boundless well of immense wonder and greatness; and a pure source, recognizing the goodness and beauty in all things, guiding us to act in a similar fashion.

You'll recognize your heart whenever kind thoughts emerge. She's talking when you experience initial reactions, first impressions, and gut feelings. You also recognize her when you're at your best, being truly sincere and selfless and treating others with grace and compassion.

This is a natural outcome. As the philosophy of Centerpath teaches, our lives are reflections of the universe and its grand design. A key feature of this design is nature's creations are

Jin Nua

packed with large concentrations of pure energy at their core.

It's no different with you and me. We have a core containing limitless energy and purity. And because we may be the universe's most incredible creation, it's quite possible that we possess its most phenomenal core, filled with the high-order qualities of love, compassion, kindness, and grace. Your heart is ready, willing, and able to spread its bountifulness into its surroundings in the most beautiful ways—if you let it.



What's Holding Us Back?

So what is holding us back from achieving all we're capable of? It's a complicated question but one we can begin to understand when we revisit the time in our lives when spontaneity began to fade.

Watch your children. In the absence of physical pain (and later the pain associated with not getting what they want), their natural disposition is to be spontaneous and full of wonder. They can play a new game or stare at a toy they love for hours, as though it was the first and most profound object they'd ever seen.

During our preteen years all this begins to change, when socialization begins to take a firmer hold on our developing minds. We are conditioned to act in certain ways and to

conform to societal norms or face being disciplined and ostracized.⁵

Simultaneously, we are provided with less and less support toward being an individual and thinking independently. We're placed under increasing pressure to become someone—first to formulate a socially acceptable personality and then to “get a life” (i.e., a career).

Over years (and later decades), a new voice often becomes prominent. The part of our minds that is attuned to the needs of the flock takes control and rules our thoughts. It keeps us relevant, normalized, and increasingly on our guard to defend and promote ourselves in social situations.

After a lifetime of such exposure, our little hearts become buried—overrun and obscured by parts of our minds that seek advantage and can't tolerate the pain of a weakened social posture. The one sure and steady thing in our lives becomes increasingly obscured by the chatter associated with an agenda that won't accept anything less than victory as something of value.

In many ways, our true selves are strangled. But inside, our hearts never leave us. The heart is always present, like a lifelong friend, loyal to the end. You can still recognize her gentle ways.

You can begin to restore this essential bond and increasingly reconnect with your heart. Start by loosening your ties with hard society and its swirling agendas. Find more quiet time for yourself; spend more time in nature or studying new and exciting subjects.

Over time, your ears will reopen to what your heart's loving voice is trying to tell you. 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.

You can again come to know God's voice speaking to you from the heart of the universe, guiding you toward the divine in all of life's interactions. Join us in her kind and gentle invitation to participate in a heartfelt dialogue with the heavens and the heavenly.



How It Works

*L*ao Zhu, Blake, Goethe, Whitman, and Van Gogh—the works of each flew off the canvas as if given an enchanted life all of their own. How were they able to produce such breathtaking works beyond the reach of most of us? What could they see and access that we can't? What's their secret? One potential solution comes from Centerpath and the sacred relationship it describes between centers and their surroundings.

Let's start with what we know. Seers and sages report that intense creativity primarily arises from an ability to silence and purify the mind. From Centerpath, we also know that pure centers generate near-perfect symmetries about them, as well as a host of accompanying beneficial properties. The implications arising from the merging of these two statements implies something very profound.

A silenced mind closely approximates a pure center. It allows incoming stimuli—and indeed our thoughts—to flow directly inward without being rerouted to various cognitive subroutines (i.e., worrying over the past, fretting about the future, or allowing preconceived notions to affect the experience).

A silenced mind creates a smooth and undistorted spherical shape as information flows inward in relatively straight and smooth lines. A larger, symmetrical halo shape is the result! A still mind replicates the universe's geometry of choice, allowing sages and seers to reap the attendant benefits of symmetry, balance, beauty, and unity.

The full 360-degree holism generated by this arrangement allows all stimuli, influences, and associated tender nuances to flow in unhindered from any direction. The net result is a freer, wider-flowing, and more complete creation.

Only through achieving this base condition—quite literally matching the preferred geometry of the universe—can we begin to understand the level of insight, wisdom, and creativity that great artists and sages achieve.

Jin Nua

But something's still missing. Even this doesn't fully explain the levels of peace and bliss sages, priests, and monks experience when they are in the zone. Indeed, the universe appears to reward near-perfect symmetry with increased flows of energy. Is it real? Does this really happen?

The next chapter attempts to address this delightful enigma.



But Why? How?

It brought me to the God center, the vortex where
all chakras converge—perhaps the whirlpool begins at
the spiritual center and all life forms
are based on this premise.

—*Janet Marie Burns*

*I*t isn't fully clear why elevated states of bliss accompany heightened awareness. However, one likely explanation comes from the way in which center-oriented designs interact with the universe at large. Fundamentally, all creations—and indeed the universe itself—share the same underlying center-oriented design⁶. This sharing of form generates a powerful resonating effect, not unlike the phenomenon that occurs when tuning forks of the same frequency are struck and their vibrations become sympathetic. In essence, vibrational energy is fed back and forth from one system to the other.

Extending this analogy to the ‘tuning forks’ of a silenced mind and the universe itself, we discover the same resonant effects at play. Sharing the same geometric frequency the two interact, funneling additional energy into the silenced mind—ultimately contributing to the elevated state of being and enlightenment reported by meditating sages. It’s like water running down a drain; if the funnel is smooth and symmetrical, the flow is faster and more efficient.

In many ways, it’s similar to the effects described in the ancient practice of tantra whereby the alignment of successive chakras opens a gate, encouraging larger flows of creative energy to run through them. In terms of Centerpath—when your miniverse matches the frequency of the macroverse, you are rewarded with a greater vibrational flow of energy and bliss.



How do we apply this to our lives? Being a child of the universe, the core of your existence naturally strives to obtain this same geometry by being pure at heart. You felt it as a child, living life simply and with pure motivations, freely and spontaneously interacting with others and the environment, happy and joyful.

Unfortunately, over time, much of this spontaneity evaporated, progressively supplanted by social training intended to develop independent, relevant, and—some might say—fierce citizens. However, this magic can be found once more and resurrected.

How do you align yourself with the great universal geometry and the symmetry it engenders? Simply by allowing all things to flow as closely as possible to how they naturally are. This happens when we live in the here and now, not in the past or future or somewhere else.

These *other* places and times only serve to push, pull, expand, contract, and reroute our direct surroundings (and therefore experience), serving to disrupt the symmetric-seeking aura about you. Of course, it doesn't mean you forget about the past or do not take the future into account, but it does mean you should focus as much energy as practical on the here and now.

Through these practices, you will align your world of sensory data and thoughts in the most perfectly symmetric (i.e., undistorted) form possible. By being centered, you will be in full alignment with the universe's great geometry and feel the rush of wonder, insight, and excitement that naturally attends the experience. You will also tread close to the divine and feel

the exhilarating spiritual energy that accompanies such lofty places—a kind of holy grail to strive for in life.

Of course, we can't all be monks—the demands of life and family gratifyingly take much of our time and attention. However, we can put at least shades of nature's perfection to work in our lives. One method is to give your full attention and mindfulness to any task at hand (whether it be a conversation, playing with your child, or cleaning dishes). By doing so, you will have created a beautiful geometry of your own making.

It may be no surprise that when we distort the natural symmetry, we create imbalances, deformations, and ugliness that can propagate into all aspects of our lives. In fact, such distortions are the source of practically all of today's ills—a disturbing malaise caused by man taking much more than he needs and thus creating huge imbalances and destructiveness that distort the very fabric of the universe and leave behind a terrible legacy that will surely be judged harshly by history.



My Path

The human mind once stretched by new ideas
never goes back to its original dimension.

—Oliver Wendall Holmes

Each of our paths to a greater awareness will vary in its details, yet all will share common themes (many of which we examine in the remainder of this book). The events leading up to my transformative experience arose from the confluence of three major events: a career change, various personal struggles I was experiencing, and progressively close encounters with nature.

In the year leading up to my transformation, I quit the company I'd worked for since graduating from college to pursue a new opportunity. This event was more challenging than I had ever imagined it would be. I fretted over many things. *What will happen? Will I succeed? What will others*

think and say about me? After all, career has so much to do with who we are. My mini identity crisis was exacerbated by various challenges to what I wanted and valued. I found myself expending considerable energy fighting for things I believed in, against others who wanted something else.

The third element leading to my change involved various close encounters with nature's immensity. Just two months prior to the event, I'd taken my first trip to Yellowstone National Park. During this fateful journey, I witnessed the sheer grandeur of the Milky Way on a clear, moonless night. The sky was completely illuminated in a purple hue caused by innumerable stars shining directly through the atmosphere. I was moved.

Another experience serving to widen my perception was the realization that the park's outline actually marked the boundaries of an ancient caldera. Yellowstone's rich diversity and sheer grandeur were largely resultant from its sitting in the bowels of an ancient volcano that collapsed *into* the earth millions of years ago!

As though to prove the adage that all things happen in threes, my third encounter with nature's immensity was

with the universe itself. I had a chance to read about the big bang for the first time and was awestruck by the implication that our entire universe began from a highly condensed state of energy over fourteen billion years ago! Yet another colossal change in my understanding of the cosmos!



The Event

Shortly after my Yellowstone trip, I relocated to Thailand to take up a new work assignment. Taking up residence on the beach, I began to spend more and more time on my balcony gazing at the sea and sky.

Two or three months into this routine, the transformation occurred. The first indication that something had changed was a subtle shift in how I was viewing nature. I no longer turned a blind eye to her presence as before. I instead began to look directly at her many marvels of creation and wonder how they could be the way they were.

For instance, I wondered why shells on the shore curled up in the same shape as the waves crashing about them. Did the crashing wave somehow affect the development of the shell's shape, or did both result from a consistent set of underlying conditions?

But it wasn't until the day a string of clouds floated by as one, just above the top of the building in which I was staying, that I knew something had truly changed. I remember feeling startled by the sudden realization that the cloud appeared alive. It felt as though I'd stepped into a new world where the larger aliveness of things could be seen. No longer obscured by mounds of predisposed beliefs and conventions, I could now see the great cosmic breath in action—animating and breathing life into the ten thousand things.

It was actually a shade unsettling at first. I wasn't sure if I'd permanently left the world I'd known all my life. However, that uncertainty soon gave way to an increasing feeling of emboldened wonder over the coming days and weeks.

Everything had changed. From that moment forward, my view of what nature, man, and being meant, and how deeply they were intertwined, was overturned. Numerous new avenues of thought and creativity I had never imagined possible opened up immediately. Nothing would ever be the same again.

May your journey be as breathtaking and exhilarating!



Awakening Is Not for Everyone

*L*et's face it: the human psyche is delicate and complex. The radical changes associated with becoming aware are not for everyone. However, for those better suited to the journey, it is well worth the potential risks.

Who is more likely to make the shift and more likely to negotiate the other side successfully? I believe that persons with the following qualities have a higher chance of succeeding:

- Those in their mid-thirties to mid-forties (i.e., those who've overcome the hurdles of youth but aren't yet too fixed in their ways).
- Introspective types.
- People who are patient and sensible.

- People who are more open and receptive to others and their ideas.
- Those with a solid parental foundation and an expansive upbringing.
- Those with a positive outlook on life.

This doesn't mean other personality types can't make the change, but it may be more difficult to initially break through and then to cope once on the other side. In either event, if one doesn't make it, that's okay too. The habits described in this book are beneficial to anyone who practices them. You stand to lose nothing even if you fall short of the ultimate goal.



The Benefits

*B*ecoming aware brings with it some very real and tangible benefits. In many ways, it is the universe's greatest gift. Consider the value of the following qualities you stand to gain:

- 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 us curious and draws us 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 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.



The Challenges

The biggest challenges arising from becoming aware relate to interactions with others. Most won't understand or appreciate your newfound enthusiasm. Talking insatiably of nature's beauty and unconventional ideas doesn't resonate with most, and for some, it can be overwhelming if not downright threatening.

Sure, from time to time your words will find captive audiences, but more often than not, you will be considered an outsider. So proceed gently and be ready for disappointments when trying to connect with others.

The other risk comes from ignoring certain parts of our emotions and psyche. Diverting all your time to exploring deep ideas and art means you'll often put aside social interactions and addressing any feelings that might be accumulating. The result can be a sudden outpouring of

pent-up emotions larger in intensity than would normally be the case. With this in mind, you'll need to take regular downtime to catch up with others and to give yourself time to work through any emotions that you haven't addressed in some time.



Meditate

*A*s we touched on earlier, the act of meditation configures our minds into the shape of the universe's geometry of choice (i.e., a center-oriented pattern). Such an arrangement also generates a host of favorable resultant benefits, including increased feelings of well-being and flows of good energy. It also provides one of the most direct means of accessing higher states of awareness.

The key to effective meditation is focusing your thoughts on a single theme or object. (For advanced practitioners, another object of contemplation is focusing on nothing at all.) The end goal of this focused meditation is to venture inward to your own core in order to unleash its potent arsenal of spiritual energy.

The practice is often difficult for many at first. However, stick with it and expect to invest meaningful amounts of

time practicing. It takes time to learn how to silence your mind, but once you achieve it, you'll be glad you did. Besides the known spiritual boosts, science has also caught up with the fact that meditation brings tangible benefits. Studies link meditation to improved physical and emotional states as well as feelings of sustained well-being.

Numerous books already exist on how to meditate, so visit your local bookstore to determine which style best suits you. Many find visually based books (such as meditation books utilizing mandalas and labyrinths) to be the best place to start since their format naturally serves toward focusing one's thoughts.



Walk Every Chance You Get!

*N*ature offers the greatest well of spiritual energy we can experience. I like to label nature my temple because of the spiritual refreshment it provides. In fact, spending time in nature is the best means of fostering feelings of well-being, whether as a seeker of awareness or a general connoisseur of good health.

Nature is able to provide these benefits because its disposition is pure and collaborative. Its design of choice naturally generates symmetry, holism, and balance. It takes only what it needs and no more. What better wisdom by which to live life?

Nature's infinite beauty, nuance, colors, and variety also offer great inspiration. It is no wonder that artists have long

considered nature to be their greatest motivator and source of creativity. Nature speaks directly to our mind's natural ability to recognize aesthetics and beauty.

Because her creations exude the universe's wisdom, spending time in nature and studying her forms offers the best means of exposing yourself to her way and more quickly assimilating it. Studying her designs also keeps us mindful of the wonder of being, including the many miracles it takes to animate life and existence.

Her abundance and perfection also speak to our souls, letting us know there's a larger purpose to the universe and our lives.



Keep a Journal

*T*here's no better way to build a new dialogue with the world—and yourself—than keeping a journal.

Think of your journal as a forest floor. As you write things down, you plant seeds of thought that grow into larger ideas. A journal becomes the living tissue from which ideas can interconnect, overlap, and resonate. Like roots spreading in all directions, your ideas become more robust and more widely considered. They can also bifurcate in new and unexpected directions or at other times, join with the roots of other trees to merge and cross-pollinate into something entirely new.

So start a journal today, and let it help you better discover your world, develop a wider dialogue, interconnect things, and become more aware.



Stretch Your Mind

I believe one of life's goals is to expand our circle of space and knowledge. As infants, we could only see things up close. As children, we were only able to see a few meters about us. Later, our circle expanded to the edges of our room and then eventually to include our house and yard. As older kids and then teenagers, we expanded into neighborhoods and possibly even the township in which we lived. In college, we started to stretch across a state, and in our careers across a nation, possibly even traveling across national borders.

But all of this is just the physical aspect. We also need to stretch our imagination. To the peaks of mountaintops we must climb but also into the hearts of atoms and stars we must dive, journeying across oceans, solar systems, and galaxies. Imagine getting your arms around the

Jin Nua

entire universe and getting to know what resides at its heart.⁷

Stretch your mind without limitation and you will come to know the unimaginable.



Surround Yourself with Good People

*T*he people around us have a huge influence on our thoughts and moods. We do ourselves great favors by surrounding ourselves with good and positive people. They uplift our mood and inspire us to think expansively, unlike negative and hateful types who only confine and limit us to small spaces.

To help you feel better and think bigger, seek out and surround yourself with good, honest, and thoughtful people. Their smiles, encouragement, and words will boost your spirit and help keep your mind clear to pursue greater things.



Fill Your Life with Great Things

To ensure that your experience of life and your worldview are as wide and beautiful as they can be, fill your life with the best of everything.

As the best of the best are often far removed from mainstream culture, you'll need to dedicate time to seeking them out. The rewards will be well worth the effort as they open up countless passageways to wonder, knowledge, and pleasurable experience—things such as creative passion, music, philosophy, poetry, literature, inspired science, art, great ideas, religion, and mysticism. They are the heart and soul of man's collective psyche and some of the greatest creations the universe has to offer.

Also seek out—and express at every possible moment—humanity’s greatest expressions of kindness, love, gratitude, integrity, sincerity, and goodness. Each time you do so, you will place yourself in proximity to the divine and thereby fill your soul with more of its magic.



Take Time for Yourself

*I*t's nearly impossible to ascend mountaintops or journey inward to your heart if you're continually distracted by others and pop culture. To arrive at new and enlightening destinations, you'll need to take quiet time for yourself.

Sharing and being with others is one of life's greatest joys. However, it also keeps us from getting to know ourselves better and from growing. This doesn't mean you need to become a hermit, but it does mean that you will need to dedicate more time to yourself. To achieve this, make it a point to find quiet spaces and time just for yourself. Stop at a park on the way home and take a walk. Sit in a coffee shop and take notes or read a great novel. The same goes for your interactions with pop culture. If you are continually engaged in the negativity of news and the competition culture, your mind will never find the time to stretch and relax.

To attain higher states of awareness, it's recommended that you largely limit your ties to 'the machine'. Turn off and walk away from television and the ridiculous hype and expectations it creates. Keep the competition culture at bay by drastically reducing your viewing of sports and competition TV, such as the endless stream of reality-based shows. Fill all your newfound time with more meaningful pursuits such as art, books, and walks in nature. Make more time for yourself and you will begin to grow again.



Koans Can Hasten the Change

To foster the conditions of sudden enlightenment, Rinzai Zen, a sect of Zen in Japanese Buddhism, implements a method known as *satori* whereby masters (called *Sanzen*) have students contemplate *koan* paradoxes followed by a surprise act to push the student into an awakening experience.

The process goes like this: the Sanzen challenges the student to solve a koan followed by long periods of intense meditation coupled with periodic reviews of the student's view on the koan. Sensing when the student has reached the verge of sudden enlightenment, an experienced master will shock him or her into the *satori* experience with an unexpected act, such as a blow with a stick or a loud yell.

I often wonder if my journey shares parallels to the koan experience—increasingly deep contemplations (calderas, milky ways, big bangs), all leading up to a sudden shock (a relocation around the world and various personal struggles).

As it relates to your journey, take up some meaningful koan contemplations and later look for sources or hints to a sudden surprise that might push you into your own satori experience.



*Every Experience,
a Chance to Center
and Grow*

*E*very moment, every experience is a divine opportunity to center.

Everything is here for a reason. It has an origin, past, secret, and mystery to solve. A tree started as a seedling. Ongoing arguments in our lives started and continue because the originating disagreement remains unresolved. Entire philosophies begin with the thoughts of a single man.

By traversing the path to the center of all things, you will find its purpose, meaning, and reason for being here. You will come to better understand your world, the mind of the Great Creator, and yourself.

Use the following excerpt from *The Centerpath Chronicles*⁸ to bring this concept into your heart:

All of life is a mystery moving toward hidden centers. Once you arrive at the center, the journey is complete; we have found what we are looking for: the essence, source, and reason why.

All things enduring and meaningful are tied to this process. Arguments, fights and battles. The outcomes of hunts, the preparation of meals, and musical and sensual climaxes. Shaman rituals, births, hugs, cries, and deaths.

Upon arriving, we discover the journey's secret. While always surprising, it's also always comprised of the same stuff: beauty, truth, and essence.

All of the universe is destined to create a crescendo to a center and crash back down on the shore where it began.

All of life and its experiences are journeys back to the source. All experiences are moments of creation. They produce a center and thus set a future trap for us to be drawn and return to. The larger whole is cast.

All the mind's structures are intended to find those traps, to traverse a meaningful journey to that place. The reason and essence lying in wait.

See the splendor of centers—moments of truth, love, beauty, brightness, and complexity. Experience the journey to secrets, hearts of the matter, and where the truth lay in hiding.

Rejoice in being a center—a glowing heart. Its penultimate power is the universe's greatest stuff—beauty, truth, essence, love, compassion. This is being true to the way of things, yourself, and the universe.

Rejoice in the journey of being. Traversing to the essence of all your experiences. Once your new habit becomes latched to the larger branch of the apple tree, the journey gets steeper and sweeter. Who's waiting for you at the end of it makes its strenuous ascent infinitely worth it.

Rejoice in experiencing all of nature's stunningly beautiful creations. All were carved out by things seeking their very own, consistently patterned, center-oriented destiny.

In Centerpath, we traverse many journeys to the heart of things in order to gain unique insights, great perspectives, and valuable trinkets of wisdom. Hopefully its many nuggets of insight will fascinate and inspire you on the way to your very own Centerpath destination.



Get Closer to the Source

A great means of uplifting your life—and possibly hastening your awakening—is getting closer to the source of all things. After all, what’s more inspiring than being up close to the universe’s greatest treasures?

To begin reaping benefits from the source, you’ll need to get closer to heavenly things. What and where are these divine sources, you ask? They are the Great Creator’s very creations!

Although recognizing heaven’s enchanted artwork might be difficult at first, there is a means to jumpstart the process. For while all of nature’s creations possess strong shades of divine perfection, they are not all created equally. Some glow more brilliantly than all others; there are diamonds in the rough and beacons capable of guiding us more directly to nature’s rich enchantment.

Where are these priceless charms located? Mostly everywhere about you—in the heart and soul of nature’s most dazzling creations. They are in the brilliant radiance of flowers, rainbows and sunsets, a sparkling glacier, temples, and infinite stars on a moonless night. They are in crystals, a mother’s patience, waterfalls, mountain vistas, Van Gogh’s skies, and the bliss of a child’s smile. They are in the words of Whitman, Goethe, Lao Zhu, and many other great minds and artists. They are where truth, meaning, and purpose reside. They are God’s smile shining brightly through her brightest creations.

Experiencing the divine becoming your new day-to-day passion. Seek out powerful things, places, people, and spaces. Extract beauty from the heart of all things—one small yet immense encounter at a time. Fill your life, and your experience of it, ever more with the finest the universe has to offer. Each occurrence brings you one step closer to the soul of the universe. Exercised faithfully, it brings us to enriched and elated states of being, placing us closer to God’s replenishing splendor than we ever imagined possible.



Give Thanks to the Source

Though once an integral part of our lives, the offering of thanks and gratitude seems to have fallen out of favor these days. I believe this fundamental shift in behavior has resulted from our living in an age where convenience reigns. Because it seems that we can get whatever we want with relatively little effort and no apparent causality, we tend to take the view—and extremely simplistically so, I might add—of, “Why do we need to give thanks and *to whom?*”

However, the ritual of giving thanks is as valid as ever and brings with it very real and tangible benefits. Moreover, due to the fragile state of the human condition these days, giving thanks may be more important than ever.

The first benefit arising from giving thanks is that it keeps us closer to those things that are most vital and therefore most meaningful to our well-being. Family and the earthly resources we consume are quintessential to our survival. Being closer to them both physically, and in heart and mind brings us back to the spirit of our being—indeed closer to the Great Creator. Remaining closer to what brings us pleasure, happiness, and indeed life itself, our lives become enchanted—energized by the life force running throughout all things.

Giving thanks to the fountainheads of our lives also puts things in broader perspective. The sources of our existence are ground zeroes—all of our lives originate and emanate from them. Reconnecting with the place where all things begin reacquaints us with the full range of experience. From ground and air to sea and sky, and in plants and animals—from home and shelter to food and the love of family, regrounding ourselves to the bedrocks of being brings the full range of life, our experience of it, and nature's bounty into sharper focus.

Furthermore, our minds naturally recognize the exceeding importance of things closest to our core—and reward us

when we express gratitude for them. In his book, *Born to Be Good: The Science of a Meaningful Life*,⁹ Dacher Keltner outlines how deeply rooted portions of our minds are hardwired to take note of and reward us (via the release of good-feeling mental drugs) when we give thanks. The very act itself improves our well-being and progressively reinforces what's truly meaningful in our lives.

So don't be afraid to give thanks frequently and copiously, to food, bountifulness, existence, nature, good fortune, loved ones, successes, and career. By doing so, you'll shake the tree of good fortune and release its plentiful payload in ways both seen and unseen, lifting yourself, others, and the rest of the universe to a higher plane of existence.



How Will You Know You're There?

*Y*ou'll know you're there when you feel everything has changed in a new and wonderful way. You'll revel in tumbling down bunny-hole after bunny-hole in search of deeper truths and understanding. You'll see nature in a completely different light. Instead of viewing her with indifference or as simply something to consume (as society teaches us to do), you'll view her with awe and respect, as the provider for all we have and the ultimate source of wisdom and inspiration.

You will see man's world in a different light, no longer separate from nature but as an extension of her. Your definition of who and what is great will be redefined. You'll recognize society's leaders (bankers, CEOs, politicians, and entrepreneurs) for what they are—groups of socially talented

Jin Nua

and intelligent people who nevertheless lack deep knowledge and true wisdom.

Your focus will also shift from a life rooted in media and history to appreciating true inspiration and greatness.

You will be drawn to the truly inspired and enduring—a legion formed mostly of great thinkers, philosophers, spiritual and religious leaders, artists, and musicians.



What to Expect

*E*xpect everything to change.

Expect excitement, wonder, and awe to reenter your life.

Expect your sensory sensitivity to increase greatly (especially to visual and audible stimuli). For me personally, the vividness of colors and sounds became exceptionally acute.

Expect your ability to focus on an item or subject to become significantly enhanced. You'll be able to consider concepts deeply at practically any moment, whether on a bus, waiting in line, or walking (some might call it walking meditation).

You won't be afraid to take on any subject—no matter how big or small. You'll take pleasure in trying to understand the cosmos, humanity, and the greatest scientific and philosophical ideas.

Expect a reprogramming of your belief systems. Similar to sages describing the experience as the bottom falling out of the bucket, you'll find that once your bucket empties itself, you'll have the opportunity to rebuild an entirely new worldview.

Having reconnected to the center of your being, you will become more streamlined. Becoming less dependent on existing beliefs telling you how things are, you will begin taking in things as they simply are. Your objectivity will increase dramatically.

You'll come to realize that you don't know everything (and in fact you can't ever know everything, especially as it relates to the essence of existence and being). Surprisingly, you'll quickly come to realize that this is a strength. This is a dramatic change from what others are (and you used to be) accustomed to (i.e., our disposition is to shun uncertainty in lieu of certainties). You'll realize absolute sureness doesn't exist anywhere and believing in certainties in fact limits our capability to think freely and expansively.

You'll become increasingly uninterested in the agendas of the rat race and media. You'll recognize that practically all

beliefs and opinions are merely reflections of the messages broadcast by the media and that most individuals speak and act in concert with what they see and hear from these manipulating outlets.

Allow your creativity to explode. Developing your own ideas, music, and art will no longer be foreign to you. You will think in much wider and broader scales. You will be able to conceptualize and articulate ideas far beyond your current capabilities. You will come to love the feelings of bliss associated with new realizations and epiphanies.

Expect difficulty in communicating your new ideas and enthusiasm with others. Others need to stay relatively near their current belief systems (which, as you'll soon see, are largely the same across all peoples). Peddle your ideas lightly to avoid arousing feelings of uncertainty in others or giving them the impression that you are being elusive or arrogant.



What Should You Do?

*W*hat should you do when you enter the realm of awareness? Everything you can! Don't waste a moment! Explore, absorb, and expose yourself to everything and anything you can. Mostly, just follow what interests and inspires you at the time. You'll be surprised by just how naturally it comes to you.

Some additional advice:

- Take walks.
- Write down all your thoughts. Keep a journal.
- Don't throw your journals away, and make sure to date them. They're a great record of your real-time observations and just as importantly, of why you felt the way you did at any particular time.
- Listen to new types of music. Be sure to include classic and jazz in your new repertoire.

- Listen to (and record on your phone) the music in your head.
- Buy great books. And find the time to read them.
- Buy books on biology, astronomy, cosmology, spiritualism, mysticism, poetry, new science, old science—anything that interests you.
- Buy a lot of image-based books.
- Travel.
- Visit art museums.
- Spend a lot of time in libraries.
- Buy a whiteboard to help visualize and interconnect your thoughts.
- Take up new pursuits:
 - o Get an eight-track recorder and make music.
 - o Buy a piano, guitar, or drum set.
 - o Take up painting.
 - o Shoot a lot of pictures.
 - o Write poetry, a book, or a movie.



Does It Change over Time?

*M*ost people report the first two to three years of their newfound awareness as being the most intense in terms of focus, sheer delight, and elated experience. Don't fret. Your newfound assets will remain strong for years to come. However, do keep in mind that the first few years hold the most space to create, grow new ideas, and roam wildly about the terrain of being. Don't waste a moment!

Walk continuously in nature, and dive deeply into as much great art, music, and literature as you can possibly take in! Read copious amounts of books on spiritualism, mysticism, mandalas, chaos theory, fractal science, and the like.

In this period, be sure to keep a journal (and store them properly!). Make sure that you date the pages of your journal to help you track your progress (and especially to help you sort your notes when you revisit them years hence).



Your Journey

No one knows his or her path or where life will ultimately lead us. Will our journey lead to a successful career, a great work of art, a beautiful family, our destiny, or an awakening? No matter where it leads, you can help ensure that it will be abundant and that you leave behind a positive legacy if you follow the general recommendations included in this book.

So get busy! Walk in nature. Slow your life and take up meditation. Surround yourself with great people. Take in quality art, literature, and music. Get closer to the source. Take better care of yourself. Experience grand things and ideas. Listen to and follow your heart. By doing so, you will have elevated your bittersweet time on this planet to levels of delight unimaginable.

More than just improving your life and the lives of those around you, every time you act mindfully and meaningfully, you will have contributed to a better universe and reconnected with the divine in ways you never even dreamed possible.



Bibliography

- ¹ Fischer-Schreiber, Ingrid; Ehrhard, Franz-Karl; Diener, Michael S. (2008), *Lexicon Boeddhisme. Wijsbegeerte, religie, psychologie, mystiek, cultuur an literatuur, Asoka*, p.50.
- ² Park, Sung-bae (1983), *Buddhist Faith and Sudden Enlightenment*, SUNY Press, p.127.
- ³ Lusthaus, Dan (1998), *Buddhist Philosophy, Chinese*. In: *Routledge Encyclopedia of Philosophy: Index*, Taylor & Francis.
- ⁴ Mäll, Linnart (2005), *Studies in the Aṣṭasāhasrikā Prajñāpāramitā and other essays*, Motilal Banarsidass Publishers, p. 83.
- ⁵ This isn't all bad. We indeed need to learn appropriate means of interacting in larger social circles; it's just that modern socialization is highly lopsided to favor society's agenda (that there's only value in winning, competitiveness, history, wars, etc.) and teaches little to nothing on holistic and balanced approaches to life.
- ⁶ Jin Nua, *Heart of the Universe* (Centerpath Book Publishing LLC, 2013).

- ⁷ See Jin Nua, *Heart of the Universe* (Centerpath Book Publishing LLC, 2013) to help you find that heart.
- ⁸ Jin Nua, *The Centerpath Chronicles* (Centerpath Book Publishing LLC, 2013), p. 74.
- ⁹ Dacher Keltner, *Born to Be Good: The Science of a Meaningful Life* (New York: W.W. Norton & Co, 2009).

Enlightenment, awareness, mindfulness—we're all familiar with the terms, but what's their true meaning? How do they relate to your life? Is it possible to achieve such elevated states?

In *Awaken*, Jin Nua takes you on his own personal journey of discovery, a transformation in which his spirit is awakened ... and begins to soar.

Jin Nua shows you how you can become enlightened, see the world with fresh eyes, raise your spiritual life to the enchanted, and reignite your creativity.

With *Awaken* you have real means to create the remarkable life you always wanted. We invite you along for the journey.



JIN'S been ascending higher spiritual planes since his awakening in 1998. His unique mystical insights are augmented by extensive international travel as well as an analytically based engineering background. Jin resides in Thailand. He enjoys art, walks in nature, and producing music.



BALBOA[®]
PRESS

A DIVISION OF HAY HOUSE

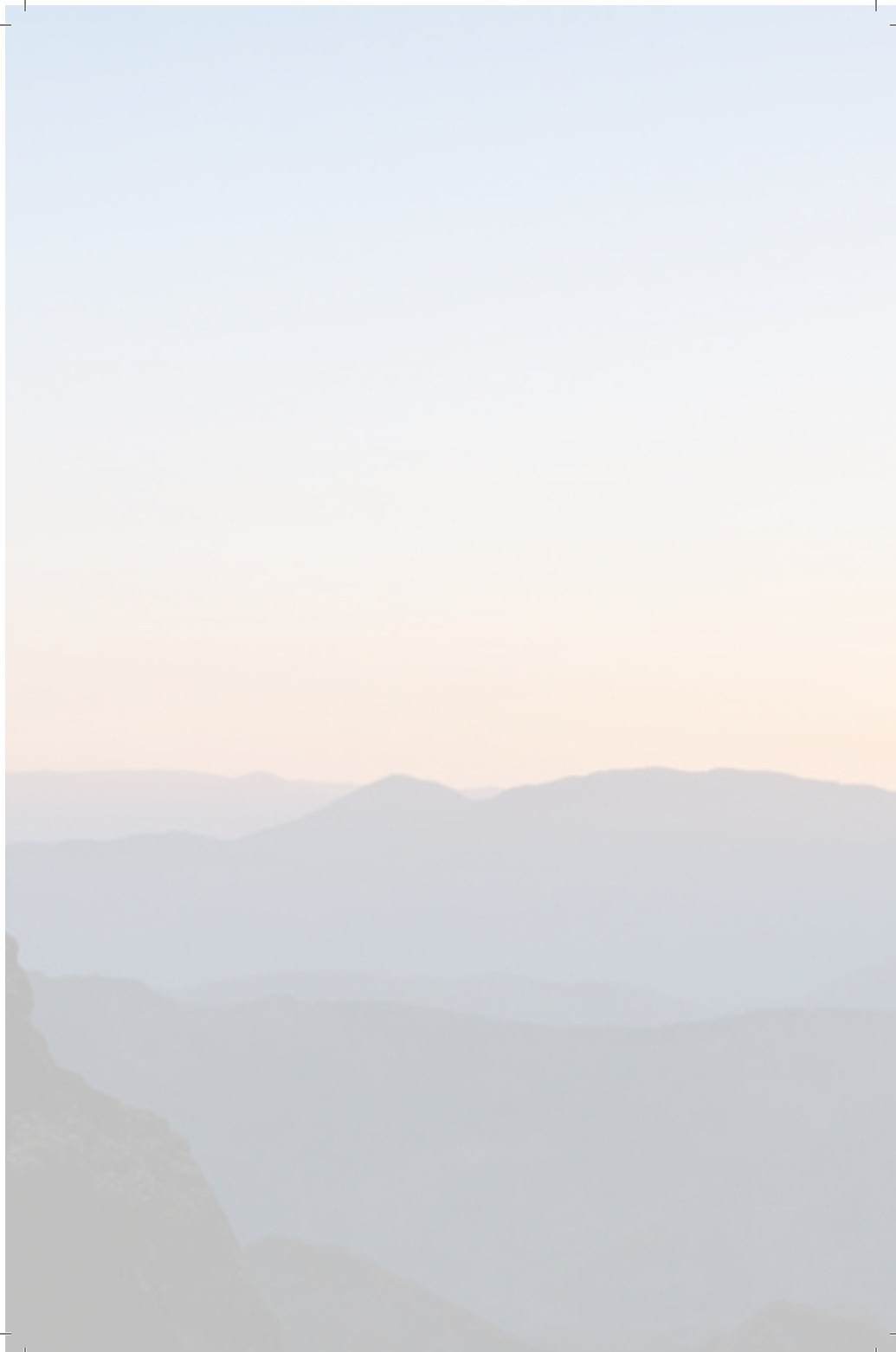




SEVEN PATHS TO POWER

By Jin Nua







SEVEN
PATHS TO
POWER

Copyright Jin Nua 2015-2017

All rights reserved.

This e-Book is licensed to the individual who purchased it under the conditions stated at the website www.centerpath.org. This e-Book is not to be sold, copied, or gifted to any others. No part of this e-Book may be reproduced or utilized in any form or by any electronic, mechanical, or other means, now or hereafter invented, including photocopying and recording, or in any information storage or retrieval system.

Reproduction, retransmission, or redistribution in any form is illegal and strictly forbidden, as is continuous and regular dissemination of any general or specific information. The use of any material included herein must be approved and written permission be gained from the author. Limited quotations or citations may be utilized only if full credit is given to the author. For permission requests, contact the author at Jinnua@jinnuablog.com

Published By Centerpath Books Publishing LLC

ISBN 978-0-9911145-4-2

This E-Book is written solely for informational and educational purposes and the material contained herein is set out in good faith. It is each reader's responsibility to assess and determine whether or not to apply any of the suggestions contained herein, and to seek professional advice if in any doubt. In no way can the reader infer any claims or guarantees whatsoever or hold the publisher or author accountable for any information included herein. It is an express condition of buying and using this e-Book that you hold neither the author nor the publisher liable for any consequence arising from interpretation of or action taken upon any of the information herein contained.

All images and quotations sourced from Wikimedia Commons (wikimedia.org) and are in the Public Domain unless noted otherwise. All images are intended for simple illustrative purposes only. Their use does not constitute the support of Centerpath Book Publishing LLC or Seven Paths to Power.



To Esther

CONTENTS

Dedicated To	07
Contents	08
Prologue	10
Introduction	12
Chapter One	16
THE POWER OF BEGINNINGS	16
Begin All Right	17
Everything Comes Back To You	18
Begin With The End In Mind	20
Solve The Source	21
Chapter Two	23
THE POWER OF CENTERS	23
Great Centers Lead To Great Lives	24
Choose Your Centers Wisely	28
Get Centered	30
Chapter Three	33
THE POWER OF SYMMETRY	33
Living Symmetrically	35
Symmetry Is As Easy As Pie	36
Centers Bring Balance	38
Source Of All Suffering	40

Chapter Four	43
THE POWER OF NOW	43
In The Moment	44
How To Now	45
Now In Your Life	46
Meditate	48
Chapter Five	50
POWER PATHS	50
Choose Paths With A Heart	51
Answers Come To Those Who Wait	53
Life's Greatest Journey	54
Chapter Six	57
THE POWER TO CONTROL (YOUR LIFE)	57
Listen To Your Heart	59
Mindful Is As Mindful Does	60
Plant Seeds Of The Divine	62
Writing Your Epitaph Every Day	63
Chapter Seven	65
THE ULTIMATE POWER	65
Be The Universe	69
Get Closer	70
Where To Turn	71
One Step Closer	73

PROLOGUE

I wrote *Seven Paths to Power* to provide readers with a more direct means of accessing Centerpath's ideas.

Having already written several books, I eventually came to the realization that, even though I personally considered these publications to be highly meaningful, it was possible that they might only be of interest to me; that my rawer ideas might not resonate with others.

At the same time, I knew Centerpath's messages were certainly very valuable and could be put to good use in the lives of others. Rubber needed to hit the road. The dreamer in me needed to give way to the 'practicalist'. I needed a more 'everyday' version of Centerpath so that its great message might reach—and therefore positively influence—a larger audience.

The result is *Seven Paths to Power*. A collection of Centerpath short stories outlining nature's awesome creative force and more specifically—how her creative process can guide our lives to higher planes.

I chose the title not only for its inherent allure, but because it perfectly encapsulates the book's intent.

For instance, when I use the term power, I'm referring to the various forms of magic that the universe has to offer—beauty, harmony, balance, and bliss. Qualities we all admire and want more of in our own lives.

To gain more of this power, we need a pathway to navigate our way, for which Centerpath provides the perfect conduit.

Centerpath provides the right roadmap because its tenants are rooted in nature and her deep wisdoms, and just as importantly, it reveals how these are inextricably linked to our lives.

Centerpath allows a glimpse into nature's workings: how her wisdom applies to our lives; and how, through faithfully following her way, we can elevate our experience to the enchanted.

I hope you find *Seven Paths to Power* useful, uplifting, and inspiring, and that, in some small way, it achieves my dream of bringing the universe's magic back into our lives.

INTRODUCTION

Centerpath describes the universe's ubiquitous urge to create—its inherently creative force. A seeming divine charter to develop not only more orderly devices, but also creations imbued with the delightful qualities of holism, symmetry, balance, and beauty.

It is these qualities—and how they apply to our lives—that are the focus of Seven Paths to Power.

To help you navigate Seven Paths to Power, you need to have a basic understanding of this creative force. A delightful dance of centers with their surroundings ultimately raising so much of the world's splendid symphony of creation, spanning flowers to galaxies, atoms to universes, and individuals to societies.

The creative process begins with a first act of creation—the spontaneous formation of a center. The circumstances surrounding such acts of genesis are little known but appear to be a basic condition of matter-space, time-energy, and void-being interactions; especially when change occurs, energy flows, or matter accumulates.

Such an event might be the formation of a gravitational center that ultimately becomes a planet or star, a street performer raising his voice to draw the attention of a crowd, an epiphany-like experience that grows into an entire philosophy, or the originating spark of interest that united two lovers as one.

At the same time as centers are created, they turn outwards, radiating invisible 'fields' (Centerfields) into the space surrounding them. We are all familiar with these fields in nature. They are the 'force-fields' associated with gravitational, electrical, and magnetic forces. They also apply in human affairs including fields of perceptions such as sight, sound, and smell, as well as the information we share.

But no matter the type of field, the outcome is always the same. Fields condition the surrounding space—distorting and shaping it into a 3-dimensional, halo-like form about its originating center. The irresistible influence of these wells drawing everything about them inward, ultimately shaping a group of like 'parts' into a larger, coherent center-oriented pattern. Each and every such creation ultimately comprised of different compositions and circumstances yet all sharing the same center-skewed design about a central object—the place where the device began and from whence it continues to be shaped—forming a delightful symmetric, spherical-like profile, whose functional and structural interrelationships hold profound implications to how our lives are organized and unfold.

Because the very makeup and character of centers—both at their point of inception and through their on-going presence—are transmitted and embedded into the larger creations forming about them, we are able to devise means to enhance our lives by ensuring that the centers of our being are as wholesome and meaningful as possible.

----- *** -----

The elements of Centerpath most relevant to this book are listed below.

The Power of Centers: Chapter 1—The Power of Beginnings—explores how, through controlling the character of our life's points of inception, we can raise the overall quality of our larger life.

Likewise, Chapter 2 (The Power of Centers) considers how nurturing the centers of our lives—in essence the various control locales of our minds—we can directly improve and uplift our experience.

The Power of Symmetry: The universe's center-biased, creative process naturally generates a host of aesthetic and geometrically beneficial qualities including symmetry, balance, beauty, holism, and collaborative relationships.

Chapters 3 and 4—The Power of Symmetry and The Power of Now—explore the applications of these geometric qualities in our lives and how through recognizing these patterns, we can directly improve our lives.

The Power of the Paths We Choose: Chapter 5 examines how the journeys of our lives mimic the processes of nature, and how we can use that knowledge to enhance our lives. In this chapter, we learn how destinations and points of departure are one and the same. We also learn how, through the choices we make, we can enhance the various journeys that make up our lives.

The Power to Control Our Lives: Chapter 6 celebrates the splendor we enjoy of largely being able to control the character of our lives: that through enhancing our mindset, choices, and habits, we find real means toward improving and uplifting the content of our lives.

Divine Power: Chapter 7 looks at the ultimate power—the implications a Great Creator perpetuates nature's rich mosaic of being. In this chapter, we explore means to get closer to her exquisite presence and in the process, elevate our lives to higher planes of being.

CHAPTER ONE

The Power of Beginnings

There's no better place to start our journey of discovery than at the beginning—where creations form. Centers.

Mighty oaks grow from mere seedlings; you and I each grew from a single cell; first impressions last throughout relationships; philosophies and fads engulf entire nations.

Each creation is a direct reflection of the 'source code' present at its point of inception. Learning to control the character and makeup of these beginning points is a powerful first step toward enhancing your life.

Begin All Right

A journey of a thousand miles must begin with a single step.
— Chinese proverb

It's astonishing to find just how much of our larger lives are created from what are nothing more than small, tiny instances of change; fluctuations, thoughts, and interactions forming the seeds of something much larger to follow. It's this dynamic that causes local earthquakes to spread into far-reaching tsunamis, small lava flows to grow into massive volcanos, and the flapping of a single butterfly's wings to change weather patterns half way around the world. It's the way of the universe, and the way of our lives.

Cognizant of these conditions, we can do ourselves a great service towards enhancing the larger arrangements of our lives if we ensure that their various inception points are as greatly formed as possible.

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.

Each time you think, act, plan, choose, speak, and dream, do so with sincerity, passion, and purity. From such beginnings, all that results will ultimately grow and flower into something beautiful, meaningful, and enduring. Practiced routinely, these guiding characteristics set the stage for a life of enchantment.

Everything Comes Back to You

I changed the world; the world changed me. Everything you do comes back to you. When you affect a situation, you are also affected.

— Libba Bray

Real joy comes from discovering how much our lives are intricately linked with nature's grand designs.

For me personally, one such stirring discovery was coming to realize just how deeply nature's cycle of returning all things to their source was embedded in my life. For instance how the same forces driving plants to produce seedlings, proteins to migrate to their originating DNA, salmon to journey thousands of miles to their spawning grounds, and stars to collapse back to the same gravitational center where they began were also the same forces molding my life—such as why rituals unfolded toward their originating purpose, why conflicts only reached resolution when the instigating event was confronted, and why we're all irresistibly drawn to be buried in our hometowns. Realizing just how much my own life approximated nature's events, I gained great insights into how my life fit into nature's grand jigsaw puzzle.

Nature's trick of implementing this rhythm into its day-to-day business is once again linked to its creative process. Specifically, this timeless

flow is linked to the relationship of a developing creation's parts to their originating center. You'll remember from *Heart of the Universe* how centers create fields and fields generate well shapes. Further, those things caught in the grips of the well become aligned and attracted toward the center.

In the cases where the well's walls are steep enough, the surrounding parts will actually fall inward and downwards toward their originating centers. They may even come into contact with the center. The creative force's full cycle expression causes things to come into contact with their originator; in other words, to return to their source!

In a perfect kind of harmony, nature keeps all things true to where they began, forever linking and ultimately drawing them back toward their source. All things do meet their Maker.

The ramifications to our lives are profound. The conditions surrounding the points of inception in our lives are paramount. They are always present in our current lives and will always come back to us. In other words, all the creations of our lives never escape their roots; they are forever linked to and a whole byproduct of the place where they began. We are accountable for everything we do.

Thus, as you go about the various acts of your life—thoughts, a conversation, new initiatives, relationships, hopes, desires, and dreams—always strive to make them as fine and balanced as possible. Approach, interact with, and begin all things with only the highest order of truth, love, kindness, and compassion. By doing so, you'll have given all things their best possible start, and the best chance of returning to you in similarly beautiful form as something you can be proud of and, over time, defining you the person and how you'll be remembered.

Begin with the End in Mind

All things are created twice. There's a mental or first creation, and a physical or second creation of all things. You have to make sure that the blueprint, the first creation, is really what you want, that you've thought everything through. Then you put it into bricks and mortar. Each day you go to the construction shed and pull out the blueprint to get marching orders for the day. You begin with the end in mind.

—Stephen Covey

Because all things return to their source, thinking 'in reverse' highlights the importance of beginning all undertakings with the end in mind. Why? Endings inherit the quality of their beginnings and so, by visualizing the end result, we gain a wider, broader, and start-to-finish perspective from which we can make better decisions today.

Thus, before making decisions, embarking on careers, initiating new projects, or starting a family, visualize and define the end first. Think about it; sketch it out; talk to a trusted soul. What do you see? Do you see something beautiful and virtuous awaiting you at the end of your journey? Is it full of goodness, kindness, beauty, and compassion—does it have a glowing heart making it, therefore, worth pursuing?

Having visualized the end result, work your way back to its starting point and list what it will take to build your glowing city. Lay out its core themes and guiding principles such that when you arrive at its grand finale, it will be inspired and great.

There's also a message for our generation here. When we look forward 50 years and consider what we leave behind, what do we see? A thriving and sustainable planet? A result of our treating every field, valley, plant, meadow and mountain with the utmost care and respect? Or do we see a polluted, scorched, and overly consumed landscape of lost species, collapsed eco-systems, and global calamity? If the latter outcome is

likely, the seeds of its destruction lie with our current and on-going overly consumptive mindset, actions, and national policies. Are we brave enough to face the future and make new choices in the way we do business as individuals and nations such that the end of our era is something magnificent, enduring, and worthy of our children's consideration?

Solve the Source

Look into the Eye of the Storm.

— Neil Peart

If you ever wonder why things are the way they are, you need look no further than their originating center to find the answer. In fact, no matter the creation under consideration—an atom, cell, bee, or Buccaneer—its reason for being here today is a result of an originating center.

Centers are indeed at the heart of all matters. They are the purpose and meaning 'behind' all things. They are where feuds and disagreements began and where secrets and mysteries reside. They are the goals, objectives, milestones, and deadlines that drive our lives and all of industry. Propelled by ancient centers of mind, they are also the reasons behind why we do what we do, including shopping, eating, sleeping, working, and seeking out the opposite sex.

Why this occurs is simply because centers are the start of all things. Quite literally 'the thing' would not exist without having an originating center. Not only, as the creation progresses forward through time it continues to be subject to, and shaped by the makeup and character of its originating point of inception. Centers are thus the fantastic little 'ultimate causes' giving rise to all creations and guiding all the elements of their subsequent journey—in our lives, on the planet, and ultimately throughout the entire universe.

Thus if you are uncertain or require guidance, find the core and you will understand why the condition exists and will have found what you seek. Put this great knowledge to work in your life toward better understanding the world but also toward uncovering and solving any struggles you might be experiencing in your own life.

CHAPTER TWO

The Power of Centers

In the previous chapter, we focused on enriching the inception points of our lives to ultimately create more wholesomeness. Such points of initiation generally emerge spontaneously as we traverse our days and interact with others.

In this chapter, we instead examine various centers of our minds which, like control centers, guide us toward the things we need, want, and desire—ultimately forming most of our lives.

Such centers include our primal needs such as air, food, and shelter, the need for wellbeing as well as our emotional needs for companionship, family, bonding, and love. They also include our limitless wants and desires which, while often unessential to our survival (things such as hobbies, trinkets, and new IT gadgets), nevertheless drive large portions of our actions and lives.

We'll also discover the 'free', knock-on benefits derived from implanting strong centers at the core(s) of our being. Here we find the stouter the center, the more readily the world forms about it. In effect, the more energy we focus into something—especially wholesome and pure things—the more effortlessly the world will gather about it.

Think about it why this is—strong centers more forcefully spread their influence into their surroundings—naturally generating more symmetric, balanced, and holistic relationships. The result is that you don't have to work as hard to get more out of life, provided your core(s) are strong!

Great Centers Lead to Great Lives

You are what you do repeatedly every day. If excellence is something you're striving for, then it's not an accident. It's a habit.

— Greg Plitt

Our mind possesses various centers designed to protect, promote,

and enhance our well-being. Like mission control, our cognitive centers drive us to seek out the things that we want, need, and desire.

To ensure the larger elements of our lives are wholesome, enjoyable, and filled with the finest things life has to offer, we should work to fill these centers with the highest quality things possible—purity, meaningfulness, truth, and love.

So pack the various centers of your life with the purest and best.

Clean the air you breathe. Buy organic foods and take the time to prepare them freshly at home instead of buying frozen, canned, and preservative laden convenience foods.

Clean out and unclutter your home and fill it with themes of the heart instead: things such as light pastel colors, green and soothing plants, warm wood floors, cushiony and oversized couches and beds, and lightly decorated shelves, walls, and cabinets.

Place the greatest values of all—love, trust, and understanding—at the cores of all your relationships. When you meet and interact with others, be kind, thoughtful, gentle, compassionate, and a good listener. All of the larger relationships that develop will be equally well-formed and positive.

Create a great family—your greatest ‘work’ and surely the most enduring creation of your life. The seeds of thought we plant in children will grow and shape their lives forever in profound and potentially the most beautiful of ways. Thus as a parent at the core of your family, make sure that you fill your life and home with things of greatness and love. Through the food you prepare, furnishings you chose, what you define as important, the examples you set, your teachings, and your listening and holding—always build and set into motion the purest, most beautiful, and loving things possible. You will have given the

ultimate gift to those closest to you; and those who will carry on the greatest work of your life.

You'll need to work at being happy. If your expectations are unrealistic, and your wants and desires never-ending, you will never be happy or fulfilled—you'll never feel well. Get rooted instead. Take a yearlong sabbatical from the newspaper, Internet, and television, from the competition culture, and fill your time with walks in nature and time with your kids and family. Begin studying and learning again. Buy a book on biology, nature, the cosmos, and spirituality.

Take control of your emotions. Fill your life with better people and more meaningful things. In this way, we will have less of a chance of setting off negativity and be better prepared when emotional volatility—whether our own or that of others—enters our life. We should also try to better understand our feelings and those of others. Monitor ourselves and others to become more familiar with the powerful impulses driving so much of our lives and in fact so many of the worlds' interactions and happenings. Examine our lives with the idea of gaining better perspectives and hopefully gain some control over the virulent sea of emotions in which we live and often find ourselves adrift.

Every time you have a new experience, you create something new and unique. Experiences are seedlings that grow into something larger; it's a quality of the universe we can't escape. Thus seek out and surround yourself with the best: good people, good food, good conversations, nature, and things of the spirit. By surrounding yourself with only good and uplifted things, your experiences have a better chance of growing into something truly great.

Feed your mind. Fill your life with the 'best of the best' to ensure your experience of life is as wide and wholesome as can be. Often far removed from mainstream culture, seek out those things that are great and have endured the test of time. They will open countless

passageways to wonder, knowledge, and pleasurable experience—things such as creative passion, music, philosophy, poetry, literature, good science, art, great ideas, religion, and mysticism. They are the heart and soul of man's greatest creations and some of the greatest things this universe holds.

Sometimes we forget to enjoy the pleasures life holds: sweets, ice cream, rest, recreation, entertainment, friendship, excitement, love, physical contact, food, coffee, and the like. All help elevate our day-to-day experience so why shouldn't we enjoy them? Of course we shouldn't be gluttons but it does mean that after completing all of life's hard work—cooking, cleaning, parenting, exercising, and working—we should allow some time to indulge guiltlessly. So make pleasure a regular part of your life—a picnic, a bottle of wine, a hearty meal, a banana split, a good book in a hammock, and a long holiday.

Be a good member of society. Join groups and good causes. Ensure the organizations you join have a golden heart at their core. And just as importantly, when you are at the core of such organisms, set the tone by being proper, mindful, spirited, and collaborative; and all else that follows will be good.

Help your fellow man. Compassion is the highest form of human grace; increase your contribution to society. Give and donate your time and money to those in need and you will receive universal credits far greater than any investment fund could ever hope to provide.

Spend more time with just yourself—to explore yourself and the natural world. Sure, social interactions are natural and good; however, they can easily take up all our time and prevent us from a wider range of experience and knowledge.

Choose a career you love and all things—your job satisfaction and career—will fall into place and flourish. The direct relationship between

doing what you love and it spilling over into your life is easy to recognize. When we do something we love, we put our best into it; our true care, pride, and passion. Having such heartfelt sentiments at the center of our productive drive ensures everything we produce is naturally more of the same. Such passion is contagious and causes others to respond positively. As more passion streams into your productive efforts, your creations will appear larger than life, like flowers sprouting across a forest floor, all about you, centered on the golden heart of its great machinery.

Watch what you wish for. Definitely reach for the stars and strive to achieve true greatness and success; however be sure what you reach for is rooted in something beautiful and right, such that when it blossoms, you'll have a large degree of confidence that what you'll achieve (i.e. create) is something as beautiful as humanly possible.

Don't be afraid to give thanks—to food, bountifulness, existence, nature, good fortune, loved ones, success, and career—frequently and copiously. By doing so, you will have shaken the tree of good fortune and helped release its bountiful harvest in seen and unseen ways. Giving thanks helps keep us connected to those things that are most important to us: things in our immediate environment such as family and the resources we consume. It also returns us to the source—and the spirit at the heart of our existence. If we remain close to the source of all things, we recognize its undeniable significance and begin looking at the world that provides us with everything in different and more meaningful ways.

Choose Your Centers Wisely

You are present when what you are doing is not primarily a means to an end (money, prestige, winning) but fulfilling in itself, when there is joy and aliveness in what you do.

— Eckhart Tolle

Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them.

— Thomas Kinkade

We should be careful with the choices we make in life. They become real. Choices become the steadfast centers from which our lives grow and forever reflect.

Invariably, well-considered, positive, and mutually beneficial choices lead to positive, meaningful, and enduring outcomes. Bad choices rooted in greed, selfishness, and destructive intent generate worlds of imbalance, harm, and dead ends.

Through a case in point, let's examine just how significant choices can be, and how badly they can turn out when the initial choice is not well considered.

Over breakfast a few years back, a friend related how her relative had become increasingly infatuated with a direct marketing scheme. For purposes of discussion, let's name the relative Sue and the direct marketing scheme Z-Pyramid.

Issues arose when Sue began pushing more-and-more family and friends (and their friends and family) to sign up for Z-Pyramid. "It's easy and fun. We're all making money." To prove her bullishness, Sue quit her job and purchased thousands of dollars' worth of product in the hope of imminent, and what she believed, inevitable sales.

But what was the actual condition? Sue's life had become a mess. Her house filled up with unsold products. Her relationships with family and friends became strained. She and everyone about her were unhappy. Ultimately, and as is the case with most mass marketing ploys, she lost money, quit the scheme, and placed her life in great turmoil.

So even while I empathized with Sue's plight of falling prey to their get-rich-quick themes, I could see the larger effect Z-Pyramid had made on Sue's 'whole' life. For having become the prime purpose of her life, Z-Pyramid resided at the core of her being, and as with all centers, the bigger they are, the more powerful they are. They exert a greater influence on their surroundings and the larger creation evolving about them (in this case Sue's life).

In terms of Sue, Z-Pyramid being at the core of her existence came to control all aspects of her life—creating a massive rotating whirlpool sucking in all her thoughts, actions, words, time, and money; all revolving about Z-Pyramid's promise of riches at the end of her journey. The system stays alive either until the person achieves the success they so crave (a very unlikely outcome and an awful price to pay in terms of stress to your friends and family) or until the vortex dissipates when the money disappears or the pain of not succeeding becomes too great.

The lessons are many. We see how centers form the basins of attraction into which our lives flow and fill up. Making good choices—indeed choosing your centers wisely—will lead you down favorable and enduring paths. Likewise, poor choices lead ultimately to unwanted and undesirable outcomes.

Recognize the prime centers of your life—which are largely the choices you've made—and you'll come face-to-face with what you value and what's important to you. Set your targets on meaningful and purposeful objectives; nurture and care for them with heart and soul. In such a condition, the outcome of your choices will always be strong and bright.

Get Centered

It's very important to get your desires centered so you will desire only to do God's will for you. You can come to the point of oneness of desire, just to know and do your part in the Life Pattern. When you think about

it, is there anything else as really important to desire?

— Peace Pilgrim

Since we've seen that practically all aspects of our lives are inextricably linked to and set on their courses by what's going on inside (quite literally, in the space between our ears), it would behoove us to get our figurative mental house in order. To focus our mind and psychic energy to a quieter, firmer, and more peaceful spot so that everything spinning out from it is equally well balanced and right. To become—in the truest of terms—centered and rock solid. To develop and operate from a heart of gold such that when we go out into the world, all that we interact is illuminated with similarly golden light.

Before we go on to tackle the benefits of being centered, let us first examine the pitfalls of not being centered. Non-centered types are easy to spot. Their decided unsteadiness makes them appear slippery, inconsistent, insincere, and like a moving target. We often question “where they are coming from”, “what their motivation is”, and “what they mean” because they often sing and dance about the matter at hand. Non-centered types work hard to project confidence, but beneath their outward veneer, they are insecure, weak, and loosely structured and are known to lie, cheat, and manipulate. They will literally shift from one point of view to the next precluding the ability to project a single and clear voice.

By the way of an analogy, it's not much unlike most industrial machines. For if a machine is properly aligned, it operates smoothly and without shaking, and will therefore have a long and trouble-free life. If, on the other hand, the machine's centerlines are not aligned, it will vibrate heavily, noisily, and require undue attention. It can even break down prematurely if the condition is severe or goes unchecked for too long. In severe cases, the machine can even fly apart catastrophically. Sounds like some people you know, I bet?

Now consider what those who are centered do. Like their counterparts in nature, the clarity, completeness, and wholeness of people with strong centers shines bright. Their paths are balanced with their environment, unencumbered, and streamlined, so that copious volumes of energy can efficiently and effectively flow through them forming an infinite calm at their core. When their centers are well developed, people are strong, open, truthful, forthright, and trusted. They operate from a single point of strength, such that everything which flows out from them is consistently positive, right, balanced, exceptional, excellent, and great.

With this in mind, consider whether you would choose to appear rock-solid or like a castaway forever adrift on a shifting sea of turmoil to which neither you nor anyone else can affix. Get yourself centered and all aspects of your life will naturally fall into place.

CHAPTER THREE

The Power of Symmetry

The universe has a geometry of choice—center-oriented patterns. This is a natural result—all her creations are produced by the same center-driven process. Miraculously, the interrelations generated by this geometry produce a host of beneficial qualities that we can use in our lives.

Firstly we discover centers, and the fields radiating from their surfaces, generate symmetric, halo-like structures whose pleasing spherical form not only delights the senses, but also mimics the flawless shape of a sphere. Of course, spheres have long been recognized as nature's pure and perfect form; a quality speaking directly to the inherently beneficial qualities of center-oriented designs.

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 required for its creations to endure and sustain themselves. It is no wonder that the primary forms of nature are center-oriented circles, spheres, radials, clusters, and branching systems since these shapes provide the bedrock foundation from which the creation of atoms, cells, solar systems, galaxies, and societies can survive and, indeed, thrive as they do.

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.

Balance, beauty, and holism stream throughout the universe because they are designed into its very fabric—thanks to centers!

Living Symmetrically

The desire for symmetry, for balance, for rhythm in form as well as in sound, is one of the most inveterate of human instincts.

— Edith Wharton

Symmetry, balance, and beauty—the kind of qualities we’d all like to fill our lives with for the harmony and pleasing holism they inspire. We can naturally build these qualities of the heart back into our lives once we re-establish them at the core of our existence.

You see, the universe naturally generates symmetric relationships around originating centers that are pure. In nature, this is largely achieved by ensuring that the starting places of her creations are as homogeneously-formed and evenly-distributed as possible which, through the correspondingly even fields radiating from them, largely guarantees an evenness and balance to the larger wholes forming about them. Much more than their less impure counterparts, the wholes generated from pure centers are broader, fuller, and more well-formed.

In nature, we see this phenomena every time a single molecule freezes to form an eloquent snowflake, when a single cell grows into an entire organism such as you and me, and when a minute gravitational center ultimately forms a perfectly formed, spherically shaped planet or star.

These very same effects also apply to your life. The more purity and quality you pack in at the various centers of your life, the more evenly arranged and balanced your larger life will be. The evenness radiating from you will naturally form larger holistic arrangements as well as more readily attract good things and greater variety. Strong centers at the core of your being will naturally attract and assemble more as well as things of higher quality! Love will bring in more love, and from more directions.

Thus if you want to re-instill the nourishing qualities of symmetry back into your life, you will need to follow nature's way and adopt her holistic approaches by instilling as much purity, quality, and good as humanly possible into the various centers of your life. To give you a jump start in the process, we provide the following exercise which shows that building a life of symmetry is as simple as pie. That is, if you use the right ingredients...

Symmetry is as Easy as Pie

The balance in your life is more important than the balance in your checking account.

— Chris Gardner

Imagine your life as a pie with you at its center. Each slice of pie represents the amount of energy and time you put into the various parts of your life.

Get a paper and pen. You're going to draw two pie-shaped images of your life. To illuminate the difference between where you are now and where you could be, we'll first draw how your current time is distributed, and then a second pie chart depicting where you could be instead.

For the current condition, draw a circle and then divide it into the 'slices of your life' based on how much time and energy you spend at various activities. Be sure to list sleep, eating, travel, leisure, time in front of a TV, or anything else you spend your time on. Try and proportion the pie slices to match the amount of time you spend on each activity.

Once complete, take a step back and consider what your pie looks like. Does it include enough different and quality ingredients? Is it balanced and wholesome?

For most of you, this chart has probably already helped you realize that

you spend too much time in front of a TV or computer screen and too little time experiencing the 'finer things in life' such as nature, art, and music, much less taking enough downtime for yourself.

Now, draw a pie with the slices of a life you would rather be living. Make it more balanced by adding more variety, quality, and healthier habits (both physical, emotional, intellectual, and spiritual). Designate more time for preparing better food, reading good books, engaging in regular physical activity, immersing yourself in nature, and participating in some new hobbies you've always wanted to pursue. Pay special attention to how you treat yourself and how much time you spend with those closest to you.

Now compare your two pies and what do you see? Is the second pie better formed, varied, holistically arranged, and balanced? Does it more accurately reflect what you truly want from life and possibly even more? If so, then get to work by changing the very stuff at the core of your existence with the good and quality stuff you identified in pie #2.

Look at your style of living, especially in relation to health. Did you know that 90% of American medical care is spent on fixing problems that could have been prevented by living a healthier lifestyle? Take the time to get your health in order. Change your eating habits. Drastically reduce your intake of canned or frozen foods, chips, bottled drinks, and fried food. Try fresh food prepared freshly at home for a change—it is truly more delicious.

Get busy! Begin exercising regularly and take a long-term, progressive approach. A sedentary lifestyle is a huge drag on our minds, bodies, and souls. Don't get caught up in exercise fads. It takes time to lose weight and keep it off (think in terms of years) so establish a long-term perspective, begin slowly, keep at it, and introduce some variety to keep it enjoyable.

Take peaceful time for yourself, such as walks in the park. Try relaxation methods, such as meditation, yoga, and massage amongst others. Largely sever your ties to the 'machine' (walk away from TV and the ridiculous hype and expectations it creates). Keep the competition culture at bay by drastically reducing your viewing of sports and competition TV such as reality based shows. Buy different kinds of books other than just thrillers and romances. Buy a book on biology, nature, mysticism, or the cosmos. Take up a hobby or two based on something that thrilled you in your past. Did you want to be a photographer, play the drums, knit or sew?

Be more open-minded and not overly committal, allowing all options and angles to be considered. Become a calm source point that invites in the best of all things, from all directions. Through thinking and living in balanced and symmetric ways, you will become a voice of reason and wisdom. Ever more stability and accord will be generated in your life as well.

Finally, secure a peaceful spot in life that feels right and full, and where family and career are balanced. How will you know when you've reached that point? When what you're doing is filled with wonder, growth, meaning, and gentle contact with others.

Life is the rallying of many parts into a larger whole. With you strongly and confidently at its center conducting its master symphony, it can be filled with beautiful melodies if you let it.

Centers Bring Balance

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.

— Euripides

Our every action is subject to the laws of nature. One such law is the tendency to restore imbalances to a more balanced state of being. This is core to the concept of entropy (a subject of thermodynamics) and is especially true of things connected to a common center.

Centers naturally generate symmetric and balanced relationships through the fields radiating evenly from a center's surface. They will also restore any upsets to that balance. Prove it to yourself.

Sit down with a friend and place a cup, drinking glass, rock or whatever's available half between the two of you (in our example, we'll assume you've located a rock). Now in its position halfway between you, imagine the rock forming an undisturbed and still center point across which your relationship is balanced and whole—a calm point where all things nicely add up to zero.

Now, after being sure to thoroughly coach your friend as to the intent of the exercise in order to avoid any bad feelings, or worse yet, punches, say to your friend: "You are no good and useless!" while at the same time advancing the rock towards your friend. Of course your friend is naturally taken a bit back by your rude behavior and is inclined to fire back at you: "You're no good and useless as well!" At the same time, your friend should then move the stone back towards you and place it where it originally was resting. What just transpired?

Well by chucking a figurative stone at your friend, you upset the natural, centrally-biased equilibrium that existed prior to your offending words. But once the balance was upset, it didn't just remain in its new position. Like a stone thrown upward onto the ledge of a steep cliff, the offensive incident sits in a precarious position and naturally wants to fall back to the place where it began.

Hence, your friend expressed his universal right to restore the balance by giving you back exactly what you gave. Your friend fired back the

same words to you in the opposite direction, and through extracting his revenge, restored the position of the stone—and the balance—that existed before the upsetting words were uttered.

But it also works in the opposite direction. This time, instead of being offensive, say something complimentary! “You’re really nice and I appreciate our friendship!” Again, push the stone towards your friend. Your friend will likely respond in kind by saying “You are a really nice person as well,” while at the same time, returning the stone to its initial resting point or possibly even closer to you! Viola! Another perfectly balanced transaction and one that’s surely more preferable than the first one!

In fact, in the ‘kind’ interaction, something better and positive was created. Its outcome would likely endure and lead to something expansive, whereas the previous example can only lead to dead ends and destructiveness. In the grander scheme of karma counting, you do yourself great services when you are kind!

Through a simple transaction, we can see how all interactions—no matter how complex or how many might be involved—always begin with, and later seek, a natural resting point, a calm center of equilibrium and stability. When that balance is upset, the upset will be countered. We do get back what we give. The golden rule is indeed ‘real’ and one by which we should strive to live our lives. It is a poignant lesson we should carry with us throughout all our dealings, not only our transactions with people and nations but also our interactions everything in nature, whether they are trees, butterflies, whales, or the planet itself.

Source of All Suffering

Harmony makes small things grow; lack of it makes great things decay.
— Sallust

Happiness is not a matter of intensity but of balance, order, rhythm and harmony.

— Thomas Merton

Nature abhors distortion. Instead it spontaneously produces larger holistic creations that are formed in as nearly a perfect symmetry as possible. Symmetry is part and parcel of nature and her way.

This same principle applies in the realm of human discourse; however man has something which most things in nature do not—the ability to think and act in overly selfish ways—a uniquely human trait capable of upsetting the natural balance and creating worlds of disharmony instead. In fact it is man's distortion of this naturally occurring symmetry that is the source of practically all of society's ills.

You'll remember from our earlier discussions that nature spontaneously generates balanced and evenly-formed creations about strong and pure centers. It's the same in our lives. When we act in meaningful and mindful ways, we generate positive and enduring creations.

However, when we act in imbalanced ways, such as taking more than we need, giving less than we take, attempting to gain undue advantage, lying, cheating, and trying to force the world (and people) about us into unequal arrangements, we create distorted centers and upset the balance in our lives, those about us, and everything else we interact with. It's sometimes hard to recognize this in action (especially since the impulses are so overpowering at times) but it's exactly these little acts of distortion which generate and are at the heart of practically all social ailments.

So if you want less distortion and more symmetry in your life, you'll need to put more purity and wholesomeness back into your heart and dealings. We should listen as much as we talk, give as much or more than we take from others and the planet, and try to find a happy median

and middle ground in all our interactions. By doing so, you'll see the world naturally form about you in more symmetric, balanced, and beautiful arrangements. You will have also left behind a more exquisite and enduring world for others to build and grow from.

CHAPTER FOUR

The Power of Now

'Now' resides at the epicenter of all things past and all that will come. The moment you are standing in at the present is the center of eternity.

Living in this moment, you possess all the power of centers—their extreme energy, the power of duality, the power to create and shape the future. Allow your consciousness to enter the now and wield the power of creation.

In the Moment

He who binds himself to a joy/Does the winged life destroy;/
But he who kisses the moment as it flies/Lives in eternity's sunrise.
— William Blake (1757— 1827)

Peace is the one-way flow of time without any ripple of regret or resistance.
— Marie Le Strange (1890— 1976)

Consider the profound creations of Lao Zhu, Blake, Goethe, Van Gogh, Whitman, and others of their ilk—the words and images of each seeming to fly off the page as though given an enchanted life all their own. Each of these great minds seems blessed with the ability to somehow magically access another dimension—a deeper well of being and acute creativity that most of us cannot see, access, or understand. What is it that they see and hear but we can't? What's their secret?

Once again, our new Centerpath knowledge provides a fresh approach to this enigma—and also to how it might apply to our lives. It is derived from the sacred relationship of centers with the space surrounding them. A relationship that also appears to benefit from a mysterious interaction between the perfect symmetry created by pure centers and, apparently, the 'base' underlying condition of the universe.

For you see, when sages and great artists silence their minds (i.e. have

a pure mind free from clutter), they tend to create a perfect symmetry about them. Think about it for a moment—when we fully silence our minds, prejudice and the application of preconceived notions is minimized. Those with silenced minds also experience the here and now. By not worrying about the future or fretting over the past, they are able to achieve a perfect geometry—the past and the future perfectly balanced in the ‘now’ center of their experience. All stimuli are allowed to flow inward and outward without distortion or any rerouting. Perfect symmetry forms about the silent mind at its core as the space around us (including our minds) creates a perfectly smooth and undistorted spherical shape with information flowing inward and outwardly in relatively direct and smooth lines.

Only in this ‘base’ condition—matching the preferred geometry of the universe—can we even begin to understand the level of wisdom, insight, and creativity that sages can achieve. But even this does not fully explain the level of extreme peace and bliss which sages, priests, and monks have reported to feel and experience. Indeed the universe appears to reward this near perfect symmetry with increased flows of energy. Does this really happen? Is it real?

How to Now

It brought me to the God center, the vortex where all chakras converge -perhaps the whirlpool begins at the spiritual center and all life forms are based on this premise.

— Janet Burns

Nobody knows for sure why sages report high levels of bliss but it appears to arise from some sort of resonating effect between the universe’s design of choice and its base, underlying condition, not unlike what occurs when two tuning bars of the same frequency are struck—their like vibrations combine and amplify the effect. In the case of the universe, the same appears to happen when two perfectly even

geometries combine.

Thus the even geometry emanating from a pure center generates a perfect geometric relationship, i.e. like the faultlessness of circles and spheres. And since this localized shape matches the overall and therefore underlying form of the universe, i.e. the local and the global share the same 'geometric frequency', then their frequencies combine and amplify the effects on the local creation through what appears to be an increased flow of energy and elevated state of being. In many ways, this is similar to the effects described in the ancient practice of Chakra's—more good stuff flowing into already good stuff. It is something akin to opening a gate and allowing a larger energy flow, your mini-verse aligned and resonating with the larger frequency of the universe.

Now in Your Life

Your own positive future begins in this moment. All you have is right now. Every goal is possible from here.

— Lao Zhu

Be happy in the moment, that's enough. Each moment is all we need, not more.

— Mother Teresa

How do we apply this to our life? Well, being a child of the universe, naturally strive to obtain this same geometry by being pure at heart. You felt it as a child through living life with simplicity and pure motivations, freely and spontaneously interacting with others and their environment—happy and joyful. Over time though, much of this spontaneity evaporated, being progressively supplanted by social training and its agenda to develop strongly independent, relevant and, some might say, fierce citizens.

However this magic can be found again and resurrected.

How do you align yourself with the great universal geometry and the symmetry it engenders? Simply by allowing all things to flow as closely as possible to how they naturally are. This happens when we live in the here and now—i.e. when we don't live in the future or past, or somewhere else. These 'other' times and places serve to push, pull, expand, contract, and reroute our direct surroundings (and therefore experience), all of which serve to disrupt the symmetry-seeking aura about you. Of course, this does not mean that you forget about the past and never consider the future, but it does tell you to focus the majority of your energy on the here and now, allowing all the extraneous chatter to subside.

In this way, you will have aligned your world (sensory data, senses, and thoughts) in a way that is as perfectly symmetric (i.e. undistorted) as possible. Thus, by being centered, you will be in full alignment with the universe's great geometry and feel the rush of wonder, insight, and excitement that naturally goes with the experience. You will also have trodden as closely to the divine as possible and feel the exhilarating spiritual energy that accompanies such lofty places—a kind of Holy Grail to strive for in your life.

Of course, we can't all be Buddha's—the demands of life and family will and do take our time and much of our attention. However, we can put shades of this perfection to work for the benefit of our lives. One method is by giving your full attention and mindfulness to any task at hand (whether it be a conversation, playing with your child, or doing the dishes). In this way, you will have created a beautiful geometry all of your own making.

Thus introducing symmetrically-arranged, center-oriented designs into your life brings with it a whole world of benefits. We see that once you align yourself with the great way of the universe, your life will more

readily and quite naturally generate the most pleasing of qualities, such as balance, beauty, and even shades of perfection. You can also boost your experience and, in some ways, live life to its fullest potential with peak experiences in the ways of amplified sensory, creative, and imaginative powers of mind.

It may be no surprise that when we distort the natural symmetry, we create imbalances, deformations, and ugliness that flow through to all aspects of our lives. In fact, this distortion is the source of practically all of today's ills. It is an illness that has disturbingly become the central theme of modern man: an illness that, through man's unbalanced measures of taking more than he gives, creates huge imbalances, distorting the very fabric of the universe and the human and worldly soul.

Meditate

The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms.

— Nhat Hanh

As we touched on earlier, the act of meditation configures our minds into the shape of the universe's geometry of choice, i.e. a center-oriented pattern. Such an arrangement also generates a host of favorable knock-on benefits, including increased feelings of wellbeing and flows of 'good' energy. It also provides one of the most direct means of accessing higher states of awareness.

The key to effective meditation is focusing your thoughts on a single theme or object (for advanced practitioners, another object of contemplation is focusing on nothing at all), with the end goal being to venture inward to your own core and unleash its potent arsenal of spiritual energy.

The practice is often difficult for many at first. However, stick with it and expect to invest meaningful amounts of time practicing. It takes time to learn how to silence your mind, but you'll be glad you did. Besides the known spiritual boosts, science has also caught up with the fact that meditation brings tangible benefits, with studies now linking meditation to improved physical and emotional states as well as feelings of sustained wellbeing.

Numerous books already exist on means to meditate, so visit your local bookstore to determine which style best suits you.

Many find that visual-based books (such as meditation books which utilize Mandalas and Labyrinths) are the best place to start since their format naturally serves towards focusing one's thoughts.

CHAPTER FIVE

Power Paths

Each of us can feel the pull of imminent destiny. The faint, yet persistent sensation our life's purpose is just around the corner—ready to reveal itself upon a preordained confluence of events. The culmination of our life's calling, possibly written in the stars, just outside our reach, only needing the right 'sign' to become a reality.

It's an emotion we all share and an integral part of our humanity.

In fact, such a pattern is often what the physical embodiment of ancient mazes and labyrinths were intended to convey across a vast range of cultures and continents.

The symbolic meaning of the maze in many of these cultures reflects the idea of an inner journey through the confusing and conflicting pathways of the mind until the seeker reaches the center and discovers the essential reality of his or her own nature. In the greatest sense, you have returned to the source of who you are, which, in the end, is an expression of the universe's natural way.

Choose Paths with a Heart

"A path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you . . . Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself alone, one question . . . Does this path have a heart? If it does, the path is good; if it doesn't it is of no use."

— Carlos Castaneda

Our lives are comprised of a whole host of journeys. Kaleidoscopic and interwoven paths of education, adventure, evening plans, careers, vacations, projects, relationships, lifetimes, and destinies. Some journeys are short and direct, while others follow paths convoluted and challenging. Some lead to places known, while others take us along new roads to unknown destinations.

The journeys we undertake all vary in specifics; however, all share something very essential in common. They all include starts, pathways, and destinations. Of the three, the most significant element is the destination.

Destinations are most meaningful because they define the outcome—quite literally where we end up. Little known is that their choice also defines the character of the journey. Wouldn't it be great if our choices always steered us to magnificent vistas and spectacular views along the way? They can. You just need to better understand journeys and how they're structured. Let me explain.

All creations are comprised of two distinct phases. The first phase involves the creation of an originating center and an associated basin-of-attraction (formed by the center's field). The second includes the inward motion of things (effected by the field) about and inward toward the originating center.

In the case of journey-variety creations, the originating center is the choice/destination. The terrain you traverse on the way toward the destination is the field. The parts 'falling inward' toward the destination are you and the things you dedicate to the journey.

You can see the importance of the initial choice. Once you choose the destination, the end point of the journey is defined. Because destinations also establish a fixed point in space, the journey's terrain (or terrain-field) is also largely defined. The choice of destination literally defines all aspects of the journey!

Let's look at an example. Consider a journey to Destination A and one to Destination B. Path A leads to a beautiful mountaintop, which invariably involves a beautiful accompanying drive—the kind of journey we all desire. Now consider Path B—the top of a landfill. Besides a terrible initial choice, our experience is marred with a featureless landscape

and one reeking of foul and toxic fumes. The choice of destination is paramount so chose your destinations wisely!

To ensure your destinations steer you to the greatest summits possible, set your compass in the direction of things with a golden heart. Chose fun, uplifting, inspiring, good, right, and meaningful destinations so that your journeys and arrivals are as great, enjoyable, and memorable as can be.

Answers Come to Those Who Wait

The farmer has patience and trusts the process. He just has the faith and deep understanding that through his daily efforts, the harvest will come. And then one day, almost out of nowhere, it does.

— Robin Sharma

Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.

— Robert H. Schuller

A poppy seed lays patiently in wait like a lost treasure at sea.

Then, when conditions are just right, the seedling is suddenly 'found', and bursts forth to begin its journey of life.

Tipping its head above the horizon, the new seedling mounts an impressive assault against gravity, sprinting gloriously upward towards its lucky star hovering seemingly overhead.

Consuming, breathing, and organizing evermore, until one day it arrives at its destination. The one place to which all the proceeding activities were leading.

As with the zillion generations preceding her, it's here and now when the poppy plant produces its crowning achievement—its entire purpose is to produce the seeds that will grow into new seedlings for the next generation. Having achieved its fateful mission, the poppy plant quietly wilts and passes back to the ground from which it arose.

The journey of a poppy plant reflects so much of how the universe works. All things are headed toward something significant and meaningful, their very own destiny.

However the poppy plant didn't know where it was going. It heads where it needs to go but without ever knowing that the journey to its destination is its duty to help ensure the success of the species.

Our lives are no different. We don't often have the answer right off or know where we are necessarily headed, but if we wait and trust in our good intentions, all the events and uncertainties in our life will lead us exactly where they need to take us to find their purpose and meaning. Whether it's a decision, a dialogue, a new career path, or a personal long-term plan, the rhythm of the universe is teaching us the virtue of being patient in order for all things to have the time they need and deserve to develop and mature to something beautiful, right, balanced, and enduring.

Life's Greatest Journey

The way to heaven is within. Shake the wings of love—when love's wings have become strong, there is no need to trouble about a ladder.
— Rumi

The greatest journey you could ever hope to undertake in this wonderful lifetime is along a path little travelled. It's not a journey in the sense most expect. It is not the ascension of a mountain or an overseas adventure. But it's one that can take you to any place you've imagined or dreamed

about—and possibly deliver you to your destiny.

In fact, the greatest journey any of us can hope to traverse is not to a place on the outside—but instead inward toward your heart and toward rediscovering what it wants.

For in a universe that only wants to create more beauty and harmony—and appears to reward those things of the purest intent (see Chapter 4 for a fresher)—rediscovering what your heart wants and following its true love can bring with it untold delights and treasures, and uncover your reason for being here.

For as you see, love is the purest of all emotions and in its true expression is unconditional. It accepts things as they are and does not try to push things about or unduly change them. Pure love does not distort things.

Thus, pure love radiating directly from a pure heart creates what the universe likes most—a perfectly symmetric formation. Such a perfectly undistorted geometry resonating with the larger 'background' purity of the universe, feeding and concentrating even more of the universe's goodness to the object(s) of your love. Building a perfect crystal that eventually grows into a glowing palace about you, generating and radiating even more love in your life and in those who enter your growing bastion of beauty, ultimately encompassing your life and helping you become who you always wanted to be.

Your palace might be your family, children, kinship or friendship, your career, a shop, a hobby, a beautiful home, a creative marvel of art or literature, or a life of kindness and caring; it can be whatever your heart truly wants. Being filled with love purity, it will naturally be as good as it can be.

What will be your legacy, personal legend, and destiny? What will be your epic path? Rediscover what your heart wants, follow it, and you

will have found your happiness, destiny, and purpose—your reason for being here.

CHAPTER SIX

The Power to Control (Your Life)

Possibly one of the hardest things for most people to fully accept in life is the fact that we are largely in control of it. Practically every aspect of life—our friends, family, and fortune; all the upsides and down; the good, the bad, and the ugly—is in fact almost entirely a result of what we hold dear at our core. Making matters worse, today's media steadily broadcast a constantly-repeated message that it's "others" who are the source of and are responsible for our grief, discomforts, and failures.

But this is simply not true and a great tragedy of our time. We are responsible for our lives. We create our lives in the same way as all of the other masterworks of the universe are created—through the dynamics generated about originating centers. Indeed it's through the shockwaves sent out from your nucleus that all the connections of your life are generated and from which it finds its content, character, foundation, purpose, and continuity.

What are these centers at the core of our being that are responsible for building up and directing our lives? They are what we believe in; our disposition and what we hold dear and important. It is from these core locations that we speak, take action, and make the choices which taken together cumulatively form all the various arrangements of your life. All the activities, events, relationships, and artifacts you produce and purchase—your house, car, family, loved ones, and destiny—all ultimately linked to and in-service of you.

Look around at your life and what's in it—what you're seeing is simply more of yourself and who you are. The great news is that you are largely in control and have a huge stake in shaping it. If you don't like what you see or want something better, you can turn it around. You can do so by simply realigning your life with the great way of the universe, by quite simply putting a pure heart back into everything you think, begin, say, and do. Everything else will fall into place. Over time, you will see the effects: thought-by-thought, day-by-day. By being more mindful, your life will grow into something greater, enduring, and meaningful.

The lesson in life is quite clear: we are entrusted with great power to positively or negatively affect our lives and thereby all things in our surroundings. What we feel, think, say, and do have a real and direct effect on our world and the people in it. Hate and despair breed more hate and despair, whereas hope and love build more hope and love. You do create your life and have a God-given choice in creating its character and content.

In this chapter, we look at ways to help you create a life of enchantment.

Listen to Your Heart

Dive deep, O mind, in the ocean of God's beauty! If you descend to the utmost depths, there you will find the gem of love.

— Bengali Hymn

Deep at the heart of each of us, just out of sight and barely discernible, a gentle voice speaks at the core of our being. Tender and kind, forever urging us toward things real, good, and beautiful. This is the voice of your heart speaking to you.

Today, it seems that most are no longer able to recognize this voice, drowned out by the deafening battle cry streaming from our media outlets. A destructive message of coveting, conquering and greed, caring very little for matters of the heart. Keeping us nervous and on guard, eventually preventing us from being able to distinguish between the routine and the divine.

After a lifetime of such exposure, our little heart becomes buried—overrun by emboldened segments of mind seeking advantage and unable to tolerate the pain of a weakened social posture. The one sure thing in our lives is silenced. Eventually we lose our bearing and are lost.

But our heart never left us. Still there like a lifelong friend, loyal to the

end: you'll recognize her gentle ways whenever kind thoughts emerge. She's talking when you experience initial reactions, first impressions, and gut feelings. You also recognize her when you are at your best, being truly sincere, selfless, and treating others with grace and compassion.

You can restore your essential bond with your heart—slowly at first—by loosening ties to 'hard' society with its swirling agendas and treading away from its swift undercurrents that distract us from our true mission in life. As you begin returning to her, you will listen more-and-more to what her timeless melody is trying to tell you. Listen to your heart and allow it to once again be your source of simplicity, spontaneity, spirit, and confidence—a sure and steady core from which you can guide all your life.

Mindful is as Mindful Does

Mindfulness practices enhance the connection between our body, our mind and everything else that is around us.

— Nhat Hanh

Happiness is when what you think, what you say, and what you do are in harmony.

— Mahatma Gandhi

In Chapter One, we examined the overriding importance of starting all things right. This was intentional—points of inception create the tone and character for our entire life. Little known is just how much these starting points are colored by our core disposition. Quite literally, what's going on deep inside us largely drives the character of our lives.

It follows then that, in order to ensure the beginning points of our lives are as wholesome as possible, we need to gain better control of our minds and create an optimum internal environment. We need to dig deeply inward toward our core disposition and shape it to be as pure

and righteous as possible so that everything that follows will grow into something similarly awe-inspiring and possibly even of the divine.

Going deeper and straight to the point, the character of our thoughts is generated from our core disposition. In order to best boost the overall wellness of our lives, it is essential that we get our internal, mental landscape in order, because it is from our habits of thought and basic mindset that most conscious thoughts are generated. The color and content of our lives are truly set by what's going on deeply at our core.

The best way to achieve this is to cultivate a greater mindfulness in much the same way as the great religions have preached for thousands of years; to foster an elevated state of being that strives to achieve harmony in all things and events so that when life throws its volatility at us, we are best positioned to approach 'what happens next' in the most balanced and rightful means possible.

The most practical method of attaining an optimum mindset is through the practices of meditation and mindfulness. Their goals are the same: to create an elevated state of thought, a strong and centered point of control at the root of our being (a heart of gold to be sure) such that anytime we are called into action, what comes out is as good, right, and balanced as possible.

Thus, if you want to elevate the quality of your life and its relationships, you'll need to begin from within. You'll need to work at being more mindful—think good and proper thoughts such that all the words, actions, and therefore the ever-larger relationships of your life are similarly good and enchanted. Learn to stop, look, and listen so that you can craft the best possible path forward before speaking and acting. Helping build your larger life and world into a grand reflection of the focused and glowingly pure heart at its core.

Plant Seeds of the Divine

Inside every seed is the potential for an incredible harvest.

— Farrah Gray

Don't judge each day by the harvest you reap but by the seeds that you plant.

— Robert Louis Stevenson

Imagine you're standing at the edge of a broad deserted plain. A Dalian-like plain as deep as it is wide and fertile. And like all empty areas, it's waiting to be filled, traversed, and explored.

By your side, you possess a sack of beans. However, these aren't your normal beans. These are special beans, both limitless in number and capable of magical powers in the unique realm of human cognition. In fact, these beans can take root and sprout in the uniquely human realms of ideas, feelings, and concepts as well in the thoughts and memories of others.

Now begin walking across the plain. There are several areas to explore and places of interest to visit. Ravines, valleys, different paths to choose, and some mountainous outcrops in the distance.

As you walk, you interface with and bump into countless others. With each passing moment and interaction, you plant a seed. Each and every time you think or come into contact with others, speak, talk, act, and react, you create little dew drops of the universe's magic. All these seeds will take sprout and grow into something larger and permanent—a living organism specific to just you.

Finally, after decades have passed, you pause and turn to see what you've created. Look out across your plain. This is the garden of your life that you created. What do you see?

A lush land filled with hearty and vibrant growths. Towering trees with thick layers of underbrush? A fertile, robust and flowing plain you worked tirelessly toward nurturing, feeding, and raising into something beautiful and excellent? Something to be proud of and a plentiful bastion?

Or is it a wasteland? Charred, diseased, and dry—filled with barren and fruitless trees? Incomplete, unwholesome, and lacking in anything enduring?

Now imagine yourself back to today with your trusty sack of beans by your side. You open your sack, look at your beans and say a little prayer. A wish that these seeds will only be of the greatest imaginable grade. Glowing and virtuous, balanced and beautiful, good and kind; seeds of the divine you hope to plant, cultivate, nourish, and grow into what will ultimately become your entire life.

Writing Your Epitaph Every Day

When a great man dies, for years the light he leaves behind him,
lies on the paths of men.

— Henry Wadsworth Longfellow

Always aim at complete harmony of thought and word and deed.
Always aim at purifying your thoughts and everything will be well.

— Mahatma Gandhi

In the end, is there anything more important than how people remember us? Once this life is complete, and we depart this planet, all we truly leave behind are memories in the hearts, minds, and souls of others.

And because this lasting memory is a simple and single impression, it is indeed a reflection of our essence—our soul at the center of our existence. Thus our legacy simply boils down to a reflection of the kind

of person you created by how you conducted your life and treated others. You, yourself go about erecting your own epitaph in every word and interaction: moment-to-moment, day-to-day, and year-to-year. Built up and reflected in the memories and words of your friends, family, and colleagues, that memory was your creation and you can affect it either way. Your story is fully written and composed by you.

So what will be your epitaph? When you look at the end of your life and consider how you want it to look, do you see a joyous celebration of the person you were? Are the decisions you've made and the way you live your life consistent with such an outcome?

Did you give your heart and soul to life and to others? Did you give others your time? Did you listen and give others praise and thanks? Were you compassionate, gave more than you took, and lived humbly and gracefully? Did you teach and inspire others? Were you patient when others were not, and a shining beacon of inspiration and love? Will others remember you as a good and kind soul that tried to do his or her best, to do the right thing?

Or were you always looking out for number 1 and needing to win every point and conversation? Always trying to appear important, better, smarter, richer, and more relevant while trying to tear others down? Do people consider you as mean, aggressive, cruel, or overly selfish?

Be brave enough to face it if it is so, and even braver to make a change if one is necessary.

Only time will tell.

CHAPTER SEVEN

The Ultimate Power

Is there a god? Is there an all-knowing and all-perfecting deity at the heart of this tremendous symphony of being, directing its delightful dance of order, beauty, balance, and harmony?

For sure, this most essential question has been at the heart of man's deliberations over our origins and the meaning of life since the dawn of time. But while mankind typically agrees on very little, it's reassuring to find that practically all lines of inquiry into this particular subject converge on the same spot. In fact, no matter the era, age, belief, or religion—from Lao Zhu to Goethe, Hinduism to Christianity, and Alchemy to Centerpath—all ultimately came to the same delightful conclusion: a great essence must reside at the core of the universe. How else could the universe just arrive at its profound state of divine-like being unless a master watchmaker were responsible for assembling its grand mosaic of being?

Moreover, each of these fantastic inquiries arrived at yet another similarly fantastic conclusion, one that especially relates to our lives and how we might go about conducting them. This common conclusion finds that the only means possible to achieve a meaningful and enchanted life would be through emulating her divine way; that only by holding a supreme goodness as a high place marker in our lives might we begin to find the light of truth, virtue, and wisdom necessary to properly guide the affairs and hearts of men.

It is a belief that was embraced wholeheartedly throughout the millennia until quite recently, it seems, when man apparently decided that he himself knew all he needed to know and what was best for him. That his various marvels of creation—his technology, captains of industry, gadgets, and innovativeness—were enough to guide our lives and fill our hearts and souls. God and nature—her beauty and timeless wisdom—consigned to the status of relics of the past, no longer necessary for achieving man's current aims of consumption, convenience, personal choice, and never-ending plentitude.

How short our memories are. How easily we forget. We forget just how frail we can be. We forget that, just as in eras gone by when we did not place higher order principles at the heart of the affairs of men, we have repeatedly fallen prey to less-than-savory agendas. We forget that while often appearing right at first (due to their easiness), our impure distractions ultimately lead us down paths of peril that we later end up regretting. We forget that when we stray too far from the natural balance and wholesomeness of things, we risk perils, calamities, upheaval, and even collapse.

One wonders just how many of today's ills result from the new path we have chosen. Are today's mounting individual, social, economic, and planetary ills a result of a breakdown of our essential relationship with great things and the divine? Without a solid anchor to align our hearts and minds, we have become increasingly lost at sea, roaming in the abyss from one distraction to the next, wondering more-and-more if what we are doing is good, proper, and meaningful. Drifting at sea and in need of a safe shore to set ourselves down, we secretly hope for a genuine beacon to guide us to an elevated state of being.

----- *** -----

It is a way to the heart of hearts,
to the utmost direct intense experience of one's sacred identity.

— Rumi

Of the many inspiring concepts Centerpath hopes to present, its greatest contribution may ultimately be in providing one small step back towards restoring our essential relationship with the divine—and revealing a path forward toward reconnecting with God. For you see, Centerpath begins with the very contention that all of the universe's wonderfully-crafted creations—quite literally its peoples, cities, and nations; its solar systems, galaxies, and universes; its whales, butterflies, and eco-systems; and its art, music, and thought—all result from the

workings of magic-like hearts buried deep in the bosom of each. Great orbs of pure universal stuff at the center of all things that, along with the equally pure fields radiating from their surface, go about the seemingly divine-like work of raising the cosmos' contents into more orderly, beautiful, and highly meaningful creations than would otherwise be the case in a random universe.

Not only a fantastic result in and of itself—and one strongly hinting at divine intervention, extending this guideline to the entirety of the universe—the 14 billion light-year wide spherical dome containing some ten trillion stars, also leads us to arrive at yet another incredible and most delightful result—and one that speaks directly to our inquiries about a God and her role in our lives.

For once, we consider all the creations of the universe are crafted with exceeding degrees of beauty, perfection, and harmony—seemingly love-like qualities of heart, you will see the only means to create such a spectacular condition is to have an equally pure and infinitely powerful expression situated at the core of the universe. A most mighty source of purity— an immense heart of gold—infinately deep, powerful, and perfect; radiating powerful fields of love into all of the universe; forging its creations in a gorgeous and direct image of the purity at its core.

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; and doing so by designing a pure heart of gold in the bosom of all her creations. 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 as pure as the love of God in all things.

Thus through the purity of being, streaming from an all-powerful being at the core of the universe, we find very real reasons to once again

believe. A newfound and powerful faith we can discover each time we walk to the center of all of nature's great creations as well as those in our lives. Magnificent creations that enrich and elevate our experience of life and being—and reestablish our relationship with the divine. A noble and necessary relationship that Centerpath hopes to restore through showing us the path back to the heart of all things.

Be the Universe

He who lives in harmony with himself lives in harmony with the universe.
— Marcus Aurelius

The parts and the whole are defined by their centering; their creative center-oriented creator paths; to the heart of the creator and beyond; at the fountain of creation; paradise; a return to paradise on the Centerpath; what is the treasure? the inexhaustible eternal delight of energy, transformation, and creativity;
— Ben Bahora

If you want to create a life in the image of God's perfection, you'll need to become the heart of the universe. Indeed if you want to get all your stars aligned, synchronize all the satellites swirling about you, and create the most balanced, wholesome, and well-formed life possible, you'll need to implant the greatest of all things at the seat of your soul. Fill it with purity, love, compassion, kindness, beauty, and warmth in a reflection of the heart and soul of the great creator.

From this point of great power, you'll effortlessly reradiate more of the same back into your surroundings—aligning and arranging it into a perfectly formed creation. Shining brightly throughout the universe, its dazzling flame will gain the attention of others about you, including God. Basking in the glow of the love radiating from you, each recipient smiles back at you. You have become the universe and it has become you.

Get Closer

We get closer to God as we get more intimately and understandingly acquainted with the things He has created.

— George Washington Carver

Every moment, every event and encounter is an invitation to center, to seek the creator and find her; evolution is the miraculous creative work of centers uniting to form novel wholes;

— Ben Bahora

Experiencing the divine; approaching the source of all beauty and harmony and standing as closely to God's grace as one might possibly imagine; seeing and feeling the splendor in all things; basking in her glory, reaping the delight of God's blessings and great power, and allowing it into your heart: these are the hopes of a lifetime and a secret desire we all share.

To begin reaping the benefits of getting closer to God, to begin being uplifted by her sheer beauty, balance, and brilliance; you'll need to get closer to her divine creations on this planet. And while the process that steers us closer to the heavenly heart might be difficult for many to recognize or initiate in their lives, there is a possible means to jumpstart the process.

For while all of nature's creations possess strong shades of her divine perfection, not all are necessarily created equally. In fact, some appear more powerful than others. Seemingly closer to the source of the universe's powerful well of creation, they glow more brilliantly. Like diamonds in the rough, some things do shine brighter than others—and provide us with a more direct line of access to the universe's mind and very soul.

It is thus through focusing our attention toward these more powerful varieties that we can more quickly approach her radiance and raw

power; turning our attention toward these treasures, helping us raise our whole life to higher levels of satisfaction and experience.

Where are these treasures? Mostly everywhere about you. In the heart and soul of all of nature's creations. They are where beauty, truth, meaning, and purpose reside. Seek out those things that shine the brightest—illuminated by the intensity of centers—and there you will find the divine. They are there in the brilliant radiance of flowers, a rainbow, a sunset, a sparkling glacier, infinite stars on a moonless sky, temples, ice crystals forming on a window, a mother's patience and love, a waterfall, a mountain vista, a Van Gogh sky, and in the bliss of a child's smile. And they are there in the words of Whitman, Emerson, Goethe, Rumi, Lao Zhu and so many others. God's splendid power is more accessible when seen more directly in her most powerfully beautiful creations. Her smile in all things.

Experiencing the divine becoming your new day-to-day passion. Seek out and experience powerful things, places, and spaces. Seek out the beauty in the heart of all things—one little immense experience at a time. Fill your life—and your experience of it—more-and-more with the fullest and finest the universe has to offer. Take one step closer to the soul of the universe. A practice exercised faithfully brings us to elated states of being and to an enriched experience of it, keeping us as close to God's replenishing splendor as we can be, and living as near to the divine as we ever imagined possible.

Where to Turn

I believe in signs...what we need to learn is always there before us, we just have to look around us with respect and attention to discover where God is leading us and which step we should take.

— Paulo Coelho

... when harmony, beauty, symmetry, balance etc. (the natural heart)

and kindness, compassion, charity, love etc. (the human heart converge, then you've found the treasure map, the path to the center, the Centerpath (to the higher Heart)

— Ben Bahora

Feeling lost in life's labyrinth?

All of life's twists and turns got you confused on which path is best for you? Are society's myriad distractions and choices pulling you in too many directions, blurring your focus and distracting you from what's real and right? How can you know for sure any longer whether your choice is leading up or down? Are you having trouble finding your way in these troubled times?

However you do not need to worry—the universe has already provided you with everything you'll ever need to find your way. It's just that you may have temporarily forgotten the true nature of the universe and how you fit into her grand designs.

It's gift to you? A pure heart of gold implanted in the bosom of all things, a heart that already knows what to do. An all-knowing oracle imprinted with God's wisdom in the heart of each of us, an oracle which already intuitively knows where to turn to navigate through all of life's circumstances.

However, whenever you are in doubt or temporarily unable to access its infinite well of wisdom, the universe has also provided us with a series of signposts to guide us in the only direction we'll ever need to take. If you have lost sight of these signposts or forgotten how they appear, you'll just need to once again recognize them—in nature, they are simply all the beautiful, balanced, and holistically arranged elements of being we experience as oceans, rivers, mountains, trees, and galaxies, all of which are a direct reflection of the ultra-pure source code located at the center of the universe.

The associated reflections of this natural balance and beauty in the human realm are experienced as compassion, goodness, kindness, and love. Once you turn toward them, you can always find your way. A path toward the center of all things which, through their association with the source, also links you to the cradle of being and its associated unlimited goodness and wholesomeness. It is not much unlike setting your compass towards the North Pole—once you point yourself in the direction of what’s real and right at the heart of the universe, you will always find your way regardless of local detours caused by the terrain, circumstances, and conditions of your life.

One Step Closer

The closer you get to God, the more you become yourself.

— Jason Evert

If God is the center of your life, no words are necessary.

Your mere presence will touch hearts.

— Vincent de Paul

To live life optimally and as you always wanted. To get intimately close to nature and being and to see the smile of God in all things. To better understand life and move toward something greater, to the source of all beauty and harmony. To live an enchanted life and in bliss, in peace and harmony with yourself, with others, and with the world at large. To be the best that you can be. To be all this, you will need to take one step closer to the heart of the universe each-and-every day.

In order to make this lifelong journey as meaningful and enchanted as possible, you will need to consciously step away from the distractions of our modern-day abyss and instead move toward the light of truth and love at the core of being.

In every thought, impulse, act, and interaction, you will need to point

towards its portal-like centers of goodness, purity, rightness, beauty, balance, and harmony. Turn face first, inward toward her glowing radiance, bask in her brilliance, and confidently take a step in her direction. With your new moral compass in hand, each day, take one step closer to the source of all things at the heart of the universe.

Focused, aligned, and anchored to what's good and meaningful, you too will become a springboard from which the purity of the universe can flow from; creating more of the same in your surroundings, your life, and the lives of your loved ones; forming a lovely creation worthy of placement alongside all of the universe's other beautiful creations.

Gaining strength, endurance, and a dose of bliss with every passing stride, step into and toward compassion, beauty, humility, accepting, patience, caring, and kindness; striving to achieve excellence in all that you do, in all the acts, plays, and dramas of your life. In the process, you will have elevated yourself to the highest planes of existence and placed yourself as close to the divine as you might possibly have ever dreamed possible in this life.

May your journey to the universe's greatest power be uplifting, rewarding, enlightening, inspiring, and exquisite.



SEVEN PATHS TO POWER

E-Book: USD 3.99
Book: USD 9.99

CENTER LIFE

#shootfilm

HAPPINESS – DESIGNED BY NATURE

Centerlife

Centerlife

By Jin Nua

ISBN 978-0-9911145-8-0

Published by Centerpath Books Publishing LLC

<http://www.centerlife.center>

Copyright Jin Nua 2019

All rights reserved.

This e-Book is licensed to the individual who purchased it under the conditions stated at the website www.centerlife.center. This e-Book is not to be sold, copied, or gifted to any others. No part of this e-Book may be reproduced or utilized in any form or by any electronic, mechanical, or other means, now or hereafter invented, including photocopying and recording, or in any information storage or retrieval system.

Reproduction, retransmission, or redistribution in any form is illegal and strictly forbidden, as is continuous and regular dissemination of any general or specific information. The use of any material included herein must be approved and written permission be gained from the author. Limited quotations or citations may be utilized only if full credit is given to the author. For permission requests, contact the author at jinnua@jinnuablog.com.

Note: This E-Book is written solely for informational and educational purposes and the material contained herein is set out in good faith. It is each reader's responsibility to assess and determine whether or not to apply any of the suggestions contained herein, and to seek professional advice if in any doubt. In no way can the reader infer any claims or guarantees whatsoever or hold the publisher or author accountable for any information included herein. It is an express condition of buying and using this e-Book that you hold neither the author nor the publisher liable for any consequence arising from interpretation of or action taken upon any of the information herein contained.

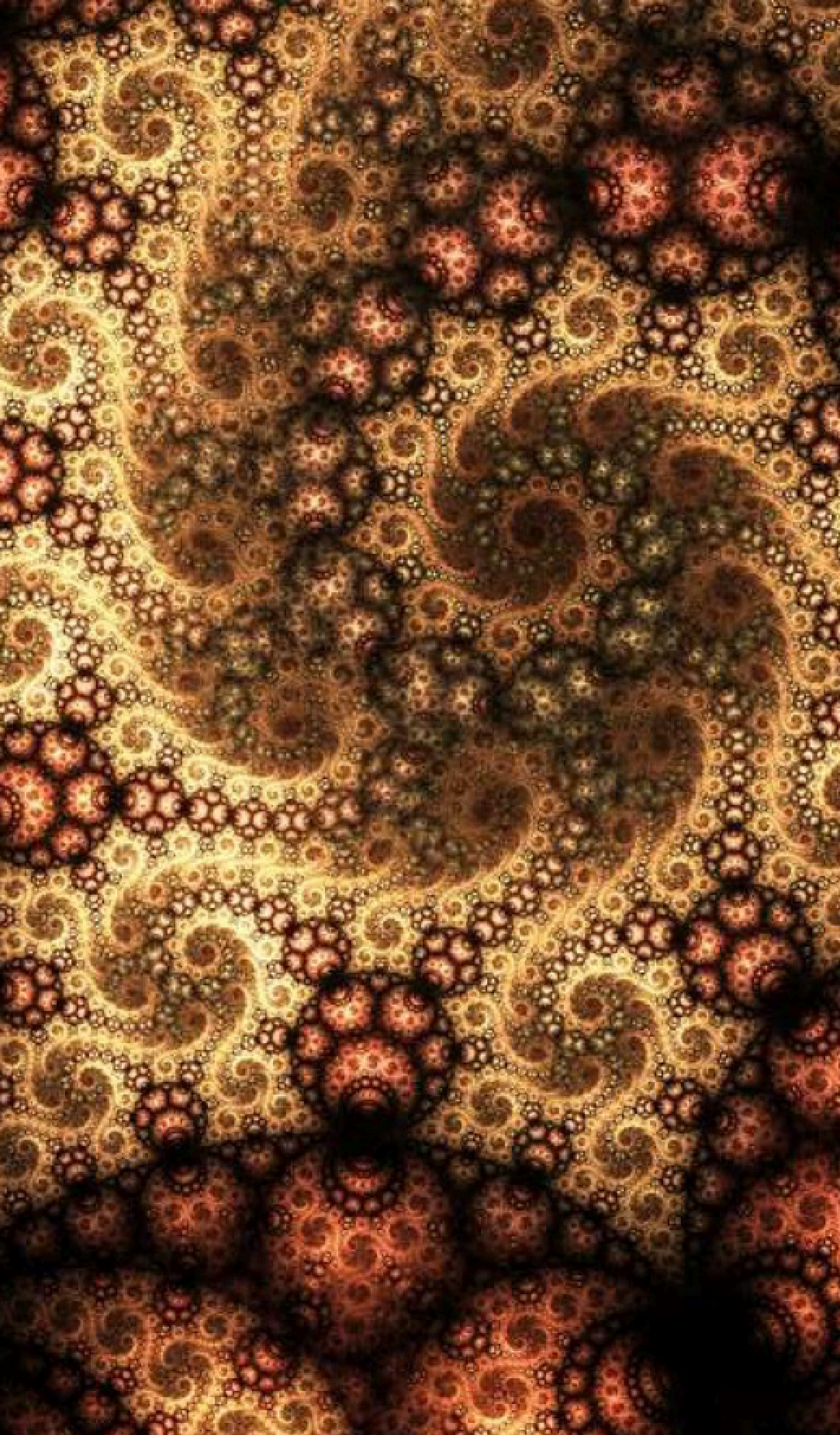
All images and quotations sourced from Shutterstock or Wikimedia Commons (wikimedia.org) and are in the Public Domain unless noted otherwise. All images are intended for simple illustrative purposes only. Their use does not constitute the support of Centerpath Book Publishing LLC or Centerlife.

Centerlife

By Jin Nua

Dedicated To

Ben, Scott, and Cary



Contents

Part I Order in Nature and in Our Lives.....	11
Chapter 1 How Nature Raises Order.....	12
Chapter 2 How Nature Orders Our Lives.....	20
Part II Harmony in the Universe and Our Lives.....	28
Chapter 3 How Nature Raises Harmony.....	29
Chapter 4 Raising Harmony in Your Life.....	35
Appendix A Centerlife Worksheets.....	52



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.

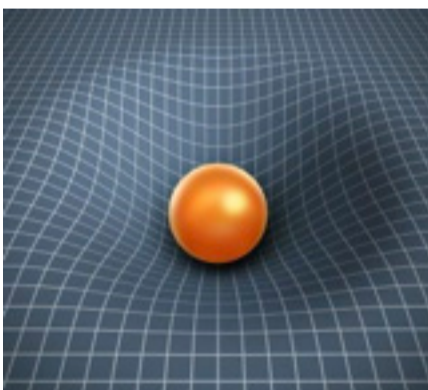
1. A seedling-like center spontaneously forms.
2. The center emits a field that shapes its surroundings into a halo-like geometry.
3. The field interacts with items of like makeup in their surroundings, causing them to align toward, gather about, coalesce, move toward, and form about the originating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

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



Act I: A Center Forms

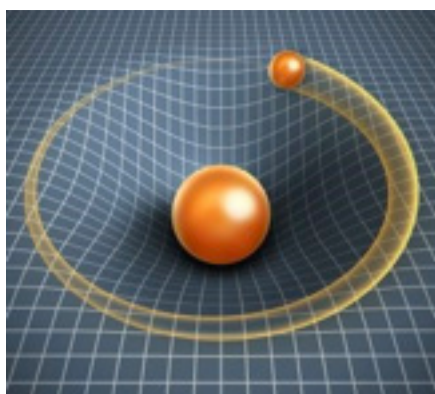
Nature's creative force begins with a first act of creation –the spontaneous formation of a center. Such an event might be a plant's seedling taking root, the formation of a gravitational center that ultimately becomes a planet or sun, a street performer raising his voice to draw attention in a crowd, 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.



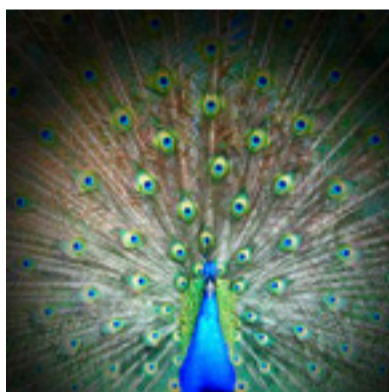
Act III: A Creation Takes Hold

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

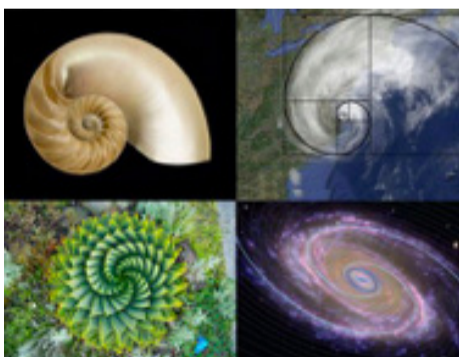
Thus, books are not endless strings of words and sentences but instead form an array of worlds in rotation that, while infinite in expression, always find their rooting through the central element uniting and binding them.

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



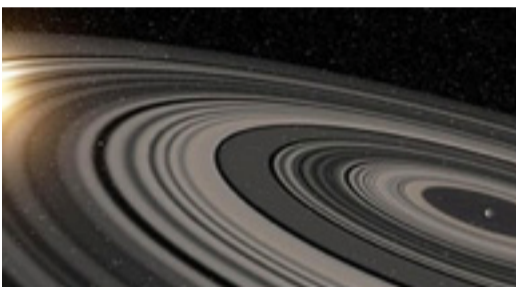
The first Centerpattern's we recognized as children were concentric circles spreading from rocks thrown into ponds and when counting rings of a tree's cross-section. We can also see concentric circles in the growth pattern of teeth, the slices of an onion, Mandalas, auditorium seating arrangements, and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

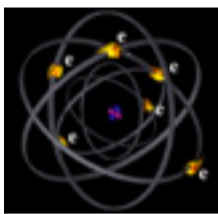
Combined in their entirety, forming a larger, rotating hurricane about you at its center. A collage of words, images, sounds, actions, associations; and things you make, buy, and produce—all intended to secure and arrange resources inward and about you—the originating, mastermind at its core.

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.

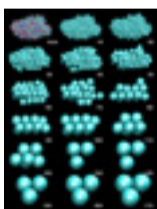
Top-to-Bottom, You Are Center-Oriented

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.



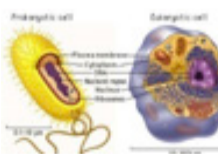
Atoms

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.

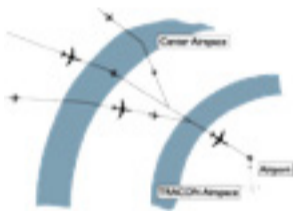
Institutions



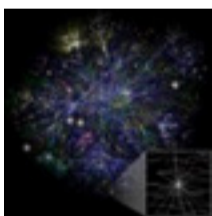
In a direct reflection of our groupings, our institutions are also organized in center-oriented configurations. Starting from the top we find our governments are organized in central capitals (about associated leaders) including nations, states, regions, cities, and townships as well as across multiple 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.

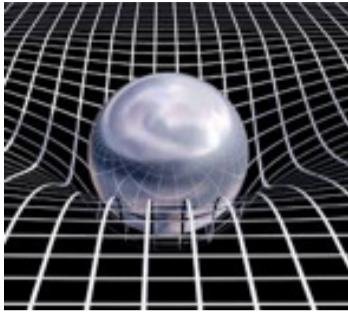
Nature Generates Harmony Thru a Center-Oriented Design



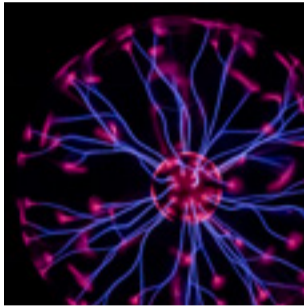
Remember in Chapter 1 when we mentioned that center-oriented configurations naturally generate 3D, spherically shaped forms? While possibly appearing relatively insignificant at first, this outcome in fact brings with it colossal consequences. For embedded in the very form of spherical forms are structural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

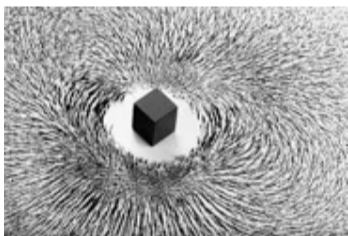


Nature generates halo-shaped creations through an ingenious partnership between centers and the fields surrounding them. As you'll remember from Chapter 1, centers produce halo-like forms as a natural outcome of the universe's creative process (see Chapter 1 for a refresher). In essence, the evenly radiating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

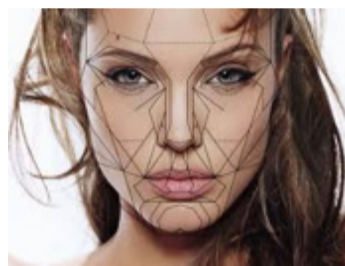
Halos Produce Beneficial Qualities

Halos = Perfection and Holiness



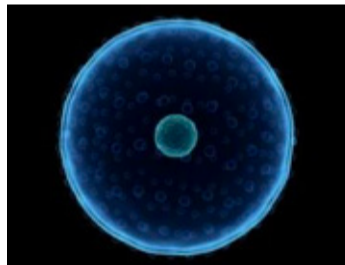
The easiest way to visualize how centers spontaneously generate beneficial qualities is considering the historical and spiritual significance of halos and spheres. For instance, spheres have long been recognized as the universe's ideal form due to their flawlessness, beauty, and perfection. Of course, 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.

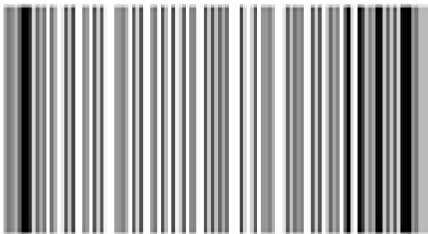
Selfpath Worksheet

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.

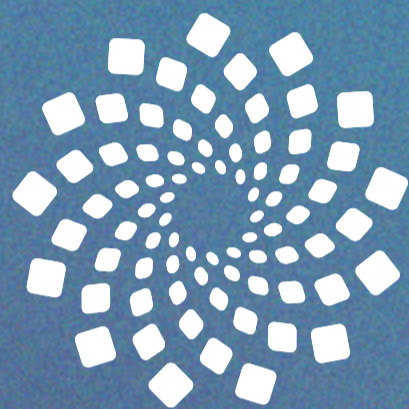
**CENTER
LIFE**



1234567890

E N C Y C L O P E D I A

CENTERPATH



BY JIN NUA

Encyclopedia Centerpath

Encyclopedia Centerpath

By Jin Nua

ISBN 978-0-9911145-3-5

Published by Centerpath Books Publishing LLC

www.centerlife.center

Copyright Jin Nua 2014

All rights reserved.

This e-Book is licensed to the individual who purchased it under the conditions stated at the website www.centerlife.center. This e-Book is not to be sold, copied, or gifted to any others. No part of this e-Book may be reproduced or utilized in any form or by any electronic, mechanical, or other means, now or hereafter invented, including photocopying and recording, or in any information storage or retrieval system.

Reproduction, retransmission, or redistribution in any form is illegal and strictly forbidden, as is continuous and regular dissemination of any general or specific information. The use of any material included herein must be approved and written permission be gained from the author. Limited quotations or citations may be utilized only if full credit is given to the author. For permission requests, contact the author at jinnua@jinnuablog.com.

Note: This E-Book is written solely for the informational and educational purposes and the material contained herein is set out in good faith. It is each reader's responsibility to assess whether or not to apply any suggestion and to seek professional advice if in any doubt. In no way can the reader infer any claims or guarantees whatsoever or hold the Publisher or Jin Nua accountable for any information included herein. It is an express condition of buying and using this e-Book that you hold neither the author of the publisher liable for any consequence of any information herein contained.

All images Wikimedia.org. All images are intended for simple illustrative purposes only. If any image is not fully credited, the holder should contact Jin Nua and the image will be credited further or removed.

Encyclopedia Centerpath

By Jin Nua

Contents

Introduction.....	8
Part I : The Patterns of Nature.....	9
Chapter 1 A Matter of Matter.....	10
The Parts of an Atom.....	11
Atoms.....	12
From Atoms to Molecules	14
Atomic Communities.....	15
The Atoms Family – Global Relationships.....	17
Chapter 2 Crystal Planet.....	19
A Planet’s Vital Statistics.....	20
The Land.....	23
Wind, Weather, and Waves.....	26
Chapter 3 Space’s Spacing.....	32
Heavenly Centered Bodies in Our Neck of the Woods.....	33
A Sun’s Life.....	36
Galactic Groups.....	38
Clusters = Galactic Groupings + Galactic Groupings + Etc.....	38
The Beat Goes On.....	39
Super-Sized Universal Centerpath!.....	39
Over and Above a Universe.....	40
Chapter 4 Life Form Form.....	42
Life’s Inanimate Building Blocks – Atoms and Molecules.....	44
Chain Molecules – DNA, and Proteins.....	47

Cells.....	48
Tissues.....	50
Organs.....	51
Organ Systems.....	53
Whole Organisms.....	54
Groups of Organisms - Flocks, Schools, Herds, and Swarms.....	55
Ecosystems.....	57
Super-Sized Ecosystems.....	58

Part II : The Patterns of Man.....59

Chapter 5 Groups.....60

It Does Take Two to Tango.....	61
The Bonds of Blood.....	62
Social Circles.....	63
The Circle Grows.....	66
The Center of the Human Flocks – Ethnic and Regional Groups.....	67
The Whole of Humanity – The Center of the Human Species.....	68
The God Mind – The Center of The Group’s Universe.....	68

Chapter 6 The Things We Build.....70

Dividing Up the Land.....	72
This City Was Built on Centerpatterns.....	73
Home Is Where the Heart Is.....	76
Super-Sized Centerpath’s – Centerpath’s Larger Than Cities.....	78

Chapter 7 Institutio

ns.....82

Institutions and More Institutions.....	83
Royal Governments.....	83

The Shape of Politics.....	86
News and the 4th Branch of Government.....	87
The Money Machine.....	88
The Business World.....	89
Entertainment.....	90

Chapter 8 The Rhythm of Life (How Time Passes).....93

InnerRhythms.....	94
How Time Passes.....	95
Rituals, Rituals, and More Rituals.....	97
A Roadmap for Life.....	101

Footnotes.....	103
----------------	-----

Introduction

The Centerpath Encyclopedia was written with two primary goals in mind.

The first was to describe the world's various phenomena –both natural and manmade, –in terms of their underlying center-oriented structure. Thus, in this tome, you'll find a world-class collection of centered creations described in terms of Centerpath's two primary manifestations –Centerpatterns and Centerevents. See the Centerpath webpage at www.jinnuablog.com for a brief outline of Centerpatterns and Centerevents and their key components and processes.

The second impetus behind Centerpath Encyclopedia was to share the author's sheer fascination with the world's many marvels. Because all creations examined are center-oriented in nature, we will also explore the similarity –and therefore connectivity –shared by all things.

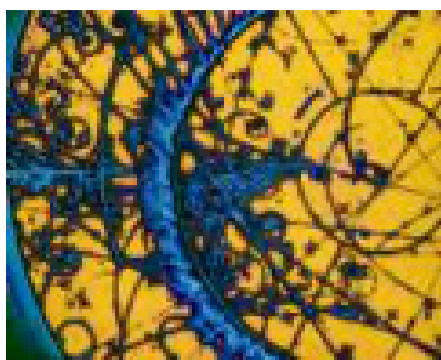
Written in a documentary-like style, readers will encounter numerous opportunities to explore and learn about the worlds we share. The format also lends itself to quick access and exploration just like the ubiquitous hard copy encyclopedias we all remember from a time before the computer age.

So without further delay, I invite you to begin your Centerpath journey; a journey fraught with discovery, great new insights, and fresh new ways of looking at our lovely world.

Part I
The Patterns of Nature

Chapter 1

A Matter of Matter



Posed with the question “what single piece of scientific information should be passed on if all scientific history were lost in cataclysm”, legendary modern physicist Richard Feynman simply replied “All things are made of atoms—little particles that move around in perpetual motion, attracting each other when they are a little distance apart, but repelling upon being squeezed into one another”.

And while Feynman likely had several good reasons for nominating atoms as the most significant aspect of scientific discovery, it was surely their elementary role as nature’s fundamental building blocks that he elevated atoms as science’s most significant bit of information. Indeed, if you think about it for a moment practically everything, we encounter day-to-day --be it air, water, dirt, plants, people, or cell phones; each and all are comprised of atoms and their essential combinations as molecules and macromolecules.



From a Centerpath perspective, it’s highly instructive finding the elemental world of atoms –as well as their progressively ‘higher’ combinations as molecules, crystals, liquids, etc. are all fashioned in highly lopsided center-oriented arrangements.

Indeed, in this chapter we’ll discover firsthand the center-oriented nature of the microscopic world at all its scales –e.g. how atoms are arranged, their internal structures, how they interact, and their larger global interrelationships.

We begin our discovery of matter’s center-oriented disposition by diving headfirst into the heart of an atom and examining the structure of her basic subatomic proton and neutron building blocks.

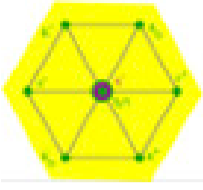
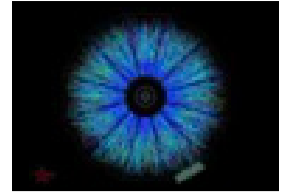
The Parts of an Atom

The mutually exclusive nuclear partnerships of proton and neutron pairs at the heart of atoms form the basis from which all subsequent atomic structure emerges.

The Shape of Protons and Neutrons

Protons and neutrons are not what you think. They are not simple spherical balls. Protons and nucleons are actually comprised of dense cloud of particles (both real and virtual) keyed to a highly attractive, void-like center perpetuating the swarm as the following passage from Fritjof Capra’s book the Tao of Physics succinctly describes.

“nucleons are, in fact, emitting and absorbing virtual particles all the time. According to field theory, they have to be regarded as *centers of continuous activity surrounded by clouds of virtual particles*”

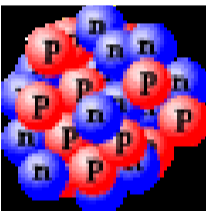


And though we tend to associate chaos with the term swarm, the relationships amongst subatomic particles is in fact highly organized and symmetrical. Known as Meson symmetry, the accompanying diagram depicts the dualistically arranged almost fulcrum-like arrangement of particles about their center.



It's interesting to note the Meson Symmetry figure closely resembles Taoism's I Ching symbol intended to represent the natural order of things which, incredibly enough was developed thousands of years before the tools of science were sophisticated enough to detect the minute details of subatomic parts.

Nucleon Pairs

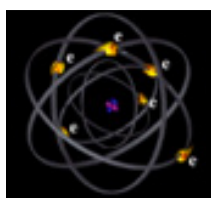


Protons and neutrons have a peculiar relationship. For not only is one separated from the next by a relatively paltry sized electron (indeed a neutron will spontaneously decay to a proton and electron in a matter of minutes if not paired with a proton), the almighty nuclear force that binds them is only shared exclusively amongst them -duly maintaining them within a tightly prescribed distance and in the process establishing a larger whole unit (the atomic nucleus) through the binding of its nucleon 'parts' upon the nuclear force centered betwixt them –establishing a very strong foundation from which atomic structure can arise.

Atoms

Centerpath wasn't the first kid on the block to announce the seemingly uncanny parallels amongst seemingly unrelated phenomena separated by vastly different scales. For upon discovering atom's possessed a nucleus in his famous gold foil experiment in 1909, Ernest Rutherford soon developed the orbital theory of atoms, which he quickly likened to the orbit of planets around the sun!

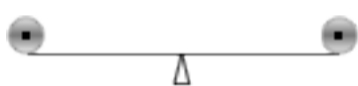
Though his solar system analogy was quickly abandoned by science due to it being considered an overly simplistic, Centerpath strongly sides with Rutherford because their essential structures and interrelationships are in fact highly analogous on several counts. This because not only do both such whole entities possess highly lopsided overall center-oriented structures and are orbited by part-like satellites, but also because their cores each possess highly analogous center-like qualities of being extremely energetic and dualistically arranged.



We'll save the details of a solar system's highly analogous Centerpath like features for another Chapter, but we'll now bring to light the various center-oriented qualities and traits of atoms. Beginning with an atom's overall shape we can immediately glean its center-orientedness by viewing the electron 'clouds' surround its highly

condensed nucleus. In a macro like reflection of the swarm of particles comprising each of the individual nucleons at its core, negatively charged electrons swarm around the tight, compact nucleus like bees about a hive -except that this swarm is highly organized in discrete shells not much unlike the concentric rings of an onion.

At the heart of this swarm is the atom's nucleus comprised of varying numbers of proton and neutron pairs. Though one hundred thousand times smaller than the entire atom, the nucleus contains practically all of the atom's mass. Indeed, the matter inside the nucleus is so dense; if the whole human body were compressed to nuclear density it would not take up more space than a pinhead! This high density is not the only unusual property of nuclear matter for the protons and neutrons respond to their confinement by racing about at incredible velocities, on the order of about 40,000 miles per second! Such fantastic densities and incredible velocities are exactly what we've come to expect at centers!



We find further center-like qualities in an atom's core when considering the dualistic-like relationships amongst its nucleon pairs. Indeed, more than just an interesting

anomaly the dualistic pairing of neutrons and protons might form the most precise examples of dualism in nature. This because nucleons not only possess the 'opposite' quality of 'charge' and 'no-charge', their identical weights exactly satisfy dualism's need for 'equality'!

One Atom to the Next

The difference from one atom to the next is a lot less than you think. This because while our sensory experience leads us to believe atoms are generally quite different --after all their chemical characteristics, colors, textures, and even their names appear wildly varied; all this outward diversity serves to mask a larger underlying similarity that all atoms share.



What is this common factor? Well not only are atoms comprised of the same fundamental nucleon pair and electron building blocks -their fundamental shape is

the always the same no matter their size or name. Indeed while the number of nucleons pairs at their core (and hence the number of orbiting electrons) varies from one atom to the next which leads to differences in size, weight, and chemical properties (due to the varying number of electrons in their outer or valance shell) - all 118 atoms share the same essential swarm-like arrangement of electrons about a tightly bound nucleus! Hence from the lightest element (H) to the heaviest stable

element (Ununoctium with 118 nucleons at its core) as well as all other atoms in between all share the same overall Centerpath design.

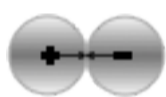
From Atoms to Molecules

Atoms can't help but like one another. They have a built-in disposition to seek out and join in cooperative arrangements with other atoms like the drive that impels two uncoupled dancers to pair on a dance floor.

This because even though the internal electrical charge of individual atoms is balanced (i.e. the positive charge of the nucleus matches the negative charge of its orbiting electrons), atoms are still essentially unstable and seek out a kind of wholeness that is only completed when they join with another atom and their outer shell is thus 'filled'.

The Bond That Binds

The primary mechanism to accomplish this outer shell balance is through the atom-to-atom bonds forged by either sharing an electron (covalent bonding) or one atom donating an electron to the other (ionic bonding).

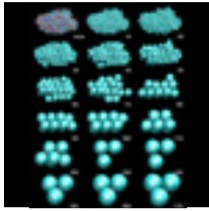


But the result is the same in either event. The cooperative-like movement of electrons crossing atomic boundaries serves to generate an electrical imbalance between the two atoms that paradoxically serves to also stabilize the larger molecule thus created. As you can see such intrinsic friendliness serves several Centerpath aims of both building a larger whole (a molecule) about a common and concentrated electrical charge (center) between them.

The innate desire of individual atoms to make themselves part of larger and more stable arrangements provides a wonderful window to the symbiotic disposition of nature and life which too capitalize on cooperative allegiances to form progressively larger wholes. One such example is human relationships whereas we'll see in Chapter 5, humans we have a practically limitless capability to form progressively higher cooperate arrangements the merging of parts (i.e. people) about a common center of purpose and meaning.

It's interesting to note the simple atom-to-atom bonding principles we just examined in fact apply to all molecular bonds -no matter the number of atoms involved. As related by James Gleick in his book "Genius", the Feynman-Hellman theorem of molecular bonding describes the center-oriented overall shape of all molecular bonds.

“Feynman’s approach applies to all chemical bonds. If two nuclei act as though strongly attracted to each other, as hydrogen nuclei do when they bond to form a water molecule, *it is because the nuclei are drawn toward the electrical charge concentrated quantum mechanically between them*”



Hence molecular bonding at all its scales and in all its combinations serve to rally its constituent atomic parts into a larger whole molecule about a concentrated center of electrical charge. The ingrained disposition of molecules to join in center-oriented arrangements is of course precisely analogous to how their constituent atoms are arranged as well as their constituents nucleons are also arranged but as we’ll see in the coming chapters –exactly how atoms combine on progressively larger scales including the cosmic where heavenly bodies too organize about concentrated gravitational centers!

Atomic Communities



So far, we’ve only examined atoms and molecules on a very localized atomic scale. In this section we’ll go beyond such localized arrangements and consider how macro sized clusters of atoms and molecules –often numbering in the billions interact and organize. Here we’ll not only have to consider the effects of atomic and molecular forces but also the extended effects of motion, gravity, and ‘space filling’.



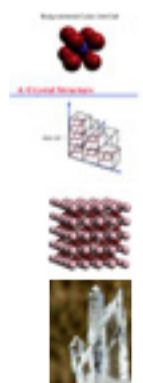
But here again where we might expect to find chaos reigning we instead find nature generating ever higher layers of center-oriented units that ultimately build the majestically formed structures of center-oriented crystals and fluids we’re lucky enough to marvel over firsthand with the naked eye.

The Shape of Solids – Crystals and Metals

While solids come in many arrangements and forms (primarily as crystals, metals, and inorganic solids) it’s fascinating to know much of their incredible order relies on a basic and highly similar underlying design -simple center-oriented ‘unit cells’ (usually 6-12 atoms) that serve as the essential building block for the much larger lattice agglomerations that follow.

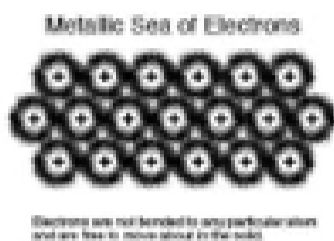
Crystals

Much to the delight of gem and jewelry lovers alike the stunningly ordered lattice arrangements of crystals at the molecular scale is



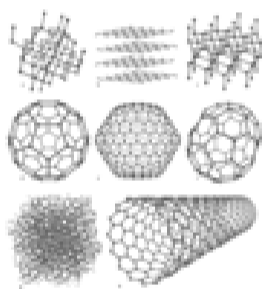
'broadcast' up to the scale of experience we live on. For the crystals we can see and touch are derived from the progressive combination of elemental center-oriented 'unit cells' known as either simple cubic's, body centered cubic's, or face-centered cubic's. Their progressive combinations forming the beautiful and highly ordered lattices of jades, ruby's, and diamonds alike.

Metals



Man has capitalized on the use of crystalline structures via ferritically based metals ultimately responsible for much of the things that power society including machines, cars, toasters, and airplanes.

Metals are also comprised of center-oriented unit cells but whereas the electrons of classic crystals are relatively fixed, the electrons of metals are free to circulate in a figurative sea of particles. But it's the element of carbon's whose relatively small size and its affinity to bond with other atoms (including itself) that qualifies carbon as the pivotal element in metal making –and the catalyst for generating so many of its incredible center-oriented structures.

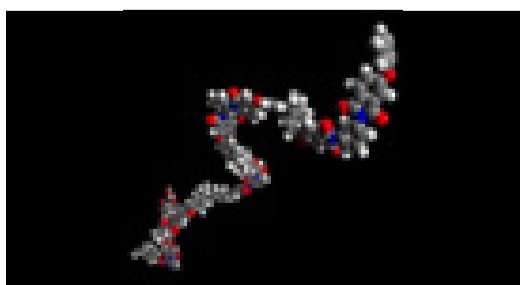


In fact, carbon is known to form nearly ten million different compounds the large majority of all chemical compounds. The abundance of carbon in the universe, along with the unusual polymer-forming ability of carbon-based compounds at the common temperatures encountered on Earth,

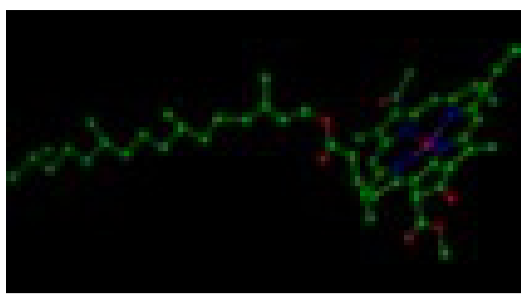
make this element the basis of the chemistry of all known life. The diagram at right shows the diversity of carbon with its eight naturally occurring allotrope shapes (including graphite and carbon nanotubes) featuring center-oriented rings, unit cells, and spheres.

Organic Solids – Carbon Chains

Organic solids such as plastics are composed on carbon/hydrogen molecules arranged in polymers. Such polymers adopt endless intertwining chains resembling braided hair and are coincidentally similar to the spiral like helix pattern of DNA at the heart of plant and animal cells, which we examine in more detail in Chapter 4.



Of course from a Centerpath perspective, intertwining chains of molecules form a center-oriented pattern no different than a center oriented patterns in crystal lattices –it's only that the center of organic solid's is 'stretched' across space just like the an ocean wave along the length of a shore.



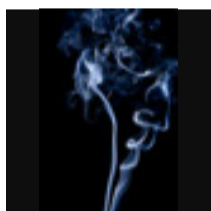
We'll examine the center-oriented arrangements of organic solids further in Chapter 4 (especially related to life forms) but we include one of our favorites now to highlight the key role of a center in an organic chain molecule. For with its location at the center of the porphyrin ring in the head of the chlorophyll molecule, the group

two element magnesium absorbs light energy like a thirsty vortex transforming it into chemical energy so vital to the photosynthesis process.

The Shape of Liquid and Vapors

“Big Whorls have little whorls which feed on their velocity, and little whorls have lesser whorls and so on to viscosity”

Lewis F. Richardson



The flow of agglomerations of molecules as liquids and vapors provides a wonderful means by which to directly experience the spontaneous unfolding of center-oriented patterns in matter. This because in the water flowing down the sink, in the turbulent patterns in streams, and in the clouds overhead; we can see nature's center-oriented forms unfolding before our very eyes.

We find turbulent phenomena doubling fascinating because its quirky property of generating eerily twisting patterns defies scientific explanation to this day. But even though we may not necessarily know how or why such patterns ultimately come about we can at least know when we see them they are just another expression of the same center-oriented impulse that drives so much of the universe to organize in the very same pattern.

The Atoms Family – Global Relationships

This section evaluates the global 'pattern' formed by the interrelationships of atoms and families of atoms as best illustrated by the periodic chart.

Periodic Charts – The Atomic Family Tree

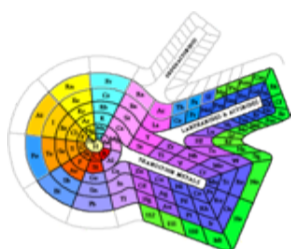
Developed by Medelov in the 1800's, the periodic chart provides a wonderful means to visually depict the subtle relationships amongst different atoms. And while the tidy 'row and column' format is both useful and nicely satisfies our minds need for orderliness it doesn't necessarily reflect the true nature of atomic relations.



Indeed, several movements are underway (Professor Thodor Benfey, Ed Perley to name a few) to replace the standard periodic table with one that better represents the actual character and relations of matter. To these revisionists, the existing periodic chart is sort of like using a

calendar to map the relative motions of the Earth and Moon; fairly accurate, but hard to visualize.

The challenge of the revisionist was to maintain the linearity of consecutive atoms while also better describing the electronic orbital structures (or family of elements) that in actuality define the physical and chemical properties of the elements.



The resulting format they arrived at is nothing less than Centerpath spectacular –a hybrid spiral and radial pattern with its most basic and coincidentally first element (Hydrogen) at its core! Hence, the form best representing the character and relationship amongst the various 118 atoms

is an outwardly growing spiral pattern who's outwardly emanating radial lines coincidentally cut through elements of similar chemical properties!

Time is A Spiral That Expands...

It's interesting to find the progressive outward spiraling of the atoms along the Benfry/Perly chart also reflects the path atoms 'evolved' through overtime. This because following on from the formation of Hydrogen (in the early moments



following the big bang) all the remaining elements progressively formed. Hence Helium and then Lithium all the way up to Uranium and beyond formed in the same progression as the elements spiraling out from the core (source) of the Benfry/Perley chart over billions of years following the big bang. Each formed at the heart of the sun and each built from an atom of one smaller size.

...And Contracts

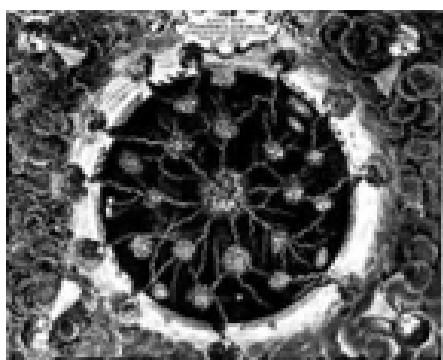
Running in opposition to this outwardly expanding growth spiral is an opposing 'decay' spiral which sees all atoms ultimately return to their more elemental and hence –originating forms.



For like all other things in the universe, atoms aren't perpetual motion machines entitled to an immortal existence –they too ultimately break down overtime. In a most essential expression of the Centerpath's rhythm of returning to the source all atoms are in a continual state of nuclear decay that will ultimately (albeit slowly) dilute all atoms back to their basic Hydrogen state!

Chapter 2

Crystal Planet



“This we know. All things are connected like the blood which unites one family. Whatever befalls the earth, befalls the sons and daughters of the earth. Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does to himself” -Ted Perry, inspired by Chief Seattle

Where does life begin and end? Answering these questions -an age-old question to be sure remains just that -an age old question that's not been fully resolved. Much of the debate centers around the boundary where life separates itself from the world of the 'non-living' -i.e. just where do swirling mixtures of atoms and molecules exactly 'jump' from being lifeless and enter the kingdom of the living?

From a Centerpath perspective the answer is quite clear. For on a fundamental level the non-living and living not only share the essential basic atomic building blocks they too share the very same patterns -life is just at the end of the far spectrum of possibilities of matter's ingenious partnerships of form and function.

Hence just as center-oriented atoms combine to produce center-oriented molecules which go on to produce center-oriented macro-strings of molecules -life produces just yet another 'higher order' layer of center-oriented patterns that while capable of highly sophisticated activities such as reproduction -are nevertheless rooted in the same center-oriented forms and processes that underlie her atomic and molecular building blocks.

Hence when coming to recognize life is just 'extension' of the myriad possibilities of atomic and molecular interactions one comes to realize that breaking the two apart, that while not without scientific virtue is just an exercise in human categorization. The distinction between lifeless and lifelike is than just a line in the sand that ultimately serves to blur the larger Centerpath continuum that encompasses the two.

While we'll save the evaluation of 'classical' life's forms to the next chapter, we'll test just how intertwined the lifelike and lifeless are in this chapter in the seemingly unformulated worlds of earth, land, water, and sea. For it's hard to imagine how the 'lifeless' elements of water, air, and land could result in such splendidly arranged -and lifelike structures that populate the face of this wonderful crystal blue planet. And from our new found knowledge of just how much we share in common with the silent and unassuming side of nature's inanimate, the more we might be tempted to change how we do business amongst ourselves and with the planet of which we are simply temporary guests.

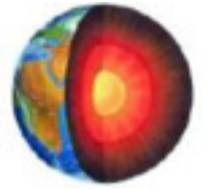
A Planet's Vital Statistics

In the following sections we explore the center biased disposition of our planet as well as its various decidedly organic and 'lifelike' properties.

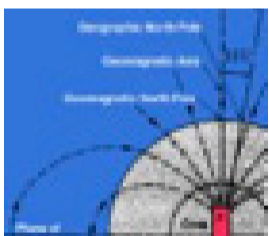
The Weight of a Core

The public's longstanding fascination with the earth's core has been largely justified by modern scientific findings –it is indeed a strange and mysterious place. For even today little is known of its structure and growth processes leading to radically diverse assessments as to its actual conditions. Some propose it as a 'messy' place containing irregular surfaces and numerous layers while others suggest it forms a 'clean' and homogeneous whole –some even suggesting the inner core may be comprised of a single crystal of iron!

But even for all the uncertainties, from a Centerpath perspective we're able to find great correspondence between the core of our planet and the cores of other Centerpath entities. For instance, we find the earth's core possesses the center-like property of being the most 'extreme' by virtue of it possessing the greatest densities and temperatures. But whereas such temperatures should cause the inner core to be molten, we find instead it being 'transformed' into a solid due to the great pressures experienced at the core. Growth of the inner core and its interaction with the outer core also generates large scale magnetic phenomena that not only affects the whole of the planet –but luckily enough for us, even happenings far outside its boundaries as we examine in the next section.



A Core's Reach



The Earth's magnetic field is believed to result from the 'dynamo' phenomena associated with the interaction of the inner and outer core which results in both a huge magnetic dipole being positioned at the center of the Earth –with far reaching and life sustaining consequences.



For the huge magnetosphere created by the 'magnet' residing at the core not only gives direction to sailors at sea, it shields the surface of the Earth from life threatening charged particles from the solar wind whose incredible dynamics also results in the stunningly beautiful Northern Lights. It's interesting to note the reversal of the earth's magnetic field approximately every 250,000 years harks of a dualistic mechanism at work in the earth's core as we've come to expect at centers.

The Planet Whole – A Living Organism?

The Gaia hypothesis is an ecological theory that proposes planet Earth itself functions like a single organism. Originally proposed by Dr. James Lovelock in the 1960's, the Gaia theory proposes the earth is far more lifelike than we dare to believe.

“a complex entity involving the Earth’s biosphere, atmosphere, oceans, and soil; the totality constituting a feedback or cybernetic system which seeks an optimal physical and chemical environment for life on this planet³.”



Hence Lovelock suggests all the contents of our planet combine to form a massive homeostatic-like feedback system leading to a broad stabilization of global surface temperatures, atmosphere composition, and ocean salinity. While the scientific community has been highly skeptical, we find Lovelock’s proposal’s tantalizing with its lifelike parallels (for instance, our bodies are also homeostatic feedback systems that maintain temperature and salinity) but also because it’s fully consistent with the idea of a non-localized ‘global center’ we discussed in the Centerpath Papers (see www.centerlife.center for more details). Global centers (a consistent and steady set of conditions extending over a broad area) allow individuals to essentially ‘align’ to and benefit from the same favorable quantity.

Larger Connections Yet

Besides the incredible cosmic connections, we examined in Chapter 3, we find other examples of earthly phenomena dependent upon connections our earth shares with other celestial bodies.

For in addition to the incredible affects related to the tides caused by our planet’s alliance with the moon, the synchronous spawning of coral on coral reefs shows just how connected our planet’s life forms are with entities outside its borders. For on certain nights mostly associated with the lunar cycle (especially full moons), areas of coral over 100’s of kilometers and including hundreds of different species have been recorded to release their sexual gametes at the same time. This affect has even been documented on coral that have been removed from the reef and placed in laboratories!



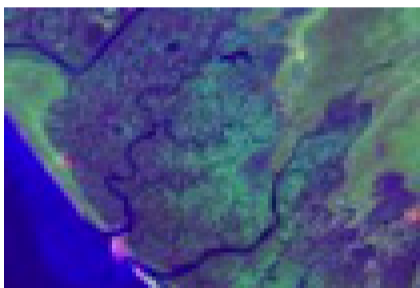
But we find a more distant and truly staggering example of just how interconnected the planet is with larger things when we consider just how deeply all life on our planet is ‘aligned’ to the sun. Plants are the first line in the food chain and because they all ‘point’ to the sun – this means all of life on the planet is aligned to the sun through our trees and plants! Think about it for a moment. When we and animals seek out plants, and these same plants seek out the sun for their driving energy, we are all ultimately ‘pointing’ to the sun –the food chains common center. As you can see the power and reach of centers can be staggering!

The Land

It truly stretches the imagination considering how 'lifeless' land results in such splendidly arranged structures. For apparently through only the interaction of 'purposeless' instruments such as heat, pressure, wind, water, gravity, and time –it still nevertheless manages to carve the land up into a multitude of majestically arranged structures and devices.

Rivers and Valley

We start by considering land's center forming preponderance in the highly random, chaotic, and strictly inanimate realm of river making. For if one considers just how a river is born and grows as it traverses the land, one can easily see how it generates the same center-oriented pattern at its countless sizes and scales.

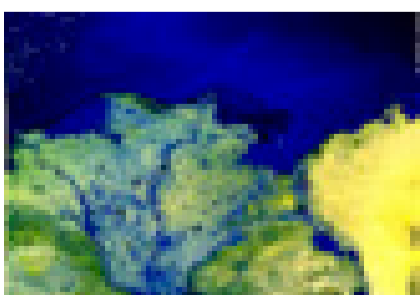


It begins when a low point or basin is established, and the river figuratively comes into being. From this central point of reference, the river grows outward in all directions digging and carving up the landscape into what is ultimately a much larger organism that nevertheless remains 'centered' on the spot from where it began!

Indeed, each and every of a river's branches, tributaries, and arteries all point to the same place –the river's mouth. Hence a river tends to 'center' the land by shaping and transporting its dirt to a central location. It's interesting to note that by virtue of a river's constituents sharing the same center-oriented patterns as the whole river, each of the river's constituents -down to microscopic sized dust arteries, are fashioned by the very same urge to center!

In addition to its center-oriented expression in 'classic' rivers across vast plains and valleys, the flow of water over land also shapes much of its outlying areas as well. Hence the leaf-like patterns etched on the sides of mountains and the U-like and V-like shapes of valleys are largely a result of the destructive, yet creative center-oriented dynamics of water and glacier flows over the land.

Deltas



Deltas begin where rivers end only to; oddly enough largely undo what a river set out 'to do'. Hence a delta is born where a river's mouth terminates into the sea and not only sets out to reclaim the sentiment rivers extracted from the land –it also forms a mirror image of the river it is 'undoing'!

Of course, the separation of a river and delta as two separate entities is largely a manmade creation because the two are actually part of one larger organism. With this in mind we might visualize a river-delta combination as a larger single tree with its combined dualistic ebb (delta) and flow (river) arrangement forming the roots and branches across its main trunk at the mouth of the river.

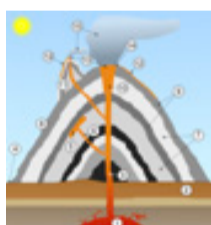
Volcanoes and Mountains



It's true -we all have our mountains to climb. For whether one's physically ascending a mountain or the 'heights' of a personal goal, each involves reaching for a singular and lofty summit to complete the journey that once achieved; brings with it the same sense of peace and fulfillment.

Reasons why the pattern of ascending a mountain matches the pattern of obtaining 'goals' deep in our minds may never be known but we are at liberty to describe the common center-oriented dynamics underlying each. While we'll defer a discussion of the Centerpath rhythm underlying our mind's goal-oriented architecture to The Centerpath Papers (see centerpath.org), for a mountain we turn to its volcanic variety to gain clues to a mountains center-oriented disposition.

Emanating from deep below the surface of the planet, molten rock magma seeks out weaknesses in the earth's outer layer. Once there the magma cools and begins to form a kind of upward 'rolling' mountain about its central throat or crater that once complete form some of the largest agglomerations on the face of the planet such as Mount Kilimanjaro in Tanzania.

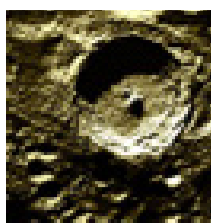


But this gigantic mound of earth can't grow forever for built into its design are the seeds of its own destruction. For as the volcano grows and grows it begins to cultivate weaknesses that eventually amplifies itself until one day in a center-like moment of intensity -it blows apart in a dramatic Mount Saint Helen's explosion in Washington State in 1980.

But just as often volcanoes can come to a dramatic end in the opposite fashion, by imploding in on itself to form a caldera. In what can amount to continent sized disturbance, caldera's like the ring of mountains surrounding Yellowstone National Park are the remnants of a volcanoes that grew so large, it literally descended back into the earth in a dramatic collapse some 640,000 years ago.

Craters

While earth's numerous crater impacts have been largely hidden by the erosive effects of our planet's restless weather and glacier flows during the ice age, there



is little doubt to a crater's center-oriented bias when viewing the surface of the moon or other climate-less planets such as Mars. For an impact crater's circular depression like a golf divot (pitch mark) provides a wonderful example of how the basic interaction of matter striking matter produces yet again produces stunning center-oriented patterns.

Trees and Plants

While trees truly belong in the chapter on biology since, we've inserted them here in this chapter due their intimate association with the land. For when a seedling sprouts a tree is not only born, its location marks the tree's permanent ground zero that remains in effect for the duration of the tree's existence.



We know it is the center not only because it is where the tree began but also because it's where the dualistic 'above ground' portion (its branches) of the tree as well as the 'below grade' portion (the roots) meet, its where all branches geometrically 'align to', and for its being the figurative 'mouth' of tree's nutrient/sugar flow. Finally, when a tree flowers and releases its seed, it returns to its source and starts the whole process over again!

Plants feature similar center-oriented traits, but we also note that even though some 300,000 species of plants exist, they all share the same structural underlying radial and spiral designs!

Hexagonal Cells



Hexagonal cells or convective cells can be found in boiling liquids, bee honeycombs, patterns of cracks in dried lake beds, and sand dunes. Discovered in liquid and vapor flows by Henri Benard in 1900, his so-called dissipative structures experiments highlighted how random microscopic movements became spontaneously ordered on a macroscopic scale only to form highly coherent convective cells that feature an inward flowing doughnut shape about a central region.

And since some believe how the entire atmosphere is organized in such convective cells that nevertheless also affect the shape of land such as with large scale sand dunes, we end the section on land and move on into the slipperier worlds of wind, water, weather, and waves.

Wind, Weather, and Waves



Wind, water, weather, waves, and storms –intimately part of our day-to-day lives being able to both fascinate, frustrate, and even devastate us. Each phenomenon and its resulting forms are rooted in matter and energy flows and especially turbulent flows. Turbulence is the unexplained tendency of liquids and vapors to inexplicably turn forever inward on themselves to ultimately form the beautiful vortices and spirals that dominate our weather and environment. Forms that bless us on massive continent sized occluding fronts, cotton ball-like cumulus clouds, beautiful cresting waves, and in a bonfire of leaves twirling in the wind on an autumn day.

The Water-Vapor Cycle

The water cycle is the continuous movement of water from oceans to land and back again to the oceans. Powered by solar energy, the primary method of moving such massive quantities of water is evaporation and precipitation.

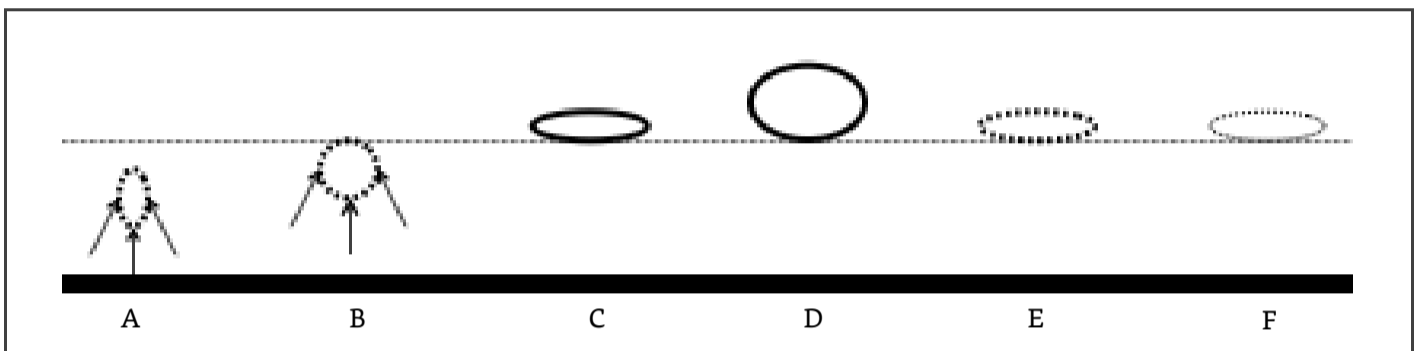
It's interesting to find this all important cycle appears to unfold to a Centerpath backbeat for once we consider the message that the cycle ends where it begins, we are forced to consider the ocean is at the center of this all important rhythm. We know the ocean is the center of this monster sized cycle because it forms the massive 'sink' where all water ultimately flows, because it's where the cycle begins due to heating from the sun's light waves, and because it's where the cycle ends as a river's mouth delivers it back to the ocean where it all began only to start the cycle again.



It's further interesting to note just how significant this cycle is in keeping our planet within a limited temperature range that's also conducive to life. For the number of clouds in the sky at any given time determines just how much energy reaches the earth's surface –too few clouds and temperatures begin to increase while too many clouds overhead causes overall temperatures to decrease. This rate of energy flow to the oceans has a direct effect on the rate of evaporation which of course determines just how many clouds will form. So in the case where too few clouds were present; temperatures begin to increase which increases the rate of evaporation which in turn gives rise to the formation of additional clouds which then serves to reflect more light energy back into space and thereby reduce the atmospheric temperature (the case where too many clouds are present works in the same fashion just in reverse). Viola! the atmosphere has its own built-in thermostat control just like the furnace in your house that serves as a “negative feedback system” to maintain our planet within a range that's conducive to life!

Beginning as very small masses of hot air near the earth's surface which through heating and progressive merging become sufficiently buoyant to rise up and break away from the surface in blobs (A). This phenomenon is intensified over modern cities due to the heat storing characteristic of concrete leading to their formation over cities in the late afternoon and evening.

As this 'seedling of a cloud' rises, it expands and cools which increases its relative humidity (how moist the air is) until it soon becomes saturated with water vapor (B). Then at the height known as the lifting condensation level (C), the water vapor condenses into liquid water droplets as the air temperature drops even further. It is here when the air mass's vapor undergoes a dramatic transformative change of state that also raises the cloud from being invisible to being visible.



The change in state also brings about the release of latent heat (essentially stored heat) that feeds the cloud's further expansion and causes it to raise further (D). It's during this phase the cumulus cloud peaks (the center of its life cycle) as its 'expansive' phase ends and the cloud dissipates back into the surrounding from where it began (E and F).

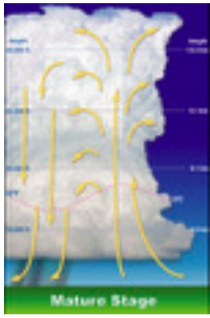
While these pancake shaped clouds are fascinating to observe on fair days as they lazily pass through a life cycle that last generally less than 15 minutes, their size and ferocity pales in comparison to close thunderstorm counterpart cousins we'll examine next.

Fluid Mountains

Thunderstorms form massive Centerpath air patterns whose visible central portion forms but a small segment of a much larger air mass that can extend for miles in each direction. Appropriately named cumulus or Latin for heap, the central cloud of this much larger vorticity also gives rise to a host of incredible phenomena not only capable of generating high winds, heavy rain, and hail –but also capable of spawning the other amazing center-oriented phenomena such as lightning and tornados. Amazingly still yet -all this occurring against a backdrop of a fully formed life cycle similar in form and function to its smaller cousin we just examined.

Often beginning as innocent looking clouds on the horizon thunderstorms are a common occurrence in America's heartland during the spring and early summer where continent sized masses of air collide along their outer boundaries. Along such fronts, certain areas appoint themselves as a low-pressure zone that

becomes the figurative 'eye of the storm'. With its center established, air from the surrounding region converges inward toward its base forming its central updraft that consists of a violently turbulent tapestry of wind, water, and ice. At this point, the thunderstorm is capable of producing other center-oriented devices such as lightning and tornadoes (more on these below) and lightning.



As the updraft develops further, the water droplets eventually grow large enough to fall through the updraft as rain, marking the end of the thunderstorm's cumulus stage and the beginning of its mature stage. Just like the welling up of emotions prior to releasing of tears, this thunderstorm has pent up too much energy that will ultimately be expended in a furious downdraft and outpouring. As rain falls through the cloud, the raindrops drag the surrounding air down with them forming a downdraft near the updraft in typical dualistic Centerpath style. It's here when the net central air flow turns from up to down (dualistic reversal) that the center of the thunderstorm's life cycle has been achieved.

Evaporation of the raindrops cools the air further strengthening the downdraft further and hastening the thunderstorm appearance at ground level. Near the ground, the downdraft air spreads out horizontally in an arc shape called a gust front (this is the rush of cool, gusty wind, filled with the smell of rain, ahead of an approaching storm). Rain then begins to fall, progressively at first and then with a vengeance. The torrent peaks and then abruptly reverses to a trickle followed by an eerie calm. With the updraft's fuel being cut off (in the form of moisture) to the storm, the rain soon stops, and the entire cloud soon evaporates.

Twisters

"You'll know a Tornado is Forming if it Continues to Look More and More Orderly"

Cary "Buzz" Bahora



As is often the case in the mid USA during spring months, a set of weather conditions can spawn powerful tornados from the bowels of the thunderstorms we just examined. What causes some thunderstorms to produce tornados and others not is largely related to the thunderstorms interface with the jet stream.

For if a developing thunderstorm happens to be in the path of the jet stream near its mid-level, the jet stream will begin to twist the updraft and inducing the entire mass of air to begin spinning. This vortex draws even more warm air into the whirlpool-shaped updraft, making the air spin ever faster in much the same way an ice skater spins faster as she draws in her arms. The spiral draws up tighter and

tighter until a spinning funnel cloud drops from the center of the cloud. It is here when the funnel pokes its head through the bottom of the cloud, when the center of this mountain sized singularly rotating air mass –and indeed the reason for its being there finally comes into view. Paradoxically charming us with its delicately formed shape which however packs winds of up to 300 miles per hour capable of wreaking havoc on anything in their destructive path.

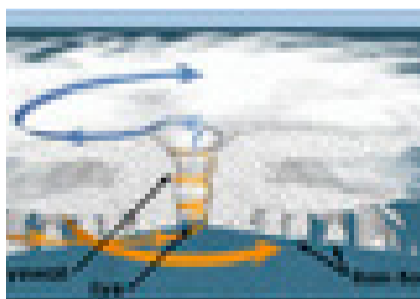
Lightning



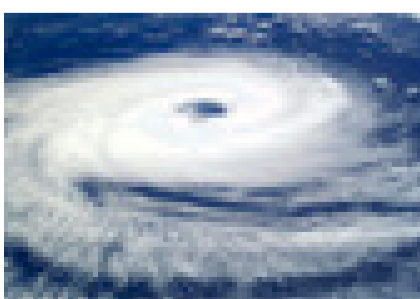
Lightning was surely designed to stretch the limits of our imagination. For with their ability to raise such a highly ordered forms –both suddenly and through the convergence of innumerable variables across incredibly vast volumes of sky –their description still evading the halls of science leaving only the spaces of splendid imagination to try and conjure how such phenomena could come into being.

Resulting from a slow and complex interaction of charged particles, electrical fields, and energy exchanges within the bowels of a thunderstorm, a large electrical field develops within the cloud relative to the ground that builds until it overcomes the resistance of the intervening air. At that moment, the proceeding basing period is quickly dissipated in a series of intensifying ‘step leader’ strokes (moving in 100-foot sections downward) until it burns a path of ionized air very closely to the ground. At this point, discharge streamers extending up from the ground intercept the leader path (in dualistic fashion) and complete the conductive channel between the cloud and ground. When the path is complete a massive return stroke leaps upwards at speeds approaching that of light -illuminating its familiar root-like branch structure and causing a massive boom that we could only expect from such a fiery center.

Hurricanes



Hurricanes -otherwise known as typhoons, tropical storms, cyclonic storms, and tropical depressions (or generally as tropical cyclone) -form emblematic Centerpath devices. For with their delightful spiral form, calm eye, thick eye wall, and intensifying life cycle –the form and function of hurricanes fully embodies all the key elements of a Centerpath design.



Of all these it's components it's a hurricane's eye that garners the most intrigue and speculation. This because it's calm center –resting calmly and unassumingly at its center with only mild winds and fair weather; nevertheless is ringed by fiery thunderstorms (the eye wall) which provide much of a hurricanes damaging

force and provides mystics and weather reporters alike a tangible real world example of how ironic, almost cruel nature and life can be.

Whirlpools



The neat thing about whirlpools is we can witness their highly mesmerizing forms in bathtubs, waterfalls, out at sea, and also on the surface of Saturn. At sea whirlpools are large swirling bodies of water produced by ocean tides which in popular imagination, but only rarely in reality -can have dangerous effects such as destroying boats. More powerful ones are more properly termed maelstroms. Smaller whirlpools also appear at the base of many waterfalls. In the case of powerful ones like Niagara Falls these whirlpools can be quite potent. The size of several Earth sized planets; the Red Eye on Saturn has been around for at least hundreds of years and might be largest known 'fluid' whirlpool.

However no matter their location or size each is produced by the same dynamic – the circulation of water about a low gravitational low point (i.e. its center) created by changes in elevation which in the process produces the same center-oriented shapes –and lets us know once again that energy flows in center-oriented patterns at all its wonderful fractal scales.

Waves

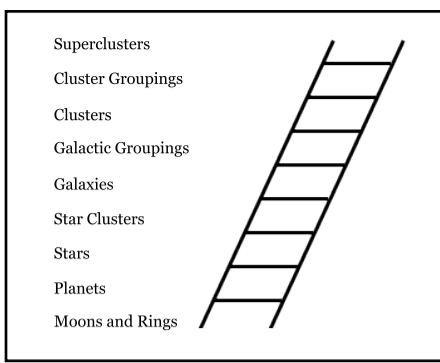


The rhythmic rise and fall of waves are one of the most enchanting experiences we all share. Who hasn't walked or sat on a beach for hours and not been mesmerized by the seeming clockwork like rise and fall of their crystal-like fluid forms? Each seemingly different from the last yet each oddly similar to the rest.

The seemingly magical trick that assures continuity amongst infinite variables is ensured by nature's internal clockwork like machinery. A set of interrelationships that generate centralized pulses of energy far out at sea which tend to wrap up around their center upon coming into contact with the shores their predecessors formed –only to dramatically unwinds in a stunningly, symmetric, and beautiful spiral form –providing a glimpse to the intrigue, eloquence and mystery of the universe's endless urge to create through a set of simple center-oriented principles.

Chapter 3

Space's Spacing



When considering outer space, the last thing that usually comes to mind is order. For with terms like vastness, emptiness, absolute zero, vacuum, and the void being associated with space and deeply ingrained in the popular vernacular; one's easily excused from conjuring up images of chaos and disorder when the subject's broached.

Scientists and Hollywood offer little relief to this perception. For with science's description of space as cold and inhospitable and Hollywood's portrayal of space as filled with evil aliens and life-threatening meteorites –it's easy to see how most of us view space with indifference if not downright apprehension.

But if we remove ourselves from the hype of Hollywood and science's hyper-complexity and simply consider the shapes, forms, and organizations that fill space's vast sea; an entirely different –more essential and organic picture emerges. For no matter where we peer into space and no matter the distance or scale, we find its vast ocean filled with highly orchestrated and majestically ordered structures. Wonderfully formed islands of order that naturally arise in remarkably consistent fashion and at several discrete layers of scale.

We see such order not only in the highly regular lunar, planetary, and solar scale systems of which we are so familiar –but also in at least eight other discrete, and progressively larger scales of majestically arranged celestial structures over and above the Milky Way galaxy in which we reside! In fact, even the entire universe and possibly the 'super' universe above it are also structured in a highly coherent and as we'll see -center-oriented shapes.

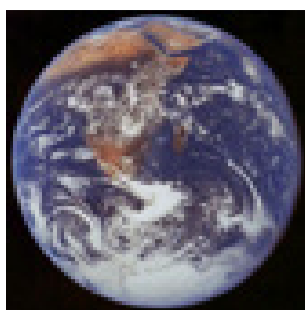
Then contrary to the image conveyed to us about outer space, we find it's actually awash in order, balance, harmony, and beauty –a true delight for those gazing into the heavens.

Heavenly Centered Bodies in Our Neck of the Woods

Through the naked eye and the use of a telescope, we can directly experience the center-oriented disposition of the heavens on at least five layers of scale including the close-up formations of moons and planets, but also star clusters and galactic forms within our figurative neck of the woods.

The Music of the Spheres

Formed by an indefinable number of variables, the symmetrically balanced and aesthetically pleasing spherical shape of moons and stars were also forged by the same tug responsible for the formation of our planet.



We know such bodies are center-oriented because their shape's definition is literally defined in terms of the center at its core, but also because it is where we, sailing golf balls, and orbiting satellites are all 'pointed'.

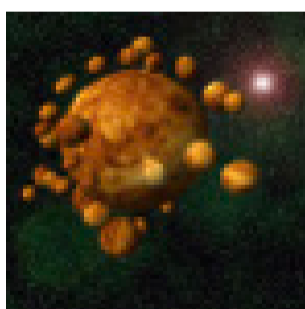
It's reassuring to know that the entire composition of such formations (i.e. all its particles, dirt, rock, magma, oceans, mountains, people and places) are united by their shared alignment to a common and singular gravitational center. Such raw examples of raising a 'perfectly' formed sphere through the basic force of gravity –provides a wonderful window to the intrinsic nature of our universe to center, it also provides insights into the delicate, dynamic, yet highly harmonious interplay of matter, forces, and space's geometry.

Of Lunatics and Rings

Each time you view the moon towering overhead deftly progressing from one night to the next in its waxing and waning cycles, lest you forget it and our planet are engaged in a delicate dance of gravitational eloquence that has profound consequences here on earth.

For the induced push and pull of this intimately intertwined duet is responsible for a host of effects our planet including our tides rise and fall twice per day, the biological rhythms of which various life forms depend, and as some believe –also responsible for disruptions to our emotional state.

Our planet's gravitational bond with the moon forms its first alliance with another celestial body forming a larger, neatly arranged whole unit as each orbit a common gravitational center located between the two.

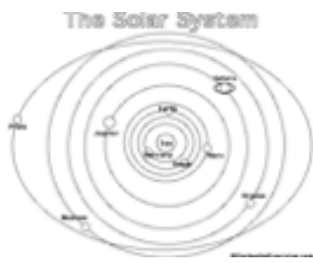


But also, through the dynamic formed by the ever-recycling nature of this rotating and revolving partnership, we gain a glimpse to the 'unintended' creative consequences spinning out from the dynamic yet consistently formed nature of Centerpath's. Similar consequences might also appear on the molecular and social levels as each's components create various 'knock-on' phenomena that can only occur after centers and Centerpath's 'give them' the opportunity.



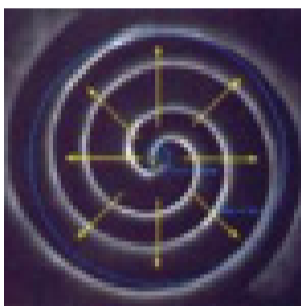
Similar planetary and lunar-type alliances, and their varied yet consistently formed arrangements, can be gleaned in the case of concentric rings encircle planets like Saturn and Neptune, multiple moons revolving about their mother planets like atoms to their nucleus, and satellites like meteors and asteroids tracing mathematically precise circular and elliptical orbits about their central gravitational sink.

Rings Around the Sun



The next higher level of center oriented heavenly organizations we find in our backyard are the perfectly balanced arrangement of our solar system's thirteen planets rotating in lockstep about their common, and the massive sized ball sun residing at their core.

The classic shape traced by planetary orbits on astronomer's charts provides the first clues that our solar system adopts a Centerpath disposition. Indeed, the concentrically arranged elliptical and circular orbits of its nine planets, sixty some moons, and innumerable asteroids and comets about a domineering center (the sun) form a wonderfully shaped center-oriented vortex.



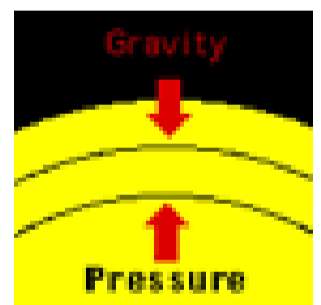
It's interesting to note this shape is mimicked by the shape of the solar wind created by the continuous stream of particles expelled from the sun's surface, our planet is constantly bombarded with these highly energetic and charged particles that are visible at times as Northern lights. The solar wind's opposing magnetic polarities form a massive sheet-like boundary (described as a warped heliocentric current sheet)

between the positive and negative sectors of the wind's magnetic field whose resultant shape is a logarithmic spiral structure.

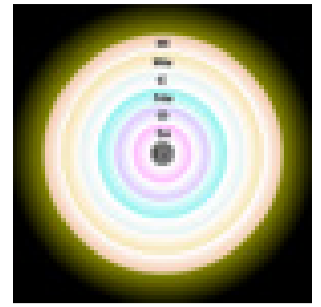
The Sun's Center Stat's

The star residing at the core of our solar system includes some incredible center statistics. Consider the following.

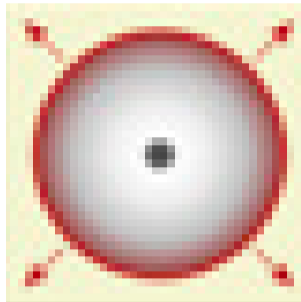
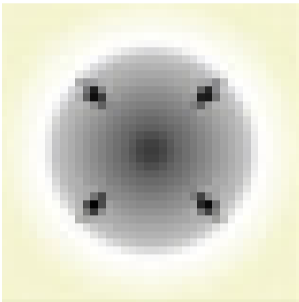
- It is by far the most 'intense' member of the solar system hosting the highest pressures, temperatures, and densities as well as hording over 99% of the solar system's entire mass. This domineering mass also exerts dominant influence over the paths of its orbiting planets and whose powerful and far-reaching radiant heat energy makes life possible on our planet.
- The sun's exploitation of dualism's natural balance is truly mind boggling for by any stretch of the imagination a star shouldn't really exist. For with its violent fusion reaction occurring perpetually at its center, a star should literally blow apart under the influence of immense outward pressure. But luckily enough for us (is this what's meant by thanking your lucky stars?), Mother Nature provides just enough inward acting (equal and opposite) gravity to keep the star from blowing apart!



- An incredible transformation occurs at the core of the sun. For with its incredible pressures and temperatures, the core is the location where all atoms (other than the initial Hydrogen atoms) are progressively produced in fusion reactions. If it wasn't for this transformation, the heavy elements essential for life on our planet would have never been created.
- The surface of the sun also forms its figurative 'eye wall' for it is here that the incredibly large temperature and density gradients occur.)

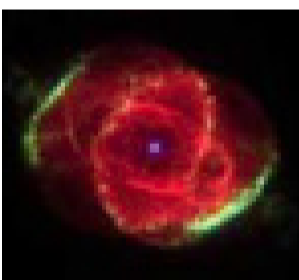


A Sun's Life – Of Cataclysmic Collapses to the Core



Finally, the 'death' of stars features a cataclysmic collapse back to its core that both creates some the most spectacular cosmic events in the entire universe –but also one of the most violent examples of returning to the source we are aware!

Because like planets, stars begin from a gigantic dust that spends some 1-100 million years coalescing towards an embryonic center. The contraction progressively intensifies until a sudden collapse occurs generating sufficient pressures and temperatures to initiate a perpetual fusion reaction, a star is born.

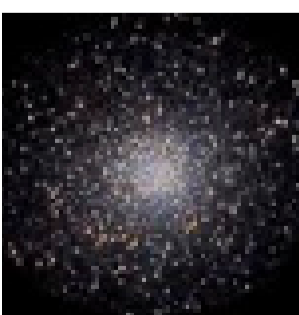


A star can then go on to live for billions of years (i.e. burn steadily in its main sequence phase) before its fuel source begins to substantially deplete which leads to a star's last and most spectacular performance. For in the final stages of a star's life (and is especially the case with massive stars), the entire core can collapse inward towards its center in less than a

second, causing a massive supernovae explosion whose dramatic release of energy shines brighter than an entire galaxy for a short time!

A star then returns to the place where it began in the most spectacular and violent of ways.

Stellar Groupings – Star Clusters



Joined by common gravitational bonds, collections of stars band together to form yet another larger Centerpath heavenly whole. Numbering in the dozens or millions, these stellar groupings are best epitomized by their ancient globular clusters.

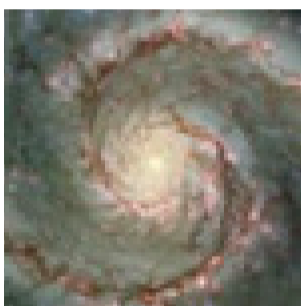
Having formed some 13 billion years ago in the early days of our universes' lifetime, these primitive structures highlight the enduring forces of the Centerpath by maintaining a highly

organized center-oriented structure throughout eons of cooperative and destructive celestial forces.

Readily visible through an amateur's telescope, the framing of a cluster's radiant core by a glowing halo forms the stuff of astronomers' and a Centerpath-practitioner's dreams.

Galactic Islands in the Cosmic Sea

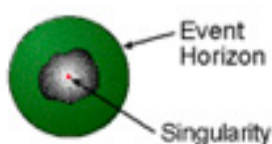
As night sets and the first stars of the in the thick disk of the Milky Way galaxy begin to crystallize, we are privy to yet another direct glimpse of celestial organization. Indeed, every star you see in the night sky is part of the larger organization that comprises the Milky Way galaxy of which our solar system is just a very small part.



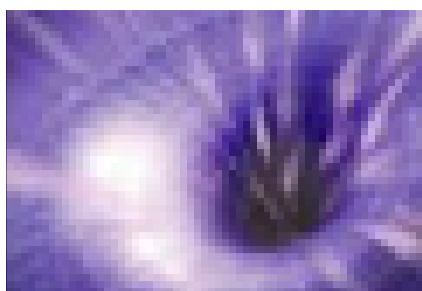
Shaped like an egg in a frying pan, spiral galaxies feature a relatively flat disk (egg white) with a central bulge (yolk). And since our sun sits just above the disk of the galaxy, we are essentially staring down the edge of the disk when viewing the deep velvet swath of stars spanning horizon to horizon in the nighttime sky.

Like an island at sea, our Milky Way galaxy is just one amongst 100 billion other known island-like galaxies filling the incredibly vast ocean of space that is our universe. But even with such staggering numbers of galaxies spread across such a vast range, galaxies still maintain a high degree of consistency whose garden like distribution strongly defies the idea that chaos reigns in the universe. Indeed, how one might ask, in a highly random and chaotic universe could the interplay of countless matter, vast regions of space, and billions of years result in the delicate and picture-perfect forms of galaxies? Indeed, of the 100 billion spanning over 20 billion light years, some 97% are shaped in highly regular spiral and ellipsoidal center-oriented shapes!

But a galaxy's orderliness extends far beyond their highly consistent overall forms for within the confines of a galaxy's outer boundaries we find highly organized and syncopated activities. Indeed, the entire contents of spiral galaxies (with a typical galaxy like our Milky Way including some 100 billion stars) rotate in lockstep about their common center as though one. In elliptical galaxies we also see single minded motions of stars (and groups of stars) about the galaxy's core but in this case, they trace independent elliptical orbits.



Dissecting a galaxy further we find yet another stunningly organized element residing at the core of this massively eloquent Centerpattern arrangement. Indeed, the cores of galaxies contain the mind boggling powerful and highly sophisticated orbs known as black holes.



Shaped in a spherical orientation black holes form their own center-oriented entity with the black hole at its core and outer edge delineated by its event horizon. It's here that the bifurcating feature of centers (where they often 'break-off' from the surrounding environment) takes on a whole new meaning. For under the weight of its impossibly powerful gravity (the black hole at the center of our Milky Way Galaxy is suspected to host as many as a 4 million suns in a size much smaller than the orbit of Mercury around the Sun!) even light cannot escape and becomes trapped forever!

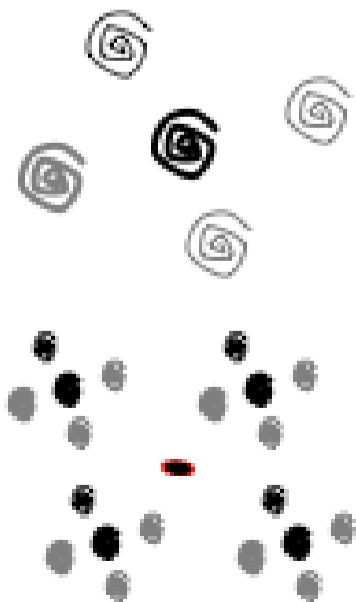
However, a black hole is completely isolated from its surroundings as its mighty mass dominates the surrounding environment, causes proportionally sized bulges to form, and will draw any light or matter within its clutches into an irreversible inward spiral trajectory!

We now step out from our local galactic environment (that is if you can call 100,000 light years local!) and ponder the progressive higher combinations of galaxies, galaxy groups, and higher up to and including the entire universe.

Galactic Groups

Even for their individualistic tendencies and island-like existence, galaxies are actually active social creatures. Instead of idly standing side by side like patrons at a boorish dinner party, galaxies (anywhere from 10 to 50 galaxies) prefer to amass about an anchoring presence like a good speaker at a dinner party forming a spherical shaped galactic grouping about a central controlling galaxy.

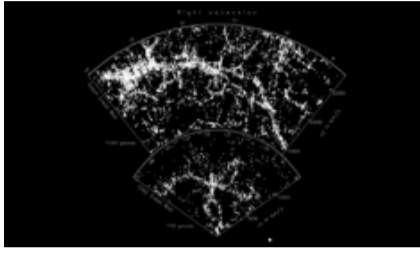
Clusters = Galactic Groupings + Galactic Groupings + Etc...



Like the galaxies that group to make up galactic groupings we just examined, galactic groupings in turn merge with one another to form the yet another layer of celestial organizations. Known as galactic clusters, these humongous clusters of galactic groupings (from a few to thousands) form spherical shaped that rotate about the clusters' center like bees about a hive. Indeed, the motions of galactic groups about a cluster's center is so hectic and furious, the man who discovered them in 1933 (Fritz Zwicky) excitingly exclaimed the clusters should literally tear themselves apart and launch whole groups of galaxies into the depths of space!

It's interesting to note that the common and concentrated center these groups are striving for harbors the largest known elliptical galaxies in the universe!

The Beat Goes On...



Still yet, we find at least five more layers of hierarchy above clusters on our figurative celestial ladder! First we find clusters agglomerating in 'cluster groupings' that form neuron like 'lacy' and 'filamentary' shapes about a highly disproportionate and domineering central mass.

Up the next rung, we find cluster groupings forming superclusters described as enormous 'great walls' or 'filamentary sheets' in space some 15 x 200 x 500 million light years across! Similar to soap suds in a sink, the galaxies are dispersed along the film surface in sheet-like filamentary arrangements not much unlike the clusters of neurons arranged in six sheet-like layers in our cerebral cortex!

Just decades ago superclusters were thought to be the largest structures in nature but are now understood to be subordinate to even larger enormous walls or sheets, sometimes called "supercluster complexes" that can span a billion light-years in length, more than 5% of the observable universe!

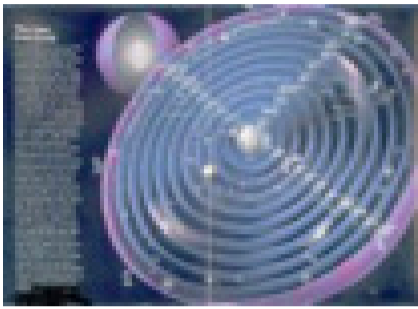
But scientists soon found that supercluster complexes were not the biggest fish in the sea and yet another rung on the cosmic ladder exists. For just a few short years ago scientists discovered a larger structure known as filaments which are comprised of thread-like structures with a typical length of 70 to 150 mega parsec (228-490 million light-years) that form the boundaries between large voids in the universe. Filaments consist of galaxies; the parts where a large number of galaxies are very close to each other are called superclusters.

But In 2006, scientists announced the discovery of three filaments aligned to form the largest structure known to humankind, composed of densely-packed galaxies and enormous blobs of gas known as Lyman alpha blobs –yet a fifth layer of organization over and above clusters! Just were when and where will scientist find the largest figurative fish in the celestial sea?

Super-Sized Universal Centerpath!

In the beginning there was a bang. But this was anything but your ordinary bang –indeed this was a very big bang. For some 15 billion years ago when our universe was born, it's entire contents -what is today 100 billion galaxies, where all squeezed into an unimaginably small, dense, and single spot.

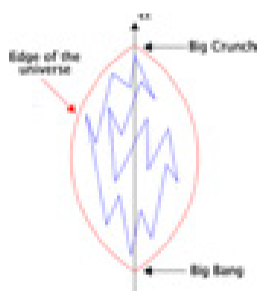
Such a tenuous situation however didn't last long as space proceeded to violently expand outward in all directions. From this unimaginably concentrated point (referred to by cosmologist as infinite space curvature), our universe transformed from nothingness to everything-ness as it raced outward to become what is today 100 billion galaxies spread across 40 billion light years.



Mind boggling enough, from a Centerpath perspective it's interesting to note by having all the contents of our universe wrapped up into an infinitely small and dense point qualifies as an extreme "concentration" as one would expect at a center. We can further suspect this moment was a center because the epoch of monstrous "cosmological inflation" that followed 10⁻³⁵ seconds after the big bang whereby the universe expanded by a factor of 10²⁶ times in diameter in 10⁻³² seconds easily qualifies as a 'high gradient'!

Little understood is the significance and enduring effects of this moment. For not only was everything merged into a single point as one than, but today we all -each galaxy, star, planet, and person, still share this common point of reference as the universe continues to expand from this originating, unifying, and mother of all centers!

With all points connected to the big bang via an expanding universe and cosmic background radiation (which is coincidentally the source of static on blank TV screens), could our universe be a colossal sized Centerpath with the big bang its center?

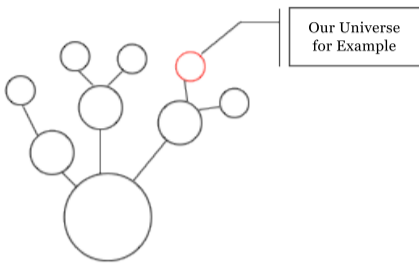


And what fate should we ultimately expect for a universe that began from a highly concentrated, center-like big bang? From our Centerpath knowledge we know that things often return to their originating center which implies for a universe that began from a single Big Bang point, it will ultimately return to the same point. In other words, at some point in the universe's future, the current expansion will likely slow and reverse and lead to a cataclysmic big bang in reverse. Known to cosmologists as the "Big Crunch", such an event occurring is a real possibility in the event they find the cosmological constant has an Omega value of less than one which would ultimately lead to the entire universe collapsing back to a single point.

Over and Above a Universe

Because science limits the scope of discussion to only those things detectable or observable, the profession discourages its members to speculate what may lie outside the boundaries of our universe. However, the universe's naturally expanding hierarchal organization begs the question "is our universe part of larger and larger super-universal structures?"

An answer might come from Stanford physicist Andrei Linde whose “self-reproducing inflationary universe” model attempts to describe what might occur at scales ‘above’ our known universe. Both brave and revolutionary, Linde’s describes our universe as part of a larger tree-like ‘super universe’ “producing a fractal-like pattern of universes...the total number of inflationary bubbles (universes) on our cosmic tree grows exponentially in time and indefinitely far away from the trunk of the tree”. Hence evidence suggests our universe may indeed be a small part of an infinitely expanding, center-oriented cosmic tree!



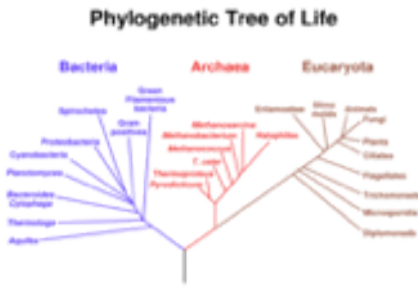
Whatever the ultimate truth, any structures above the universe (and there probably are), would surely adopt a center-oriented structure for it would necessarily reflect the shape and nature of its constituent universe in which we reside.

Chapter 4

Life Form Forms

“What else, when chaos draws all forces inward to shape a single leaf”

Conrad Aiken



Life's truly a wonder to behold. Indeed, with its seething diversity, mind-boggling complexity, and delicately balanced symbiotic relationships -all without a single trace of man's intervention -one could easily conclude its ultra-harmonious masterpieces approach miraculous type intervention since science and our imagination fall far short of providing a complete picture.

But while likely never being able to fully comprehend how her innumerable interactions over billions of years could have ended up in such 'a condition' -we can speak of the paths she favored along the way. Because for all of life's riotous diversity she actually only utilizes a few basic themes to produce her stunning array of shapes and forms. In fact, as the authors of "The Way Life Works" describe, life only uses a handful of basic patterns to generate her rabid diversity.

“When cells divide and grow, they do so in a mere handful of ways. New cells can form concentric rings, as they do so in tree trunks and animal teeth. They can form spirals, as in snail's shells and rams' horns; radials, as in flowers and starfish; or branches, as in bushes, lungs, and blood vessels. Organisms may display several combinations of the growth patterns, and the scale may vary; but for all life's diversity, few other growth patterns exist4.”

Hence the plethora of diverse and adaptable creatures, cretins, critters, and crawlers roaming our planet largely share the same basic designs of concentric circles, radials, spirals, and branches. But as we've come to know, each of these shapes actually shares the same underlying center-oriented design. Hence residing under these patterns just out of our view is their common denominator of being center-oriented -providing the simple theme necessary to unify life's infinite experiments. Literally like a tree with tens of thousands of branches all stemming from a single main trunk, life builds itself up utilizing the same theme over and over again.

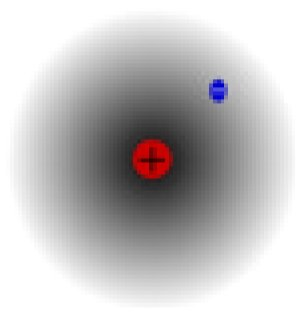
Beyond a profound affirmation of biology's center-oriented disposition, this realization has certain implications to the ideas of evolutionary thought. Because life includes common elements of design, we have to conclude "survival of the fittest" is but a manifestation of a deeper level of understanding for common design implies a more essential "survival of the most centrally oriented" in both its shape, functions, and how it behaves. We'll further explore such implications in the book's epilogue but such an insight at this time helps us build a greater appreciation for just how important center-oriented designs are in life's grand scheme of things.

Life's Inanimate Building Blocks – Atoms and Molecules

If you figuratively 'boiled down' an organism to its basic constituents what you'd eventually end up with are molecules followed later by their basic building blocks of atoms. Indeed, our bodies are comprised of a vast sea of atomic and molecular building blocks which somehow magically combine to form layer after layer of intricately organized cells, tissues, organs, and higher. We begin by examining some of the more important atomic and molecular building blocks of life.

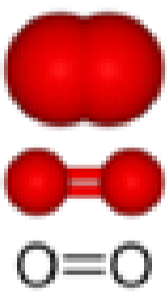
Life's Prime Atoms and Molecules

Though life uses a variety of atoms in her myriad processes she primarily relies on the 'prime atoms' of carbon, hydrogen, iron, nitrogen, oxygen, phosphorus, and sulfur to build up her most robust devices.

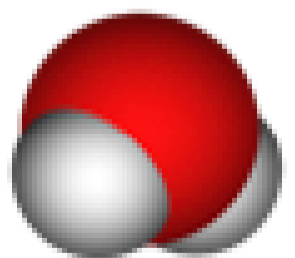


Of these it is hydrogen, oxygen, and especially carbon that are the most critical to life's forms and processes. In addition to their individual significance their combinations as the molecules CO_2 , H_2O , and O_2 form what are known as life's 'prime molecules' which also as you can see from the accompanying diagrams form simple center-oriented and dualistic-like arrangements. And as we'll soon examine is it any coincidence

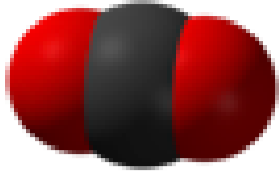
these three elements -so key to life are also some of the most abundant elements on the planet and in the universe?



Take oxygen for example. In its dualistic arrangement as O_2 it serves as the primary agent in life's most essential respiration processes. It is also the most common component of the Earth's crust (49% by mass), the second most common component of the Earth as a whole (28% by mass), the most common component of the world's oceans (86% by mass), and the second most common component of the Earth's atmosphere (20.947% by volume and only second to nitrogen).



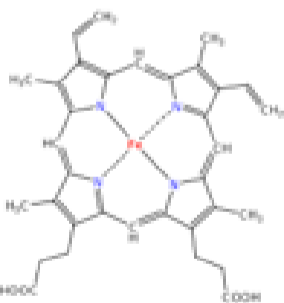
Hydrogen with its single proton nucleus and single orbiting electron comprises the most vital center-oriented design of all atoms. It's than no surprise to find it comprises some 74% of the entire matter of the universe and gregariously forms compounds with most other elements especially with carbon forming millions of known hydrocarbons whose association with living things have earned them the label organic compounds. In its dualistically arranged center-oriented configuration as H_2O , hydrogen also serves as a great facilitator to many of life's essential processes.



The unusual polymer-forming ability of carbon at the common temperatures encountered on Earth elevates carbon as the base chemical element for all known life. When combined with oxygen and hydrogen carbon forms many of life's most important biological compounds including sugars, celluloses, lignans, chitins, alcohols, fats, and aromatic esters. When combined with nitrogen it forms alkaloids, and with the addition of sulfur also it forms antibiotics, amino acids and proteins. With the addition of phosphorus to these other elements it forms life's DNA and RNA chemical codes.

Part of this ability to interact so gregariously may be attributable to its propensity form dualistically arranged structures especially with itself. This because the outer shell of individual carbon atoms is half full –it contains four electrons whereas it wants to contain eight in total. Such a natural structural disposition impels carbon to seek out cooperative covalent bonding arrangements which when it combines with itself forms a neatly arranged dualistic type structure which being a favored 'whole building' method of the universe, likely contributes to its ready ability to combine and interact.

That these three elements (and their combinations as prime molecules) comprise three of the four most abundant elements in the universe (over 74% by mass), some of the most abundant elements on earth, and 93% of the weight of the human body provides a tantalizing expression the idea of likeness breeding likeness and supports Centerpath's contention the universe's structures are driven to adopt an underlying center-oriented design –i.e. center-oriented designs survive and endure. For with their structures being 'preferred' in the overall scheme of atom building, their having the 'right stuff' to dominate our planet's surface condition, and because their structures are so agreeable to life's structures and processes – their enduring and thriving forms at several layers of the cosmos hints at their being Nature's preferred design.

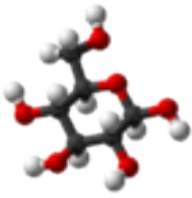


Another of our favorite prime atoms is iron for its key role in heme complex atoms which when combined form red blood cells which are one of the few non-nucleated cells in our body. But with iron situated at the heart of these heme complexes, we can see how even a non-nucleated cell capitalizes on a center-oriented design to accomplish a very important function.

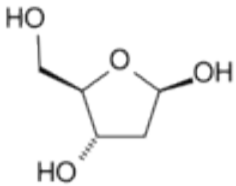
Simple Molecules

In addition to atoms and prime molecules, there are roughly another one thousand different kinds of slightly larger molecules (simple molecules) found in cells. Simple molecules are mostly used by cells as food or building materials and are primarily comprised of the prime atoms we just discussed. The most specialized simple molecules are sugars, nucleotides, and amino acids which we discuss below and as the following descriptions and images attest -simple molecules often form

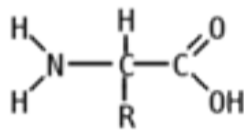
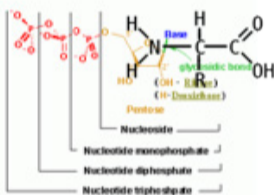
center-oriented ring and chain-like structures that ultimately resemble the critical DNA and protein forms they combine to make up.



Life is hungry for energy and center-oriented ring-shaped sugars such as glucose provide their primary food stock. Being the prime byproduct of photosynthesis sugar glucose is then converted to carbohydrates such as starch or as sucrose in cane and beet.



Stores of glucose, sucrose, and fructose are then stored as energy reserves for later consumption by biological cells. Its ribose variant is not only a key component of its metabolic constituents ATP and NADH; it also forms a component of RNA and is related to deoxyribose which is a component of DNA.

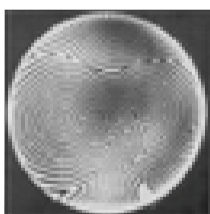


Amino acids comprise the basic structural building units of essential proteins. It's instructive to find each of their 20 different chemical structures share the common 'carbon centered' structure shown at right. It is what is connected to the "R Side Chain" which largely determines the amino acids

four primary properties of being either a weak acid, a weak base, a hydrophile, and hydrophobe. We can then see how through variations on a common center-oriented design great flexibility, and therefore creativity can be achieved.

Nucleotides are the structural units of RNA, DNA, several of their cofactors as well as playing an important role in energy production, metabolism, and signaling. From its central ring shaped base that expands outward to a sugar and then sets of one or more phosphate groups; the overall shape of a nucleotide chemical compound functionally appears as an outward expanding spiral.

The Rhythm of Metabolic Processes



Hints of Centerpath rhythms in cellular process can be found in the critical metabolic activity whereby living cells breakdown organic foodstuffs into energy. Known as the B-Z reaction (sort for its Russian discoverers Belousov -Zhabotinski), a cocktail of chemicals in a dish resembling metabolic processes oscillates with clockwork regularity

between being colorless and having a yellow hue and forming waves that propagate outward in concentric circles and spiral waves. Hence a chemical reaction key to life's metabolic processes pulses like life –and does so in Centerpath arrangements.

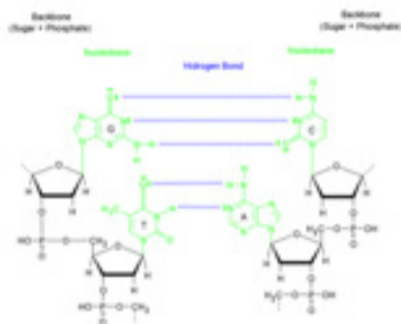
From the combinations of these basic atomic and molecular building blocks come some of life's most important apparatus –chain molecules in the form of DNA, RNA, and proteins which we study next.

Chain Molecules – DNA, and Proteins

Probably the most significant apparatus of cells are DNA, RNA, and proteins. DNA deriving its significance from its acting as a cell's control center and containing the 'information' responsible for life's continuity. Proteins on the other hand are crucial for their performing the myriad of chores or 'processes' required to sustain life. In a real sense, DNA contains the recipe for life and proteins are the worker bees preparing the 'functions and structures' on life's bountiful 'menu'.

As we just saw with their center-oriented arranged nucleotide and amino acids building blocks, much of DNA and proteins effectiveness derives from their chain molecules being folded up into neat and highly functional helix and cluster-like center-oriented arrangements.

DNA



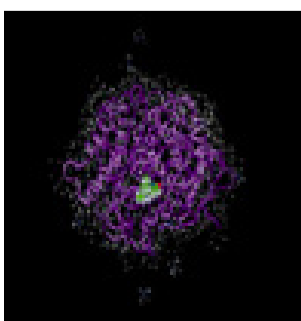
Residing at the heart of cells, the well-known DNA double helix stores the vital genetic data essential for life's continuity. Resembling a double spiral staircase, its dualistically comprised nucleotide pairs (numbering in hundreds of millions) appear to spiral endlessly inward to form the 46 chromosomes clumped into a human cell's nucleus.

The endless double helix arrangement of DNA leaves little doubt to its center-oriented disposition about what is ultimately a center formed by two 'chemically opposite' counterpart nucleotides.



DNA's organization also includes various 'above and below' layers. For instance, the entire DNA strand of a single cell is known as a genome. This genome is built up progressively from basic amino acids, which combine to form nucleotides, which combine to form genes (the code for a protein), then on to the 46 chromosomes which make up a full genome. Hence life's blueprint is comprised of the progressive combination of smaller units that culminate in blueprint for an entire organism.

Proteins



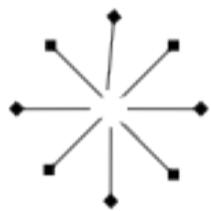
Proteins make up more than half of the non-water weight of a cell and perform a myriad of its essential functions. Our bodies alone produce some 70,000 different proteins to do the work of cells acting as regulators, communicators, transporters, enzymes (catalysts for reactions), defenders (antibodies), and supporters (such as muscles). Because proteins are also

comprised of amino acids, they share some characteristics (as well as differences) with DNA as described by the authors of the “The Way Life Works”,

“Like their DNA counterparts, proteins are comprised of long chains of amino acids but whereas DNA strings are structured in a spiral staircase arrangement, protein chains fold up into intricate shapes giving their finished cells unique shapes and abilities. Indeed, proteins can’t do their work properly unless they’re folded up correctly⁴.”

And while visualizing how such protein strings (often numbering 300-400) could wrap themselves up might prove difficult, the physics that raises their center-oriented geometry can be gleaned from how a basic protein such as a Micelle Droplet comes about as the following excerpt from their book “The Way Life Works” describes.

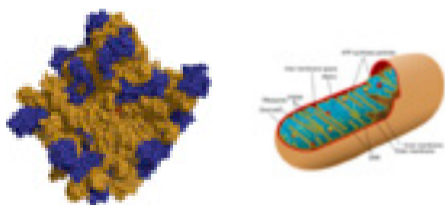
“Proteins find themselves mainly in either water or fat environments which explains why they fold the way they do. A protein in a watery environment folds its fat-liking amino acids tightly inside itself while its water-liking amino acids face the surrounding water⁴.”



As a protein chain is assembled, it begins to fold, often with the help of small “chaperone” proteins. Usually the fat-liking amino acids turn inward and join together in weak bonds forming a stable structure. The water-liking amino acids push to the outside surface where they can do their work. In its final form, the chain has folded into an intricate shape. Proteins that reside in membranes, which are made of fat, do the opposite.

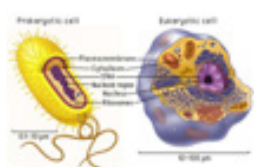
In essence, our protein “whole” forms from the alignment of “like units” toward a common, invisible, and charge related center! Hence proteins result in center-oriented arrangement from a set of simple charge and water or oil liking physical properties!

Molecular Structures



Additional “molecular structures” are formed in cells by chain molecules to create ‘single purpose’ architectures such as protein producing ribosomes and energy generating mitochondrion.

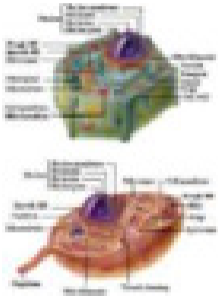
Cells



Each of us is made up of an approximately a million-billion diverse cells (approximately 350 different types in humans) that perform an enormous number

of tasks necessary to sustain life. Bone, muscle, nerve, skin, blood cells, and others -each with its own specific tasks but each able to interact with other cells and across a range of diverse environments.

The center-oriented disposition of cells can be gleaned beginning at its outer membrane which encapsulates this most important of biological units. Acting like a frame of a precious portrait, the cell's membrane separates it from the outside world and also keeps its objects wrapped up around its main focal point at its center.

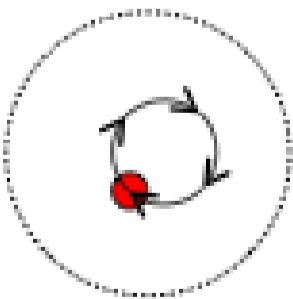


For it is at its central nucleus that the cell's 'world goes around'. We know the nucleus is the cell's Centerpath center not only because it's centrally situated, but also because it's DNA possesses the center-like properties of both dualism and possessing a marked increased complexity. DNA chains also possess an astonishing amount of information packed into a very small space which is exactly what's meant by Centerpath's 'massive concentration' property at centers. This unfathomable trait is explained by the authors of *The Way Life Works*.

"If we think of the links in each DNA chain as letters, bacterial DNA represents about 60 novels; humans about 1,500! If all the DNA in one of our cells was laid end to end, it would be about 2 yards long. For a double chain that long to fit into a space as small as a cell's nucleus, it must be incredibly thin. Since we have about 5 trillion cells, the total length of DNA in each of us would reach the 93 million miles -from here to the sun 30 times⁴."

The nucleus is also surrounded by its own figurative eye wall whose boundary protects the vital DNA and regulates the flow of proteins and messenger RNA essential for cell maintenance and replication.

Even the flow of a cell's various processes 'point' to the nucleus as the cell's control center. In a stunning example of Centerpath's alignment we find practically all of a cell's functions, processes, and information flows are all ultimately 'aligned' to the cell's nucleus. Indeed, when considering the ultimate 'direction' of the cell's outlying mini factories, each performs activities that in due course supports the activities at the cell's center.



In a plant cell for instance, we can see such an organization in how energy and information flow. First, we see a mini-solar station use light energy to produce sugars that are broken down by figurative mini-powerhouses that produce various energy carriers. These energy packets work in turn with mini-production centers to produce enzymes and proteins that further sustain the whole and also perform the essential activity at its nucleus. But each of these proteins ultimately gets its 'design' from the DNA residing at the cell's core.

Returning to the Source

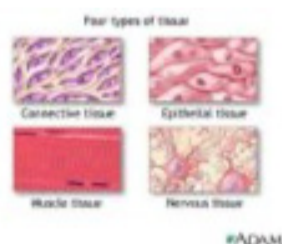
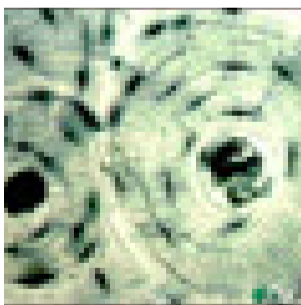
The complimentary interactions of DNA and proteins not only provides a fine example of the interchangeably of center-oriented entities –it also provides a very real example of the importance of returning to the source. For after being ‘produced’ at ribosome sites in the cell body, many of a cell’s proteins than work their way back into a cell’s nucleus to assist with stitching out a segment of DNA code that’s ultimately reused to produce the very same protein! So, like a star cluster that orbits an elliptical galaxy’s center, a proteins swarm back to a cell’s nucleus to set off the process to create themselves again and again!

The Macrocosm in the Microcosm

Comparison of a cells structure to the entire human body provides a wonderful window to just how the microcosm reflects the macrocosm and vice versa. For the dualistically arranged DNA residing at the heart of an atom reflects our minds dualistic halves residing at the neural center of our bodies (and possibly prime center of our bodies if one considers how embryos ‘roll up’). Further yet, DNA contains the entire blueprint of our bodies (our structural code) just as our minds contain the blueprint of our lives (the code of who we are, our memories, etc.).

The dualistic pattern of DNA also reflects our body’s overall dualistic halves and it’s double fascinating to consider how each cell in our bodies stores the complete information required to replicate the entire organism! This means you could literally be fully replicated from the DNA of a single skin, bone, or hair cell. This precise analogy is another way whole units emerging from similarly devised subunits. Why we aren’t fully duplicated is because each cell type only uses a portion of the DNA’s strand for its specific purpose –hence the ‘parts’ of the DNA build different ‘parts’ of our bodies which brings is to tissues.

Tissues



Biological tissue is a collection of interconnected cells that perform a similar function within an organism. Of course, that these tissues “perform a similar function” speaks of a central purpose but it also highlights the effectiveness of Centerpath global centers. For by each

cell taking its instructions from the same slither of the DNA strand, they in affect share the same center from which ‘like’ cells are than produced. The end result is similar cells forming a larger organism (tissue) about a similar function (center).

Organs

As we have come to expect from nature's incredible ability to build itself up into more and more layers of organization, the cellular 'like units' we just examined somehow combine, congeal, and 'stay in just the right place' to produce larger wholes that comprise the various organ subcomponents of our bodies.

An organ (Latin for "instrument, tool") is a group of tissues that perform a specific function or group of functions. Hence just as we saw with tissues, organs are 'functionally' center-oriented by virtue of their performing a specific function. Organs also include a main tissue that's unique for the specific organ in addition to other sporadic tissues. For example, main tissue in the heart is the myocardium, while sporadic are the nervous, blood, connective etc.

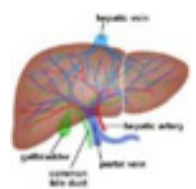
We find an organ's 'functional' central orientation is further complimented by a center-oriented disposition of its structures especially of the branching, concentric ring, and spiral variety. Take for instance.

- 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 concentric rings of eye's lens and pupil
- The cluster like bunching of light cone's at the fovea on the backside of eye's retina
- Taste and pain receptors adopt a Centerpath 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
- The bioelectrical spiraling of labor impulses (the quickening and intensification of contractions) leading up to birth



Examples of bodily components that utilize branching arrangements include.

- 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

These organ ‘subsystems’ next combine with other cells, tissues, and organs to form yet larger ‘organ systems’ which we examine next.

Organ Systems

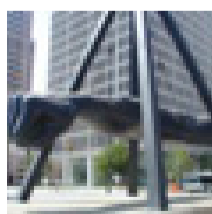
The idea of centers in bodily organ systems is over 3,000 years ago as best exemplified by the Indian practice of Chakra’s. The system of Chakras divides the bodies various organs and organ systems into progressively higher bodily centers that begin at the base of our spine up to and including our skull’s crown. For instance, the Solar Plexus Chakra is related to digestion, the Heart Chakra to the circulatory system, and the Root Chakra related to the kidneys, blood and skeletal system. By bolstering and aligning each of the seven Chakras with the universal life force, the practitioner builds a strong whole and thereby obtains balance in his own life.

Though modern science takes a more technical approach, it nevertheless arrives at similar group definitions and conclusions –that all parts must be balanced in order to achieve balance in the larger whole. The organs in organ systems are usually related by their providing a common function. For example the urinary system comprises organs that work together to produce, store, and carry urine. So, organ systems like the individual organs that make them up, too come together about a unifying center of ‘purpose’.

And as you might expect, the organ systems are also laid out in physically arranged center-oriented patterns. One can directly glean the center-oriented disposition of organ systems by simply considering the shape of one’s arm. You can do this by spreading open your fingers and extending your arm before you.



Beginning from your shoulder, you’ll notice how the number of bones in your arm increase outward toward your hand (1 upper arm, two in lower arm, five bones in our hands, and 14 finger digit bones) not much unlike a tree’s branch. And in a direct confirmation of the interchangeability of Centerpatterns, our arms skeletal structure can be directly transformed into a spiral’s form.



To see this again extend your arm outward but this time make a fist. Keeping your arm at chest level, begin to curl your arm inward toward your chest stopping about one foot from your chest. What do you see? If you follow your arm from your shoulder to your hand you can see your arm forms a spiral form in the ever-tightening curl of your arm, forearm, hand, and fingers inward toward a center point.

This branching disposition is also reflected in the parallel nerve, vein, artery, and (to some extent) muscles systems that also extend into our extremities. In fact,

these parallel systems are inexorably interconnected center-oriented systems that interact most efficiently and harmoniously to exchange information and energy ultimately giving us the ability to move, act, and react.

Other organ systems completing the various functions necessary to sustain life include the digestive, endocrine, immune, integumentary, lymphatic, reproductive, and respiratory systems. Forming complete wholes in their own right, these organ systems often include a central organ from which the remainder of the system connects. Some of the more interesting are discussed below.

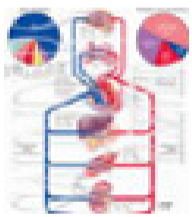
The Nervous System



The nervous system is the body's communication network whose main parts are the brain, spinal cord, and individual nerve cells. The center of this extensive whole is the brain whose geometric location is where almost all nerve signals 'end up' and are therefore aligned. The remainder of this Centerpath whole includes the nervous system's peripheral system which includes billions of long neurons, many grouped as nerves that transmit nerve impulses between the central nervous system and other regions of the body.

At its center is the unfathomable brain whose center qualities include extreme concentration of resources including the ability to consume up to 40% of our bodies blood flow as well as packing some one million-million neurons in a relatively small space. The brain also includes left and right hemispheres that are not only geometrically opposite, but opposite in their specialized functions.

The Circulatory System



The heart is an incredible device. Able to beat billions of times over the course of a lifetime and provide sufficient pressure and flow to maintain a wide range of activities. From this central engine of life emanate its dualistically opposed yet complimentary veins and arteries that deliver (and return blood) through the entire body.

The Digestive System

Even while the digestive system is truly comprised of a single continuous digestive process, we fancy the stomach as its center for its being the first main collection point, its where digestive fluid is thoroughly mixed with the food, and simply it's where we feel pain when we are hungry (the bottom of the well).

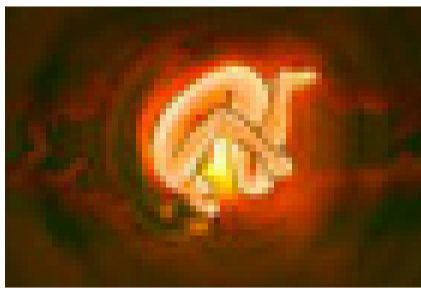
The Endocrine System

The endocrine system consists of a various glands that secrete hormones which are circulated by the bloodstream to affect cells within specific organs throughout the body. The center of the system is the hypothalamus which controls each of the endocrine glands including the pituitary, thyroid, and adrenal glands. It's interesting to note each of the various glands systems employs the same centering trick of negative feedback to stabilize its hormone level at the desired level.

Groups of Organ Groups

The functions of organ systems often share significant overlap. For instance, the nervous and endocrine system both operate via their organ the hypothalamus. For this reason, the two systems are combined and studied as the neuroendocrine system. The same is true for the musculoskeletal system, which involves the relationship between the muscular and skeletal systems.

Whole Organisms



Organisms are often labeled as “living complex adaptive system of organs that influence each other in such a way that they function in some way as a stable whole”. Hence a defining feature of organisms is the emergence of a whole from its constituent parts. And while their “functioning in some way” hints at a central significance or purpose putting our hands on such a property proves somewhat elusive.

And while an organism has several primary physical centers in support of itself as we'll see its neural, reproductive, and possibly its 'soul of being' centers are arguably the most important.

The nervous system is critically important to an organism for it controls and coordinates the various organs to as well as its 'interfacing' with the outside world. This leads to the accomplishment of many crucial functions to the continuance of the species including maintaining a constant body temperature and proper hormonal balance and seeking and acquiring foods.

The mind also establishes and perpetuates the organism's 'place' in the world through its various center-oriented behaviors which are often ritual-like in nature. For in each of the following examples, the organism's mind establishes and places itself at the center of the outside world which proves to often be the most advantageous location.

Organisms build center-oriented structures from which they can base including webs and central homes such as burrows, dens and nests. They maintain active Centerpath-like boundaries via the behavior known as “social distance” (literally an animal trying to maintain its very own personal space) and through the active projection of territory. As rituals we see the same ever-escalating rhythm leading to transforming moments of truth such as with mating, confrontations, and hunting. And it’s been long recognized by zoologists the genetic advantage the alpha (leader) male enjoys in his central position.

Clearly the mind can be considered the center of an organism due to its central role in so many functions and behaviors that ultimately serve to promote the condition of the organism. The fact the body wraps up into the mind via the fetal position is also one defacto means to claim the mind as organism center.



But one is faced with the question of what is the ultimate aim of an organism. Many camps of reasoning suggest it is the procreation of the species which than implicates our reproductive centers. And there are other reasons to suspect the reproductive system as body center. To begin with the reproductive system is the body’s truly physical center being located literally at the junction of our legs and spine.

This area also includes the dualistically opposed male and female reproductive organs that once merged forms the spot where two become one (a larger whole) and highly intense activity occurs but also can lead to the transformative ability to create a third!

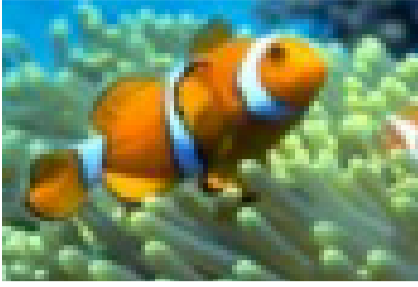
And it is this procreating feature that appears to be the clinching factor in crowning the reproductive system as an organism’s primary center. For the vital purpose of procreating the species is arguably ultimate aim of the organism and therefore its primary center. Indeed, the primary phase of both plant and animal life cycles are keyed to their reproductive phase of their life cycle.

Finally, the idea of a soul as the center ‘of self’ has been a part of human mysticism since the dawn of man but alas, we’ll save this subject for our publication “Heart of the Gold” (see www.centerlife.center).

Groups of Organisms - Flocks, Schools, Herds, and Swarms

When animals group they do so in center-oriented arrangements –center-oriented arrangements that as we’ll see in the coming sections often mimic those when humans group.

Symbiosis

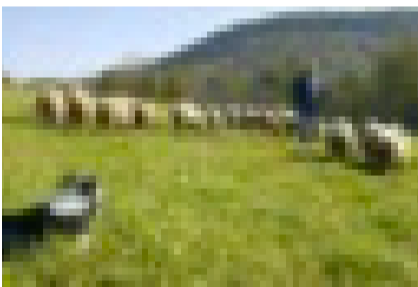


Symbiosis is an interaction between two organisms when at least one benefits. Like two atoms mingling to form a larger molecule or two dancers merging to form something larger and more creative, symbiotic relationship hark of whirlwind-like whole building processes.

An example of mutual symbiosis is the relationship between clownfish of the genus *Amphiprion* that dwell among the tentacles of tropical sea anemones. The territorial fish protects the anemone from anemone-eating fish, and in turn the stinging tentacles of the anemone protect the clownfish from its predators (a special mucus on the clownfish protects it from the stinging tentacles). In the process the two form a larger whole about their shared purpose of protection and survival.

Leader of the Pack

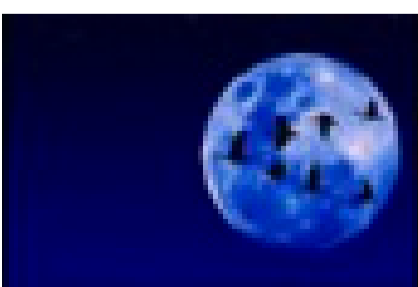
In social animals, the alpha male or alpha female is the individual in the community whom the others follow and defer to. Where one male and one female fulfill this role, they are referred to as the alpha pair.



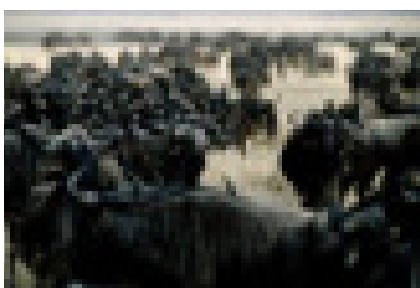
Chimpanzees show deference to the alpha of the community by ritualized gestures such as bowing, allowing the alpha to walk first in a procession, or standing aside when the alpha challenges. Canines also show deference to the alpha pair in their pack, by allowing them to be the first to eat and, usually, the only pair to mate; wolves are a good example of this.

The status of the alpha is generally achieved by means of superior physical prowess (i.e. the biggest center) whom is normally only ousted from this position by a larger or more powerful male yet. However, in certain highly social species such as the bonobo, a contender can use more indirect methods, such as political alliances, to oust the ruling alpha and take his/her place.

Herds and Flocks

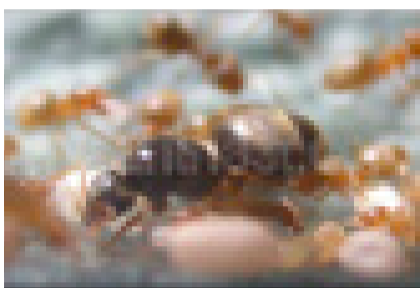


It is truly a magnificent sight to see a flock of birds swarming overhead almost like a liquid. It is just as exhilarating to witness a herd rumbling across a valley or a group of silvery minnows swirling as one.



In each their “birds of a feather flocking together” mechanism is a clear example of ‘like units’ amassing together into a larger whole. A little-known fact is this instinct to concentrate is an evolutionary byproduct that favored birds that flocked together over those who didn’t. The net result gives rise to a subconscious, shared, and central purpose of sticking together ultimately promoting both the survival of the individual as well as the species.

Superorganisms

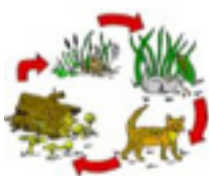


A superorganism is an organism consisting of many organisms and is usually intended to mean a social unit of eusocial animals where division of labor is highly specialized and where individuals are not able to survive by themselves for extended periods of time and largely applies to colonies of bees, ants, and termites.

A superorganism than provides a direct means by which to experience how many like parts (the organisms) organize themselves into a larger whole (the superorganism) which in the case of bees, ants, and termites maintains a central organization about the queen reigning at its center.

Ecosystems

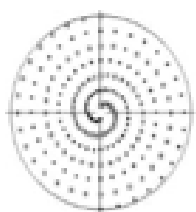
In our many discussions of living systems you may have noticed just how fundamental the acquisition and use of energy are at every scale of life. This a very naturally occurring result since such energy processing cellular, organ, and organ systems often adopt center-oriented biased shapes which is also the natural shape of how energy flows in natures as vortices, waves, and spirals as well.



So, it shouldn’t come as much of a surprise to find the flow of energy in ecosystems –by extension too flows in center-oriented ‘structures’. This because the various members and species of an ecosystem are joined by and connected to the same thing –the flow of energy which in the case of an ecosystem is the food chain.

We can begin to see how energy flows in center-oriented dynamics through ecosystems by first considering a simply one-on-one ecosystem arrangement (and in particular how their populations fluctuate) as with the predator and prey relationship of say pikes and trout’s in a lake.

Having studied predator/prey populations such as pikes and trout’s over generations,



scientist found their populations totals tended to oscillate about a 'combined' central population number when plotted adopted a spiral form as at right. This no matter the starting populations and no matter if the balance was upset by either dumping excess trout into the lake or if diseases kills off much of the trout –eventually the population levels still restored themselves to the same centralized population level! Such dynamics even apply with a third 'variable' such as an angler fish were added to the lake.

Though these simple examples we can than begin to visualize how even larger and more complex ecosystems are too arranged in center-oriented arrangements. For whether flowing as water in nature, metabolism in cells, blood through our veins, or numerous species vying for available resources in an ecosystem; each and all are subject to the same centering dynamics whose center-oriented forces, fields, and wells form and forge each into the same and similarly arranged center-oriented 'structure'.

Super-Sized Ecosystems

Even above ecosystems, we find life continues to build itself into higher and higher layers of organization including biomes, the biospheres (the entire planet), and possible even higher.



A biome is a homogeneous ecological formation (a global-like center to be sure) that exists over a large region as tundra or steppes. All the planet's biomes than further combine to form a biosphere -the entirety of places where life is possible from the highest mountains to the depths of the oceans. James Lovelock, with his "Gaia Theory" (who has paralleled the work of Vladimir Vernadsky) has suggested the whole of the biosphere in some respects can be considered as a superorganism trying to ever maintain steady conditions such as temperature, ocean salinity, and respiratory constituent levels –all centralized 'set points' which promote a steady and 'like unit' environment which promotes continuity and the right conditions for life to thrive.



Where do symbiotic ecosystem type relationships end? Without doubt they extend outside the planet because as we know the effects of the moon and sun have both intimate and essential affects to our planet and all the life that inhabits it. In fact, the entire planet's food chain is focused on the sun and the life-giving energy it provides.

Besides stars in the same star cluster often sharing parallel axes of spin (i.e. the direction of their spinning axis aligns like tops spinning on the same floor) –do even higher cosmic center-oriented connections exist yet? Only god knows.

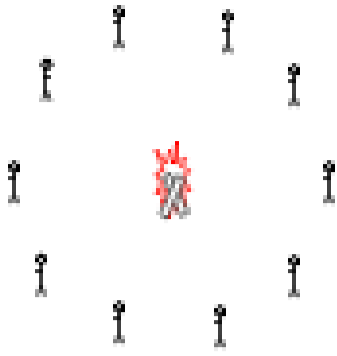
Part II
The Patterns of Man

Chapter 5

Groups

“Build Them a Bonfire and They Will Come”

Jin Nua



Everybody likes a good bonfire and there's no hotter and immediate bonfire than those we form when we interact as groups. For no matter the circumstance associated with two or more when they interact –whether it be a casual conversation, two lovers involved in a passionate embrace, a random transaction in public, or being part of a nation sized fad; we find ourselves willingly and eagerly joining in larger agglomerations of humanity forged when its participants circulate as one about the same raging bonfire of excitement emanating from its core.

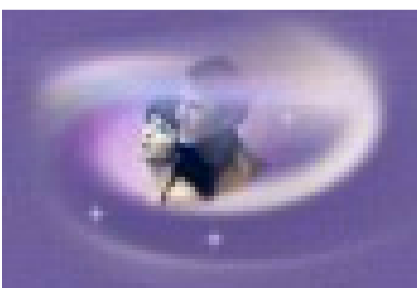
A campfire neatly symbolizes this deep-rooted relationship -one need only replace the flame at its center with the group's than focus of attention. Hence groups resonate about the high energy element residing at its core causing those positioned about it to literally appear if they were 'on fire'. Hence politicians, attractive people, rude, and loud people all have the same effect on their surroundings –they bring people together as one in a larger bonfire about the raging inferno they form.

In fact, the infinite variety of our interactions across countless scales and times forms one of the most spontaneous, robust, and adaptable centers forming entities in the whole universe entirely on par with the extreme variability of atomic and molecular interactions! Reaffirming once again that life and our interactions are not haphazard and meaningless but part, parcel, and a perfect refection of the larger universal rhythms resonating everywhere about us.

It Does Take Two to Tango

“one + one = ONE”

Jin Nua



Without knowing it we are participating in the cosmic whole forming dance practically every moment we're in the company of another. For from the moment we simply share something in common we have created something larger in which we are than only a part – united through the central item we share.



And the centers that unite us are many. They might be a shared proximity or locale, clasped hands, a conversation, friendship, mutual respect, give and take, love, eye contact, and competition or

cooperation for a desired objective. They can also be shared meanings, 'identity', and common purposes which are especially operative at larger 'scale' groupings as we'll discuss below.

But in each case the sharing of common mental and physical 'spaces' does the same thing –it merges its participants into a larger single 'organism'. On the level of two individuals such organisms are commonly referred to as friends, couples, acquaintances, associates, etc. but also strangers who perchance to strike up a simple conversation. One plus one indeed equals one through the dynamic whole forging dynamic of the Centering Principle.

The Bonds of Blood

How to Build a Nuclear Family

There's more truth to the phrase 'nuclear family' than meets the eye. For not only does the term accurately describe the shape of families (i.e. children circling about the parents), through considering the structure interrelationship of an atom we're also able to glean a host of other insights to how a family's dynamics.

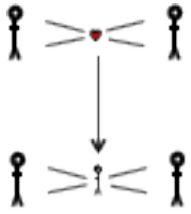


Take for instance the message the nucleons at the heart of an atom tells us about the relation of husband and wife at the heart of a family. For "man and woman" come together in powerful bonds of love (whose union is fully crystallized in the act of marriage) not much unlike the incredible forces that bind the dualistic nucleons at the heart of an atom. And like the incredible nuclear force that bonds protons and neutrons, the bond of love is very powerful always keeping us yearning and being pulled toward the other (thoughts and feelings aligned). So strong in fact that breaking the bonds of marriage can feel like the fiery released in an atomic blast when atoms are split!

Insights into how to maintain a healthy martial relationship finds an interesting parallel when considering the nuclear bond that keeps neutrons and protons together. So when we find the nuclear force maintains nucleons at exactly the 'right' distance apart –serving to repulse them if they get too close together and attract them when too far apart; we find real reasons to further believe the words to the song "hold on loosely, but never let go" which too describe a healthy love relationships as maintaining just the right 'distance' and balance. A fine natural example for those wishing to keep their relationship in check!

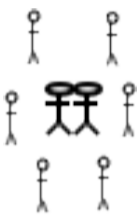
The merging of couples in marriage also sets off a whole chain reaction Centerpath-like rituals as we work toward 'larger goals and needs' of the household such as food, shelter, and procreation (we'll examine some of these rituals in more detail in Chapter 8). Knowingly or not, by participating in this large whole we have relinquished some of their individuality by 'giving ourselves up' to the larger whole they created about the larger purposes at the heart of their union.

Transforming Love



With the onset of a couple's first pregnancy, the center dynamics of a family evolve in new and fascinating ways. For upon the emergence of a newborn a couple's center (their love) 'transforms' into the new physical 'baby' that now very strongly unties them. All new parents know it's true because practically all their energy and efforts now go into feeding, clothing, bathing, napping, playing, changing, and rocking to sleep their newborn –their whole life becomes aligned to the baby's needs.

Later as the family grows from three to four, four to five, etc.; an interesting reverse transformation occurs. For as kids get older and older the center of the household evolves back to the "head of the household(s)" whom were not only the source of the family but also set the tone and overall direction for the rest of the family.



This also means overtime the strength of a family's bonds continues to strengthen overtime through increasing bonds of dedication, loyalty, and commitment which also serves to 'harden' a family's boundary from the outside world. The existence of this boundary is vindicated when considering the hurdle an outsider such as a courting male has to overcome to breach it.

The Trunk of a Tree

The combination of nuclear families with other nuclear families of the same blood produces yet another larger whole with the grandparents at its helm.

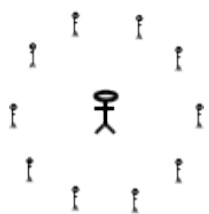
A family tree nicely reflects the center oriented bias extended families with sons and daughters fanning off progressively from the central grandparents into ever wider layers grandchildren and great grandchildren.



The ultimate expression of such extended families lies with the British Royal family with king and queen counterparts enjoying the greatest power as would be expected by anything residing at the center of a Centerpath! We now venture outside blood related groups and examine the shape of localized social groups.

Social Circles

Anthropologists largely believe pre-modern society adopted a tribe-like structure with a powerful ruling leader or group of elders at its helm. Such an arrangement likely evolved naturally in part due to the ingrained urge of men to 'rise to the top'

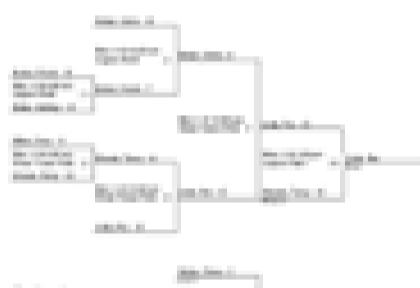


but also because as we've seen -such a pattern also matches a pattern of need in our minds when members of a group. Though modern society has developed more formal associations than its primitive predecessors, the ancient structure of tribes has survived and largely thrives today. Indeed, practically all formal organizations forged by society have maintained their tribe-like feature about a powerful central authority.

Formal Social Circles



Our indoctrination into society's tribe-like organization began right away in school with teachers providing the single anchor from which we could begin to place the world outside our family into a meaningful and consistent context. A school's principal also provided us with one of our first 'larger' hierarchal systems outside the grandparent hierarchal system afforded by family structure.



Sports further bolstered the idea our social world was organized in center-oriented arrangements with team members being wrapped around a central coach. Our center-oriented exposure continued with school age clubs and organizations such as Boy Scouts and Girl Scouts (with their den leader), student government, and prom "king and queen of the year" competitions.



With so much 'training' as to the center-oriented bias of society's group structures it's no wonder we so naturally adopt to the 'working world' and its highly sophisticated center-oriented hierarchal structures. We as employees naturally report to supervisors, who report to managers, then department heads, and ultimately the CEO at the helm of the company as best represented by the accompanying business organizational chart.

The social and professional groups we join later in life (clubs, society's, associations, sports leagues, etc.) too reflect the center-oriented arrangement of companies with presidents, vice presidents, etc. but also with each rallying its members about unifying symbols of meaning that instill a strong sense of purpose and identity.

Political structure also reflects the matrix of center-oriented group structures permeating society with its various departments of government being fashioned in tribe-like structures about powerful leaders at practically every degree of social scale. Hence towns have mayor, cities have mayors, states have governors, and nations have presidents. Central leadership is also the stalwart of the various government bodies with the Speaker of the House presiding over the Senate, a

Chief Justice at the helm of the Supreme Court, and the various Secretaries leading up the other various branches of government.

As we'll see in the following section, our random social interactions also tend to form in center-oriented organizations just like the relatively 'cast in stone' formal social structures we just examined.

Random Acts of Centering

Have you ever wondered why dropping of plates in restaurants creates such a scene and why it draws protracted stares from practically all its patrons? Why the mundane task of queuing seems to bring with it a certain kind of competition no matter what we're queuing for? Why people are so drawn to confrontations and especially fights in public? Or why we're so drawn to highway accidents witness our impulse to rubber neck?

And while such phenomena appear routine and seemingly inconsequential it in fact provides a fascinating window to just how basic is the urge to center when in group situations. For in each of the 'random' instance above, each member nevertheless seamlessly fits into a larger group (whole) about the than dominate and common center.

Hence the cumulative stare of patrons at an embarrassed waiter in a restaurant actually creates a larger and cohesive whole; people are drawn to street brawls (raging inferno of intense conflict to be sure) in the same way Romans were drawn to coliseum battles centuries ago; the act of the 'lining up' to the same object of desire in queues generates a natural competition that often escalates into rude and impatience behavior; and when seeing the cause of the traffic jam our minds recognize the import of coming face-to-face with the 'intense' source of what ultimately merged thousands of motorists in a much larger whole we refer to as a traffic jam.

So, when seeing seemingly inconsequential and unrelated occurrences are actually connected through a common underlying design, we can begin to see how practically all of our social interactions are shaped in center-oriented designs. In fact, one is pressed to describe a social situation that doesn't display the earmarks of a Centerpath-like arrangement.



For whether it be a street performances, 'hawkers' promoting a product, preachers or politicians on a pulpit, public displays of kindness or affection, the spotting of a celebrity in public, a toast, people trying to 'grab' our attention through physique or fashion, sudden loud noises such as a backfiring car or passing motorcycle, or a screaming baby on an airplane -all have the same effect on those persons within earshot --to mold the 'many' into a oneness about the object at the most powerful or extreme object at their center.

The Circle Grows

So far, we've only considered groupings on a relatively localized scale, i.e. we've only considered how we group on the level of our day-to-day interactions and literally when we're within earshot of one another. But even while we're limited to the size of a group we can 'physically' join in at any given moment –for our minds there exists no such limitation as to the size of group we can join in. Indeed, our minds are highly adept at projecting us into larger groups far beyond our physical reach but only when we're able to affix to strongly formed and anchoring centers of symbols, meanings, and purposes.

Indeed, our ability to flock like birds of a feather extends far beyond our physical locale and deep into the scales of cities, states, and nations but even beyond. As we'll see our minds are capable of forming center-oriented wholes at the global scale of being a species but also at the universal scale and our relationship with god.

Building a Nation – From Cities to States to Regions to Nations

Resting squarely on the line between being within reach yet out of sight are the cities we live within. Because while within a city we share the same physical things such as streets, parks, and restaurants; a city's circle extends far beyond the territory any one single individual could claim as their own. In such instances outside our reach however we're still brought into contact as it were through the unifying effect of the common symbols, news, and institutions we share. Hence even those aspects of a city we can't directly physically share in we're still brought into the same 'locale' as it were through the connecting power of the centrally unifying mediums of newspapers, television, sports teams, city mottos, and government institutions we each share.

Just how such central symbols could bring us together into such larger and cohesively formed group wholes can be readily gleaned from a hometown sporting event? Because even while one might suspect spectators in at a sporting event are connected by virtue of sitting in the same stadium just as city dwellers are connected by living within the same city lines, this is over simplistic and in fact not accurate. Indeed, what joins the up to 70,000 spectators in a stadium (and potentially millions of extended spectators viewing the game at home on their TV) is the centrally located and raging sporting event on the playing field! Hence the larger organism cheers and boos as one not by 'seeing' each other but by viewing the common center on the playing field uniting them.

It's the same with the other city sized wholes formed by common centers of symbolism and excitement –just replace the hometown sports team with the other 'bonfires' captivating the masses at the time. As you can see cities are brought together as one not so much by the virtue of people living in the same circle but instead because each is pointing to the same focal point within that circle.

Having gleaned our minds ability to join in groups beyond our 'local' reach and into cities it isn't much of a leap to imagine how our minds might project its unique whole forming mechanism to larger and larger scaled groupings. Hence on the scale of a state we see how we might organize about tribal-like gubernatorial and senatorial leaders but also about the meanings derived from being from the State we're from. Hence being a member of a "Show Me State", "We Dare to Defend our Rights", or "Find Yourself Here" state speaks strongly of who we are and what kind of people we form as a collective. The same passion joining us as a tribe about State sized symbols of meaning and identity also serves to join us as one on the multi-state level of regions. Hence being a northerner or southerner, and eastern or westerner, or from the great white north expresses in no small way the demeanor and disposition of its inhabitants.

But the largest and likely strongest group association with which we're most keenly aware is our national identity. For with our Centerpath minds well attuned to affixing relative importance based on the size of the whole or center and because the powerfully motivating feelings of ethicist (generated by "like's liking like's") come into full play at the national scale; it isn't hard to see why we so willingly and passionately embrace the ideas and practices of "country".



Hence accompanying those things associated with being 'national' are the powerful things of presidents, national flags, currencies, borders, and national day celebrations are powerful and cherished symbols that can evoke sheer emotional joy and unite us on the battlefield. Indeed such national sized organisms have their very own vital statistics of populations, GNP's, etc. and can collectively fall prey to super-sized mob mindsets when gripped by fads, crazes, shared public opinions which in its most extreme expression becomes fascism which sees entire nations become affixed to a single idea or movement.

The Center of the Human Flocks – Ethnic and Regional Groups

It's possibly no surprise than to find the same "like to like" whole forming urge resonating at the heart of nation building also serves as the glue binding the various 'alliances' forming across national borders. Indeed, just as 'likes' banded together about common purposes of meaning and survival at the national scale; 'likes' also band together in modern continent-spanning tribes centered on their additional shared racial and cultural identity. Of course, since similar ethnic groups shared the same space, their associations also translate into shared regions.



Hence "East versus West", NATO, APEC, the Middle East, the Group of African Nations, and others; are all examples of formal alliances that while transcend national borders are just a larger expression of Centerpath's forged about

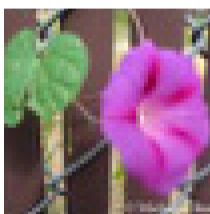
centers of ethnic identity.

The Whole of Humanity – The Center of the Human Species

Moving beyond national borders and the larger multi-national regions they combine to form; we bump into the global sized whole we form as the human species. For here at the global sized scale of our groupings we find the human race fanning out in tributary-like fashion to now truly encompass the entire face of the planet. But what possibly could unite the entirety of this vast and highly diverse group?

One could surely argue the UN, with its supposed ‘all country’ encompassing role fulfills the role of species wide center but due to its relatively short duration in existence and the fact its agenda doesn’t necessarily do ‘what’s best for all’ but instead what’s best for its founding and controlling powers (which still amazingly enough forms a center-oriented organism about its centrally situated controlling countries) disqualifies it as the most essential center of the species.

And while the true center of our species doesn’t present itself as readily as say a UN type center, the core flocking mechanisms lying at the heart of our species can be easily uncovered by simply listening to the message embedded in Hollywood’s ‘alien’ movie genre and our collective behavior against nature. In a macro-like expression of our individual will to survive, we find at the core of our genus sized group too resides a singular and powerfully motivating subconscious impulse to survive as a flock that unites the human race as one.



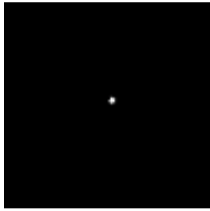
Hence when sitting in movie theaters and feeling the universal urge to band together to fight evil aliens or robots who would otherwise destroy the human race (a theme repeated over and over again and quite profitably by Hollywood), we’re experiencing firsthand our impulse to survive as a flock rising to the surface. This single and purposeful ‘human-only’ subconscious desire to separate ‘us’ from ‘them’ is further highlighted by our absolute separation as a species from nature. For not only do most not feel any ‘connection’ to nature (a species exclusive illusion to be sure), our unabashed and recently evolved overly destructive consumption of the planet are clearly acts of supporting one’s species in lieu of any other considerations.

The God Mind – The Center of The Group’s Universe

But our ability to group about larger centers isn’t bounded by the borders of our

planet. For when considering our place in the larger scheme of the universe and the vast space that fills it, we find yet another stunning example of our minds ability to form groups.

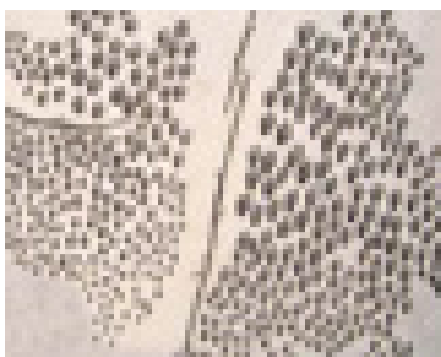
For when we consider the fact that most clump the entire universe sized sea of space into a single –albeit massive category we find that there only exists one ‘thing’ beyond our planet’s boundary and that is space itself. It might not than come as a surprise to find than that residing at the center of this massive whole is an equally massive and powerful center –indeed also possibly holding the secret to why we’re ultimately here.



For here at the center of the universe, we arrive at the holiest of places -where the creator and source of all things resides. Where all things began and emanate from, where all things reflect and were created in his image --and through his massive and all-encompassing stature –we know why the power of God form the most powerful and passionate centers in our lives as they should.

Chapter 6

The Things We Build

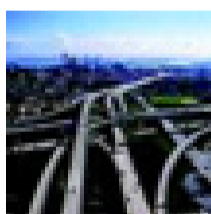


As is often the case in life we tend to “miss the big picture” because our view’s obscured by all its ‘close-up’ details. In a real sense, we’re unable to see larger things because we’re too engrossed with its abundant up close ‘parts’. The adage rings especially true when considering society’s large-scale infrastructure because the view from ground level literally prevents us from “seeing the forest through the trees”.

However, with the advent of the jet age and the bird’s eye view it affords from 30,000 feet, we earth-based mortals now have the opportunity to figuratively raise our heads above the horizon and witness firsthand the shapes of the larger infrastructures we’ve built. Organic-like structures to be sure, we unwittingly built in nature’s image. So next time you’re jetting down the runway about to break the bonds of the earthbound, pay attention because you’re about to enter the ‘air space’ of the gods and the heavenly view it affords.

Just after liftoff, the first thing coming into view are the downtown’s skyscrapers protruding from the horizon like a sore thumb. We know this agglomeration of towering concrete behemoths marks the city’s center not only because it’s where all highways converge, but also because it’s home to the highest population densities, steepest rental rates, and the seats of various authority and power bases.

Gaining altitude, the arterial nature of the highway system crystallizes. You see driveways flowing into streets and alleyways, roads cascading to avenues and thruways, and thruways merging into highways and later freeways and motorways –just as nature’s creeks flow to brooks which flow to streams and on to ever larger rivers. You next note cars streaming past one another in opposite directions exactly mimicking the dualistic flow of nutrients, waters, and sugars in the branches of arterial trees and indeed, like the arteries and veins coursing through our bodies.



Progressing outward to the edges of the city, you notice the orderly and colorful arrangement of homes connected to the streets of a modern subdivision. It’s interesting to note that; just as leafs of a tree sprout from the smallest twigs; homes are also connected the smallest of roads. Are our homes the leafs of a massive, city-sized tree?

Now at cruising altitude you can see across entire towns, villages, and cites –and see how their organic-like bunching and interconnections mimic the form of neurons in our minds and superclusters of galaxies in space.

As you settle back into your seat to enjoy your refreshment, you begin pondering the meaning of man and nature’s interwoven designs and quite possibly, the significance of our living in harmony with nature’s needs.

Dividing Up the Land

In a real world reflection of man's internal impulse to conquer and control his space, man has carved the land into an array of discrete sized territorial 'units' –each with an outer boundary delineating the territory and each with a central core intended to maintain and defend the land in its providence.

But even though many different people and circumstances went into segregating and dividing the land, the common internal impulse underlying each man's motivation ensured the net result was the same –the creation of center-oriented whole units complete with well-defined boundaries and centers at all her degrees of organization as the following subsections examine.

Continents and Regions



The 'desire' to divvy up the land into wholes extends beyond national borders for man has also largely divided up land masses and continents into various larger geographic regions largely based on ethnical or strategic associations.

Regions and continents are than divided up into nations where we choose to consider the United States of America due to its relatively well-known and sprawling geography which also nicely illustrates the hierarchal and fractal-like nature of society's geometric organization.

Nations



All nations are centered on their capital and central figures of authority. In the United States where all bases of power are centered and includes its primary center symbol of the president. Of course, national borders form the very tightly controlled boundaries of nation sized wholes which when breached can ignite wars.



It's interesting to note the westward expansion of the United States also reflects the growth pattern of outwardly expanding concentric circles such as lichen on the face of a rock. From the basic 13 colonies, the US's borders progressively expanded westward in several roughly chronologically order and in discreet chunks. From the territory of the first thirteen states in 1776 followed by the Louisiana Purchase in 1803, the Texas Annexation in 1845, the Oregon Territory in 1846, the Mexican Cession of the southwest area in 1848, and later the purchase of Alaska in 1867 and the annexation of Hawaii in 1898; the USA expanded outward like mosses or lichen fanning outward on a rock face.

Regions

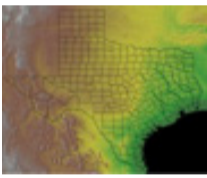


The US is further divided into regions such as “The North” and “The South” whose boundary is the outline formed by all its constituent States. Each also includes its very own symbolic capital such as New York City and Richmond for North and South respectively.

Of States and the Counties That Make Them Up



The US is comprised of fifty States with each separated from the other by “state line”. Each state also includes a highly centralized capital where state taxation and laws are generated and enforced.



States are further divided into counties which also include their own centralized capital and delineating county lines.

Cities



Cities form wonderfully formed Centerpath entities in both form and function. For through the alignment of all streets, highways, and railways toward their city centers, cities form wonderfully organic center-oriented designs whose center houses the city’s various centers of power whether they be religious, legislative, or financial.

City centers also usually mark the places where cities began thus every time the masses swarm into the cities for work, recreation, or sightseeing –as well as every time we pay our taxes; we are indeed returning to the source in a very real way.



Of course, cities are further divided into their constituent townships with their very own Centerpath central town hall and town border.

Towns further divide into neighborhoods which often include a common community center as well as a border as with modern day subdivisions.

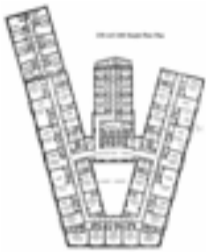
This City Was Built on Centerpatterns

The seemingly lifeless steel and concrete structures filling our cities and crisscrossing our states are more ‘lifelike’ than most dare to believe. For even though the buildings

and other infrastructures jam packing our cities appear too ‘neat’ and ‘regular’ to be considered ‘organic’; their essential forms indeed reflect Centerpath designs with an uncanny accuracy.

We begin our investigation of society’s center-oriented bias by first considering the shapes and forms that fill our cities. We then look at larger interstate and extra state structures to complete our Centerpath knowledge of what we’ve come to build and live.

The City Is a Jungle – Buildings



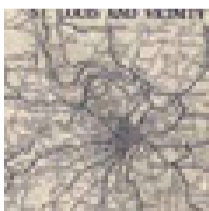
Though we no longer reside in the jungle, the jungle’s design remains in the architecture of our buildings. Taking a typical hotel as our example, we find its outer façade shrouds its true inner tree-like arrangement. For when considering how its various components relate to its overall design, we see its structure reflects the form and function of a tree, albeit with some rough edges...

Beginning at its core, we find a hotel’s center corresponds to its central lobby (and specifically its front desk) where people converge on from countless origins and directions. We know the command center-like front desk is the hotel’s center because it’s where all guests converge, valuables are stored, and where the dualistic counterparts of host and guests’ interface to exchange money for access.

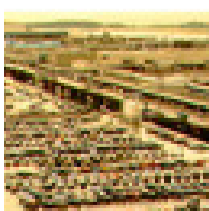
From there, the hotel fans up and out like a vast concrete-cast tree. Entering the elevator or stairs (the main trunk), we push the button to our intended floor (its figurative main branch connected to the main trunk).

Stepping out onto the limb of the hotel (each hotel floor), we course our way to our destination. The floor plan posted on the back of the door gives away the branchlike structure of the floor with the main hallway bifurcating into individual rooms the same as limbs of a tree.

Road Systems and Parking Lots

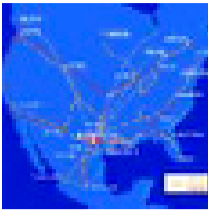


As we touched on in Introduction of this chapter, road and highway systems closely resemble nature’s tributary systems in both form and function.



Another example of the organic nature of road systems comes from parking lots and garages with each progressively dividing into smaller and smaller lanes until the driver arrives at their parking spot. Their eerily leaf like patterns readily visible from the air while flying vertically stacked branches in a tree.

The Ends of Distribution Hubs and Networks



Distribution hubs weave throughout our cities bringing products and goods to places where we can pick them up. As the heart of these distribution systems are hubs from which all such goods converge and then are subsequently distributed radially in all directions, We might than imagine the entire system forming a shape much unlike a tree with its hub warehouses acting as main trunks with goods being funneled in one side (like the root system) only to be disseminated outward along its distribution routes (its branches).



Of course, at the end of these distribution systems are shops where purpose of various products meets the needs to the population (the shopper). It's interesting to note distribution systems end at shops which can then be likened to leaves on a figurative tree formed by the distribution system. Are the activities of a shop (shopper and seller interact and exchange money for produced goods) similar to those of photosynthesis whereby nutrients, CO₂, and O₂ interact to produce sugar?

Auditoriums, Theaters, and Stadiums



Wherever there are people, someone will construct a building to entertain those people –and always in the image of an essential center-oriented design. Our favorite house of entertainment is the highly Centerpath formed structures of symphony halls. For with walls and spectator seats being physically aligned towards the orchestra to maximize the sound quality and affect, symphony halls form what may be the most geometrically precise Centerpath buildings ever constructed -but there's more.



Within the auditorium's center, the orchestra players form an even more tightly aligned Centerpattern arrangement being squarely affixed to their center which is the conductor who exhibits the center quality of intensity with his extreme motions and the necessary alignment and 'direction' of the band to ensure a harmonious and synchronized melody for its audience. This Centerpath-like design extends into other forms of entertainment as well including sports stadiums, movie theaters, opera houses, auditoriums, halls, and circuses with each's structure being is fashioned so "all eyes stay focused on center stage".

Houses of Worship

“When you visit a church, notice where the focal point is. A church building will tell you a lot about the theology of the people who built it.”

From <http://ccat.sas.upenn.edu/rs/2/Christianity/plans.html>

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 of what is at the same time both a serene and highly powerful location.



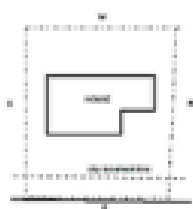
In Buddhist temples it's a central shrine that contains an image of Buddha (a statue or picture). In a Jewish synagogue it's the ark (aron hakosh) -a container or cabinet that contains the Torah scroll. The center of Islamic mosques is relatively simple in that it only includes a wall (qiblah) that faces Mecca. Set in this wall is a niche or an alcove, called a mihrab that points in the direction of Mecca intended to direct the practitioner's minds and thoughts toward God. Depending upon the actual Christian faith, the 'center' of a church might it's the pulpit or alter.

Home Is Where the Heart Is



Just as we found that cells formed the basic building blocks of higher life forms in Chapter 3, we find homes too form society's essential 'unit' from which its inhabitants build up its progressively larger center-oriented structures. And the parallels don't stop there.

First, we note the overall shape of a cell and a typical American suburban home share a highly analogous form with a central nucleus sitting squarely at the center of the larger whole formed by its outer boundary. And as is the case with a cell, a suburban home's exterior veneer forms the surface of the nucleus' boundary and the larger property line (often delineated with a fence) corresponding with the cell's outer boundary.



Of course, the outer boundary of a home, like a cell's is where the individual unit interfaces with the outside world and "useful substances are taken in and toxic ones expelled". And just as the center-oriented form of a cell mimics the overall center-oriented form the entire organism (especially as it relates to social or personal space),

so too does a home's central location on its bounded property reflect its macrocosm nation and its attendant capital and border.



But using an American suburban home as our example is a bit of a conceit as most of the world (including most American city dwellers) doesn't have the luxury of owning property beyond their outer walls. But even if we reduce the perimeter of a house from its outer property line to its outer walls does little to detract from our cellular analogy and is in fact more accurate in several ways. This because by placing the outer boundary of a home at its outer walls as is the case with most homes worldwide, we can more easily see the functional parallels between a cell and a home as well as where a home's true center resides.

For homes, just like a cell require a myriad of energy 'management' and housekeeping chores to maintain it as a viable operating unit. Hence we bring in energy and consume it in our kitchens as do chloroplast and mitochondrion stations in a cell, we have energy carriers (us and our machines) to do work like ATP in a cell, we store food and goods (like Golgi apparatus), we discharge waste just across our cell's outer membrane, we transmit information like RNA through our shared beliefs and discussions.

The core of homes also shares a fantastic parallel with cells. Indeed, the vital codes of life residing at the heart of cells is nicely reflected in homes with various core values, mores, and principles providing the instructions we need to root and conduct our lives.

Every Room Has a Heart

The individual rooms that make up a house too adopt a center-oriented disposition complete with a boundary-like outer wall surrounding a central mantelpiece-like center of purpose or space in which the remainder of the room is arranged about. Take for instance a bed which lies at the heart of a bedroom and the place where we experience the most serene (rest) and intense (sex) activities of our day (i.e. dualistic extremes).



Kitchens include various sub-centers (the refrigerator for storage, the oven for preparation, the dish wash machine for restoration) each with a specific function designed to support the higher cause of sustenance. Though too often relegated to use for only holiday events in the postmodern television age, dining tables form a very powerful center where family members meet to eat and discuss the day's events.

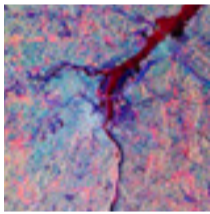
With the advent of television, living rooms and family rooms have become the modern-day family centers for entertainment and socializing. The fact that all furniture is centered about the television set and the majority of free time is spent their, television is truly at the heart of modern living.

Other rooms serve various specialized functions as well. The center of personal offices is now the computer (but was once the central desk surrounded by its associated library). Bathrooms contain our personal hygiene needs including its shower, toilet, and sink/mirror combinations.

Super-Sized Centerpath's – Centerpath's Larger Than Cities

The structures extending beyond city borders also produce characteristic Centerpath forms. Such super-sized structures include spiritual sites, airports, and distribution systems, which often stretch beyond the limits of cities, states, and sometimes nations. Take for example the Great Wall of China which is the largest manmade structure on earth and the only one visible from space. Intended as a barrier to keep enemies out, the Great Wall marks the Centerpath boundary of a nation centered on the home city of the reigning empire. Other super-sized Centerpath structures are examined below.

Following the Land



The super-sized structures borne from man's collective activities aren't immune to the same collective forces shaping nature's designs. Thus, even while modern society has largely separated the details of nature and (our consumption of it) from our day-to-day lives, our lives are indeed fully intertwined with nature's forms and the numerous harvests she yields.

We can see the overlapping of man's and nature's designs when considering how our settlements often match the contour of the land especially related to river systems. Hence to efficiently utilize a river's power and naturally formed distribution system, man's settlements naturally evolved in parallel with a river's pathways -complete with a matching hierarchal system. Hence you will often see larger cities situated on larger branches of a river or where two rivers merge as is the case with Kansas City Missouri (where the Kansas and Missouri rivers join) and St. Louis (where the Mississippi and Missouri rivers merge). So just as clusters of trees often follow the way of the water because of the greater water supply, man's cities also followed suit.

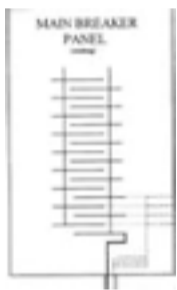
Our machines and distribution systems are also largely designed around processing and then transporting the bounty we extract from nature to locations for man's consumption. Hence the large majority of machines, roads, and distribution systems are designed to move and process food, water, raw materials, and energy sources from their natural locations to areas where man can consume them.

Utility Distribution Systems

Though they are often hidden from view because they are buried or behind walls, our lives largely depend on centrally organized distribution systems which provide the numerous utilities and services we receive at our homes and workplaces. Such distribution systems feature a central 'hub' 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.



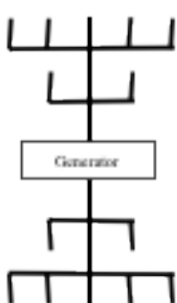
These massive systems begin from core hubs which are progressively 'stepped down' (in size, pressure, or voltage) as they approach population centers to manageable sized 'goods' we can ultimately utilize in our homes and offices. As the distribution system seeks out its huge network of users, the systems end result resemble huge branching systems which subdivide further and further into both more numerous and smaller branches until their termination where they realize their purpose (in essence come to their fruition).



To shed light on the far-reaching nature of distribution systems and their center-oriented disposition, we look at the large-scale electrical generating and distribution systems that often span several states. In fact, the electricity that seems to just magically appear every time you flip on the light switch isn't as simple as you might think. To understand its system, we'll take a journey 'upstream' to its source to uncover the secrets to this grand scale magic trick.

Starting just behind the wall, from the light switch, the wire snakes its way through the house back to central 110/220V fuse box located in your basement. From there we ford progressively upstream through the buried cable in your yard where it connects to your streets supply cable. This supply cable connects to a transformer which "steps up" the voltage to a higher level.

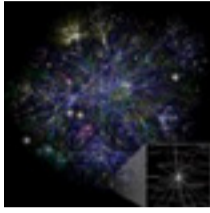
As the cable leaves your neighborhood it progressively combines with other cables (less and less cables) and increases its voltage level until you see the high tension cables overhead that weave across the landscape on their way back to their source (which is a power station that might be located 100's of miles from your home). Here at the mouth of this wide-reaching electrical delta, the high-tension cables end at the heart (and center) of a power station, the generator.



These often railcar sized, cylindrically shaped generators spin at 60 times per second (60 Hz) to exploit the conversion of mechanical power to electrical power through 'cutting' of the electromagnetic field. On the other side of this generator reside the myriad equipment, subsystems, and systems that comprise a power station. It's interesting to note the power station's equipment (whether it be electrical, water, steam, etc.) are all ultimately designed and aligned to the purpose of

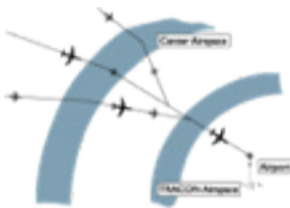
turning the shaft of the generator and producing electricity –a mirror image of the larger distribution system responsible for bringing electricity to your home (albeit on a smaller scale)!

The Internet, Radios, Television, and Cell Phones

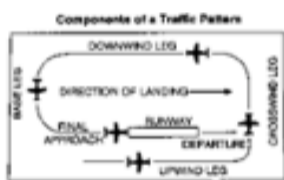


Though no longer ‘hard wired’ systems; radio, television, cell phones, and the Internet are nevertheless hub-based center-oriented systems with a far reach. For whether from a mainframe computer, transmission tower, or satellite; each involves the emanation of electromagnetic signals from a central source in all directions like a glaring star as the adjacent Internet computational routing diagram depicts.

Airports



Airports comprise vast, interconnected, nation sized Centerpath wholes. With planes converging from incredible distances and all directions, airports form the center hub of these vast wholes. As planes approach their destination they often spiral inward toward the runway like vultures approaching their prey.



We know runways are the center of air systems they’re where all planes are aligned, where the journey begins and ends, where a plane transforms from airborne to land based, as well as where extremes occur such as maximum acceleration, deceleration, shaking and jostling, as well as where most accidents also occur.

Spiritual Sites



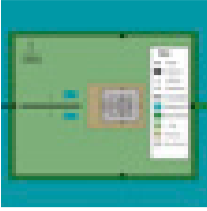
Some of the world’s largest structures are spiritual sites that regardless of their history or faith, still display Centerpath’s basic ingredients.

The great pyramids are one such example. With their shape largely intended to reach the heavens their peak symbolizes the connection of man to the heavens. The physical center of the great pyramids of Egypt also includes sacred burial tombs for pharaohs. In Ancient Egypt, a pyramid was referred to as mer, literally “place of ascendance” which corresponds to the transformative experience from life to death.



The Borobudur temple in central Java Indonesia was erected to signify the stages of Buddha’s life. It’s constructed in eight concentrically arranged layers (signifying the eight steps of Buddha’s life) which leads to the large and centrally situated lotus on the open upper terrace which signifies the attainment

of Nirvana (the transformation to complete wisdom and truth).



At the Angkor Wat Temple in Cambodia one traverses a large flat area followed by an ever increasingly ascent which turns dramatically steeper as you approach its central tower which include four statues in a poorly lit and serene chamber. It's interesting to note this 'rhythm' of very steep ascents to reach the holiest place of a temple also extends beyond Borobudur and Angkor Wat including others such as the Mayan temples of Guatemala and most European Christian temples which tower over its surrounding village brings to mind the Centerpath rhythm of 'high gradient' that surround centers.



And what might be the largest center-oriented design on the planet, Mecca provides a wonderful illustration of the concentrating power centers through thought and prayer. Situated in Mecca Saudi Arabia and Islam's holiest structure, Ka'ba is considered the center of the world. The area around the Ka'ba is considered sacred, and inside this the truce of God reigns. The circling of the Ka'ba during the



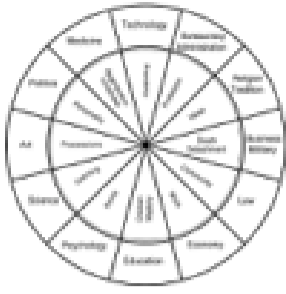
The Ramadan festival is an incredible sight to behold with tens of thousands surrounding and simultaneously circling the monolithic structure at its core. This focusing is intensified to a worldwide scale when Muslims perform the salat and prayer toward the qibla (Kible) or direction of the Ka'ba. At five prescribed times per day, Muslims around the world simultaneously face Mecca to concentrate the full power of their collective prayers.

It's no surprise to find the words "...the first house built for mankind, was in Mecca, to bless and guide all worlds" in the Koran for this description as being 'the source' matches its description as "center of the world" above.

Chapter 7

Institutions

THE WHEEL OF CIVILIZATION

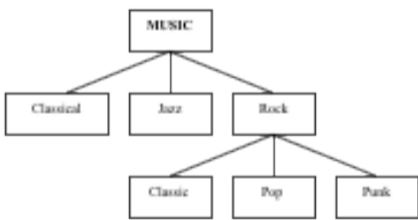


The measure of a civilization’s success is largely a result of how well it’s organized and its institutions that provide this structure. In fact, through ever-increasing refinement the institutions of as education, business, medicine, law, art, and the sciences have elevated man’s capabilities to levels unheard of even decades ago.

But even for all their extreme variety and sophistication social institutions still reflect where they came from –tribes. For just like their tribal predecessors the shape of institutions and their functions reflects a centralized structure in both their pyramidal-like organizations and core purposes. Indeed, at all scales of institutions –whether at scales of nations, states, counties, cities, towns, or homes; institutions organize about powerful ruling entities at their core. Such cores include kings, queens, governors, presidents, chairmen, and parents. These centers also set the agenda and tone for the larger whole they organize. Hence whether in a home where parents make the rules or in a nation where the ruling class does; both keep its participants aligned to what ‘the center requires’.

Institutions are than the formalized expressions of how we organize as groups of people whose functions are interestingly similar to (and obviously intertwined with) the infrastructure forms we just examined. But whereas infrastructure speaks of hard ‘brick and mortar’ type structures, society’s institutions reflect its ‘softer’ structures –fewer tangible associations and interrelationships yet as we’ll see fully operational, center-oriented structures that effectively align and organize the masses.

Institutions and More Institutions



The basic center-oriented hierarchal arrangement of all institutions can be readily gleaned from the adjoining graph. Indeed, whether it be education, the arts, science, law, medicine or music -each progressively breaks down into smaller and smaller subsets of fields, disciplines, styles, and genres below the center-like entity at its helm.

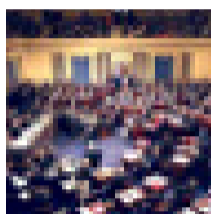
Royal Governments

If you want to see firsthand just how government’s institutions are structured, both physically and functionally to organize the masses, just visit the Royal Palace of England. Situated at the heart of London like an embryonic seedling of the much larger organism that followed, the castle walls of the Royal Palace contain what are all the essential intuitions of government. With its towering castle broadcasting it’s central and authoritative presence to the masses. The institutions within its walls also served to organize them, maintain order, and exert control. Like the DNA

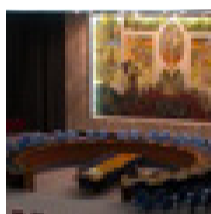
codes of life residing at the heart of cell; the rules, regulations, and artifacts laying within the boundaries of the castles walls –namely mint making, law making, the right to imprison, taxation, and the right to mobilize an army; provide society with the rules and structures necessary for mass humanity to organize, subsist, and endure.

The Shape of Government

Government is centrally oriented about leaders at every degree of the social fabric. Towns have mayor, cities have mayors, states have governors, nations have presidents, and international organizations also have presidents.



The layout of institutions of power reflects a centering orientation as the floor of the US Senate attests. The floor's concentrically arranged seats converge on the central, elevated speaker's podium. Not only does possession of the speaker's podium wield immediate power in the form of the Senate's current agenda, but it's also here where the most powerful are seated (the Speaker of the House, Minority Leader, and Vice President). This center-oriented geometry extends to the floor of the US House of Representatives and it's 'next higher' level of organization –the cross-nation institution of the United Nations.



The UN Security Council (which is coincidentally reflected in the shape of a chamber) provides an interesting window to the truly far-reaching and overwhelming power of the Centering Principle. For while the UN was intended to equally represent all nations of the world, it nevertheless evolved to include a clearly centralized group of most powerful nations (and possibly a single most powerful nation) in its core Security Council.

The Military

The right to mobilize a military is likely governments most powerful and terrifying power. It's able to strip its 'parts' (its people) of their individual rights and compel them to function as part of an entity whose only goal is to crush the enemy.

The unmatched ability of the military to conform the parts about singular causes and strong leaders translates into military organizations to form some of the 'crispest' of all center-oriented institutions. Indeed, their highly centralized leadership arrangements form textbook Centerpath organizations at several fractal-like scales of organization as the following table attests.

Army Units (Whole)	Leader (Center)	Comprised of (Parts)
Entire Army	Secretary of Defense	Various Armies
Armies (Field, Theatre or Group)	General	Corps
Corps	Lieutenant-General	2-3 Divisions
Division	Major-General	3 Brigades
Brigade (Regiment or Group)	Colonel	2-5 Battalions
Battalion (Squadron)	Lieutenant-Colonel	4-6 Companies
Company (Battery or Troop)	Captain	3-5 Platoons
Platoon	Lieutenant	2-4 Squads
Squad	Sergeant	8-12 Soldiers

Laws



The underlying center-oriented structure of the institution of law is nicely reflected in how courtrooms are arranged as well as the rhythm of how their proceedings are conducted. For when dualistically opposed prosecution and defense attorneys rage over the ‘truth’ which each is trying to transform into reality (at least in the jurors’ minds) which all the while proceed through time toward a dramatic and dualistically loaded outcome (the answer to the question ‘have you reached a verdict’) –we are witnessing firsthand the center-oriented structure of laws being expressed in the most eloquently center oriented and essential way.

Making a Mint

“At the bottom line you will find the center”

Jin Nua

The manufacture and control of money comes from a single central authority (which in the US is surprisingly not a government institution but a private company instead). Money is then disseminated throughout society in a standardized format (like parts) for use to make localized transactions.

What it Costs

Everything has a price. In fact, the common denominator of all goods and services is their price. In many ways the price –and the price tag affixed to it, are equivalent to the center of all products. Price as the center than draws money to it which upon

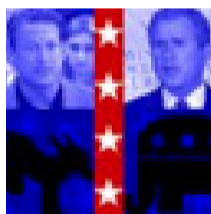
meeting the center (paying the price) completes the transaction and transforms the product into something real we can use or consume.

The Right to Tax

All 'living' things need a steady flow of energy to survive. Government is no exception. In fact, with its ability to tax the masses (it parts), government serves as the center of a massive inflow of money (resources) allowing government to thrive and maintain an overwhelming authority.

The Shape of Politics and Competition

Modern television's survivor-based television just caught up with what politics' has known for the millennia. People like a good fight and the greater the stakes – the more its drawing power.



The US presidential cycle might be the greatest and most precisely crafted such competition ever. For much to the delight of the media, every four years they get to announce the onset of the next presidential campaign “in this corner we have the Democrats and in this corner the Republicans”. And like any good fight two equal and opposite opponents duke it while all the time looking for the one knock-out punch that will decide the match. As the final phase of the contest approaches, the stakes become ever higher until the end with its inevitable announcement - “and the winner is” who then takes all.

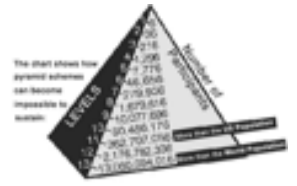
Remember this next time you're glued to a television set watching a political report (or the finals of Survivor, Fear Factor, Who Wants to Be A Millionaire, the Apprentice, beauty pageants, soap operas, and practically any report on CNN for that matter). They're capitalizing on your mind's desire for (often less than meaningful) struggles and they're clearly winning since such show's ratings are so high.

Of Pyramid Schemes and Political Doctrine

Though 'true' pyramid schemes have been outlawed, several variations closely mimicking their style still thrive in society today. The highly centralized systems of multi-level marketing, the internet, and even globalism are good examples. Each ultimately enriches the few through the money of many others which of course is the ultimate aim of pyramid schemes.

The nature of these systems and how they serve to enrich the few at the expense of many (a center-oriented design to be sure), can be gleaned from the following pyramid scheme explanation from Skepdic.com.

“A pyramid scheme is a fraudulent system of making money which requires an endless stream of recruits for success. Recruits (a) give money to recruiters and (b) enlist fresh recruits to give them money.



A pyramid scheme is called a pyramid scheme because of the shape of a pyramid: a three-dimensional triangle. If a pyramid were started by a human being at the top with just 10 people beneath him, and 100 beneath them, and 1000 beneath them, etc., the pyramid would involve everyone on earth in just ten layers of people with one con man on top. The human pyramid would be about 60 feet high and the bottom layer would have more than 4.5 billion people! The diagram at right illustrates this concept.

Thus, in very short order, 10 recruiting 10 and so on would reach 10 billion, well in excess of the earth’s population. If the entire population of earth were 5 billion and we all got involved in a pyramid scheme, the bottom layer would consist of about 90 percent of the planet, i.e., about 4.5 billion people. Thus, for 500 million people to be WINNERS, 4.5 billion must be LOSERS –but it is the few at the top whom really make the big money⁵.”

This highly centralized pyramid scheme surprisingly also dominates the Internet. For every time you perform a search and end up seeing only 1-10 results of 1,101,743 finds, you are only seeing those at the top of the pyramid chain.

News and the 4th Branch of Government

The flow of information through society is more centric than you might think. For whether we get our information through the internet, radio, newspapers, or television; their structure, their dissemination, and centralizing effects are all formed in centralized distributive-like patterns.



Newspapers are fractal-like in their layout and dissemination. Their layout includes progressively ‘higher’ headlines up to and including its highest ‘front page’ headline. They also appear at various scales of society including local, regional, national, and international scales.

The contents of papers are also center-oriented. What gets printed are the “centers of society”. These glowing centers of energy and power contain its biggest events, extreme stories, and greatest ‘amassings’. The stories come in many colors but tend to gravitate toward the extreme, famous, wealthiest, and most powerful as well as the best, most beautiful, most violent, and the most sensational.

Newspapers are also highly centralized in their agenda. For whether you choose to believe it or not, freedom of the press largely boils down to who owns the press in that papers reflect the agenda of its centralized owner and editors who set its agenda. In the end the information they choose to disseminate (its content,

tone, viewpoint, etc.) largely shapes our opinions and expectations of the world – providing us with consistent central themes and a well scripted story of the world which we ultimately and subconsciously adopt as our own and genuine opinion.

The Money Machine

The flow of money through society mirrors reflects the flow of energy and resources through an ecosystem.



It perhaps than shouldn't come as a surprise to find the money machine is arranged in the same patterns of other 'living' systems that relay on the constant flux of energy to survive such as cells and organisms. In fact, money is the 'nitro' of business and the economy –it's the raw glucose driving its various organizations. So important, if you take it away (i.e. the money supply decreases) –its growth stops and often contracts into recessions and every once in a while, depressions.

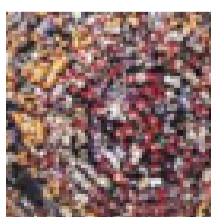
The Draw of a Bank



The essential center-oriented design of the money machine can be gleaned from one of its first and fundamental mechanisms –banks. For banks form one of the few institutions in society in which all its members utilize. Streaming in from all directions, the populace converges upon banks whose core is no other than its vault which not only contains the valuable but is also ringed by as very thick vault 'wall'.

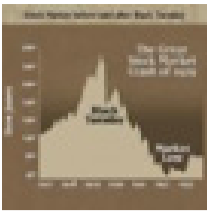
And whereas the primary function of banks used to be keeping your money safe which kept us somewhat loosely attached to them, the modern debt generating machine has elevated this 'attachment' to a very strong bond constraining our lives more than most recognize or admit. A life lesson for those who would otherwise free themselves from the chains of debt and the limits it places on our freedom and lifestyles.

The Stock Market



Stock markets form huge nationwide whirlwinds centered on their ring-shaped trading pits. It's here at the center of what are essentially nation-sized swirling hurricanes where millions of shares of stocks, bonds, and futures are negotiated and ultimately settled –creating an orderly and single market price at the eye bracketed between dualistic 'bid' and 'offer' prices.

Being perpetuated by such an efficient center-oriented design, it's no wonder the



plot of stock prices overtime generates yet another center-oriented design. Indeed, as the accompanying boom/bust cycle depicts, the price of stocks over time traces the familiar ‘rise and fall’ pattern we’ve come to expect from Centerpath-like events. It’s instructive to note the Elliott Wave Theory has indicated boom/bust cycles are not

only evident on multi-decade charts, but also yearly, monthly, daily, hourly, and even minute-by-minute charts as well –i.e. it’s forms a fractal pattern. In essence ripples and waves of daily and weekly patterns rise and fall in microcosm-like reflections of their monthly and yearly macrocosm-like tidal movements.

The Business World

“...alignment means that people agree on what their purpose is and specifically what they want to become over the course of a number of years. Without alignment we work at cross-purposes.”

William C. Miller

Beginning at their largest scale we find businesses lumped together in sectors about a common product or service. Hence sectors, industries, and trade groups form a larger whole organized about its central purpose (i.e. what it produces as represented by its name).



Sectors than break down into various individual businesses whose center-oriented organizations can be directly gleaned from their name or logo which resides as the central image on storefronts and skyscrapers alike. The signs not only serve as the business’ emblematic center –it also largely defines the businesses’ core purpose to which all its strategy’s, mission statements, documents, machines, and products are ultimately aligned to.

Businesses are also highly center-oriented in their organization and functions. Organizational charts provide the best representation of their center-oriented institutional structure with their centrally situated CEO perching at the helm of their overall tree like structure. Businesses also revolve about central images and purposes which is first and foremost its name and logo.



It’s no accident to find the work duties of its ultimate constituent parts (its employees) are too fashioned in center-oriented arrangements. Indeed, the very description of most job functions as ‘task’ oriented describes how both individuals and groups work toward common purposes and goals which as we’ve come to see are the center of the ‘whole’ task. You can see the center-oriented bias of task type work on scheduling charts (a prime tool

of business) whereby several activities come together to complete center-oriented milestones etc. ad infinitum.

Entertainment

It may be hard to believe at first, but all forms of entertainment are in fact ‘shaped’ largely the same. Through the Centering Principle we know it’s true because as we’ve come to see, all things (including all the seemingly wildly varied mediums of entertainment) find themselves wrapped up and about a domineering center – giving rise to the larger whole which in the case of entertainments we call books, games, and movies.

TV, Movies, Narrative, and Drama

“Let’s begin with the story. Human beings are storytelling animals. We domesticate our world by narrative; by myths...We are hungry for a story that will dramatize some meaning we can hold to. The need for a myth that begins “Once upon a time,” and ends with “The hero finally triumphed after many trials and returned home,” still sleeps in our substance.”

Sam Keen

We’ve become a nation of drama junkies. So much in fact practically all of what we hear, read, and view is drama related be it gossip, TV, movies, books, and even songs. But there’s a good reason for this –we like it and seek it out because its structure matches our minds desire for tension and release –a center-oriented pattern that sees classic narrative rise and fall about key events.

Indeed, dating back to at least the great Greek intellectual era, classic narrative has been structured in a specific rise and fall ‘experience’ about a central and often climatic outcome manner. These climaxes being the unifying and all-encompassing morals of the story, final acts, and ‘hooks’ as the following formal practice of screenplay writing describes.

“Classic structure moved audiences in ancient Greece, and it is still an effective model of the dramatic story. Story structure doesn’t simply pattern the narrative -as important as that is, it also structures our experience throughout the story. Classic dramatic structure contains a beginning-middle-end pattern usually represented by a rising (then slightly falling) curve that graphs the increasingly intense and suspenseful development.

It begins with a conflict or commitment to a goal, progress to the climax in which the conflict is resolved and finishes with a denouement or “letting-

down time” in which loose ends are tied up. The curve rises overall as events accelerate, building in intensity as we approach the climax. The graph line isn’t so much smooth as saw-toothed (in order to represent the rising and falling action as the story moves through a series of high and low moments). A crisis occurs and is solved, only to be replaced by another crisis, then another, and so on until the climax.”

You’ll notice that the center-oriented fractal-like nature of storytelling with its numerous mini-crisis building to a final maxi-crisis or climax -each taking us on a familiar and oft traveled path through a familiar center-oriented terrain. All the drama is storytelling and a story ain’t worth telling unless it rotates about a tantalizing and alluring center.

Sports



Centerpath’s are all about bonfires and there’s no greater, hotter, and immediate bonfires than those provided by sports. For all sports feature the same pattern –a hoard of people circulating as one about the battle (i.e. game) raging at their core.

It’s interesting to note each of a stadium’s cores (i.e. the game) are structured in the same form as the overall stadium, i.e. in a center-oriented pattern. Indeed, each game features the battle of two dualistic counterparts about a central ball or objective.



The Russian doll-like structure of sports is also reflected in how sports unfold over time. For instance at its smallest scales (i.e. plays and/or the parts of plays) we see individual plays rising and falling, in consistent ‘tension and release’ rhythms (a serve in tennis, the snap in football, a dunk or the scoring of points in basketball, etc.).

Plays than progressively combine into (points, sets, and matches for instance) into the outcome of the full game. As the season wears on it becomes each team’s record which culminate into the larger season-sized macrocosms which culminate in the high stakes season finales such as the Super bowl or World Series.

The Draw of Lotteries



Lotteries strike a deep chord in all of us. Their ability to impel millions to spend money (and in often substantial amounts) for the extremely thin chance of winning millions, highlights their incredible drawing power. Of course, the swarming of millions about a singular and powerful symbol (the jackpot) forms a near perfect Centerpath design and highlights just how deeply center-oriented designs stir our actions and emotions.

It’s interesting to note insurance plans are designed in the same

fashion but whereas the payoff brings ebullience in lotteries, the payoff in insurance 'winnings' comes from its opposite – misfortune.

Chapter 8
The Rhythm of Life
(How Time Passes)

Jin Nua

Time's integral to every aspect of our lives. We structure our days around it, hate when it drags or fly's by, and gauge the passage of our lives by it.

The formal structure of time as reflected in clocks, calendars, events, and rituals is however not random. Their structures derive from natural rhythms embedded deeply within us. In fact, all of events; like their physical counterparts of breaths, heartbeats, and nerve firings; all feature the building of activities towards a central and often climatic moment in time. A natural result of the processes generated by the universe's great creative force. Generating a familiar beat our lives can readily organize about.

Inner Rhythms

Just how deeply does the center-oriented rhythm seep into our bones?

Well if you consider just how such things as smiles, sighs, and sneezes unfold over time –one's easily tempted to place the physiological processes of reflexes and expressions under the same umbrella as center-oriented rituals. For upon examination we find our bodily expressions too feature a buildup and release about key moments in time. Hence the rhythm of sighs, frowns, crying, blinking, stretching, the 'chills', itching, and even sexual response features a rise and fall rhythm. It's also evident in hugs and kisses which culminate in climatic 'bear hugs' and 'smacks' respectively.

Even the ancient flight or fight mechanism whereby our minds instantly decide to fight or run when confronted with a sudden threat is reminiscent of the Centerpath rhythm. For when our body's reflex mechanisms suddenly spring into action – elevating us to a dramatically higher state of alertness followed by a spontaneous and dualistically opposite impulse to flee or fight –we're seeing all the telltale 'behaviors' of a center-oriented rhythm buried deep in our ancient minds.

But that's not all, the rhythm of our mind's various functions is also organized in rise and fall patterns about central objectives and therefore central moments in time. In fact urges, cravings, fits of impatience, panic attacks, emotional spirals, suspense, excitement, and even obsessions all share the same, underlying common center-oriented design complete with an originating trigger (the center) that pushes and pulls things into and about its well of influence until such time as it returns its aim back to and in contact with its originating center.

How Time Passes

A Clock's Pattern

Is it any surprise hours and events are keyed to the 'top of the hour'? Such an arrangement is not only a practical result, it also provides our minds with a central focus that it so seeks. Further the keying of time to the top of the hour also fulfills another Centering Principle tenant –namely returning to the source. For each time a clock's 'big hand' passes the 12 o'clock position the last hour is made complete as the 'big hand' returns to the source where it began the hour (while at the same time laying the seed for the new hour to begin). One wonders if the digital watch fad of the late 1970's quickly faded in part due to our preference for the rhythm analog watches provide versus digital.

The Rhythm of a Day

The centering trick used to anchor hours also applies to how days are structured with a clock's small hand passing the clock's top apex twice a day (in two, twelve-hour intervals).

The significance of the day's first 'high' is well known for 'high noon' is when the sun is highest overhead and of course 'most intense'. High noon is also used in most societies as to when lunch is taken and is a key time for praying in some religions. It's also interesting to note how high noon 'splits' the day (at least in terms of sunlight) into two equal, and opposite halves which of course implicates it as center.

A day's second high point (midnight) is just as Centerpath significant. It's where the day ends and the next day begins which of course closely parallels the returning to the source rhythm of its hourly counterpart.

Top of the Day to You!

In addition to a clock's various physical, center-oriented designs, our days also include several intermediate highs. For some its breakfast, lunch, or dinner. For others it's getting off work at 5 p.m. or evening plans with family or friends. Yet others take in a sporting event or a good movie to cap their day. For others it's their own, private time dedicated to meditation, praying, or walks in the park.

For most it's when we return to the place where we began our day –our beds where we relax, read a book, and reflect on the day's events as we fall peacefully into sleep. Since sleep is the beginning and ending point of our day, is it the prime center of our day?

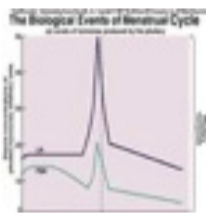
TGIF

Our weeks also levitate toward culminating moments in time. Hence, we “work for the weekend” and “thank God it’s Friday” because they mark the high points of our week bringing relief from a tough week of work. From Friday night’s high our week collapses back to into the spiritual solace of Sundays which also serves to rejuvenate us for the new week ahead.

The Calendar of Events

Months also contain central points from which the rest of the month is anchored reflecting their origins. Months are based in the lunar cycle (28.5 days) which is the time necessary for the moon to rotate once around earth. Through myth and tradition, the center of the moon cycle evolved from the New Moon and peaks at the Full Moon. The moon rises from the nothingness of a New Moon (i.e. the moon is not visible at night) to its blossoming into its full glory at Full Moon nicely reflects the circle of life of a flower for instance.

The current Gregorian calendar evolved from the lunar cycle structuring society into twelve months with the first of the month providing the anchor from which the rest of the month levitates to and from.



We’re also subject to monthly physical cycles (see chart at right) as well as a monthly customs cycle which sees practically every month (especially in the United States) including a major holiday with specific center-oriented themes which also serves to organizes much of our monthly plans (see the discussion later in this chapter).

The Big Events – The Year Cycle

Examining the next layer of time’s structure, we find its yearly celebrations being the year’s biggest and most powerful. The most obvious yearly celebration is New Year’s Day. We know New Year’s celebrations are larger than all monthly-based celebrations because their reach is truly worldwide, attracting scores to the same spots to join in cumulating final countdowns both completing and starting the cycle again. The seed-like nature of the day is crystallized with pledges to start New Year’s Resolutions.

The other yearly celebrations capture our prime personal, spiritual, and societal centers. On an individual basis it’s our birthday when we return to our birth, on a national basis it’s our Independence Day celebration where our country began, on a spiritual basis it’s the birthday of the prevailing religious figure (Christmas in the USA), and on a humanity-wide basis it’s the New Year’s celebration which marks the passage of time which we all share and are ultimately subject to.

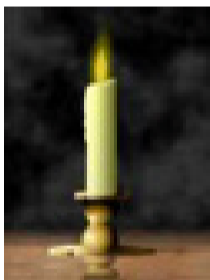
Lifetime Centers

Our lifespans also include several lifelong sized centers. From a physical perspective, the center of one's life could be considered the adolescent when we experience our maximum rate of growth increase as well as our body's transformation to 'childbearing' status. The 'spurt' into maturity in our early 20's is reminiscent of the high gradient pickup into the center of one's lives and is also associated with maximum testosterone production in men. Finally, there is little denying this phase as life's most significant center since reproducing the species can be considered of 'utmost importance' (in at least a physical sense).

Weddings, family, childbearing also qualify as one of life's prime centers. For many others career, retirement, finding ones's destiny (a hidden center to be sure), or achieving wisdom (such as Enlightenment) are the prime pursuit of life.

Rituals, Rituals, and More Rituals

Having evolved across vast spans of time and widely separated regions one might be easily tempted to assume rituals share little in common much less they may have possible evolved from common origins. Such a belief is strongly reinforced by our experience -rituals appear to vary widely from one country to the next in both style, tone, and content lending further credence to the idea various rituals share little in common.



But alas as we've seen over and over again in these pages –our experience often only captures the surface of what is a much deeper reality. Indeed from a Centerpath perspective one needs only consider that rituals –“a set of actions often performed for a symbolic value” describes the rallying of various actions into a larger whole (the ritual) about a common and therefore central meaning or symbol (its center). The ritual gains its cohesion about a singular and unifying center –serving to rally all its attendant sub-activities and routines and elevate the entire event into a greater and often powerfully moving experience.

Hence rituals than too feature a building and release pattern about a 'high-point' objective which when achieved brings us back to the core meaning and purpose of the ritual –back to the source and indeed why we performed the whole series of activities in the first place. It is at these key moments where dualistic exchanges such as offerings and blessings often occur which along with the excitement, they bring mimic the dualistic and intense qualities we've come to expect from centers.

Greetings – Of Bows, Ka-Chings, and Curtseys

Greetings comprise our most basic social rituals. They also emphasize our minds

predilection to express center-oriented rhythms.

Take for example a common handshake whose preponderance to build wholes can be immediately gleaned from the merging of two counterparts about a common center (the center first being where their physical hands meet and then the immaterial location where their eyes meet). This strictly geometric is complimented by an equally 'tight' center-oriented rhythm. For the movement of hands towards one another builds and culminates in a firm 'squeeze' that's also accompanied by a dualistic exchange of intense eye-to-eye contact and complimentary exchanges of "nice to meet you".

This key moment (it's timecenter) is then quickly reversed as both hands are abruptly released and returned to rest at their sides.

Centerpath's rhythm is also evident in curtsy's and 'hand kissing' but whereas the greetings we just examined included an element of intensity at their center (i.e. firm squeezes and grips), the dramatic pause at the center of curtsy's and 'hand kissing' features its opposite quality of gentleness. This 'calm eye' like quality is also reflected in Eastern style Japanese and Thai greetings which feature a tender nod at the point of maximum bowing.

Embedded in some greetings are acknowledgements of relative stature and rank, which of course serves to arrange relationships in a higher, center-oriented hierarchal arrangement. For instance, in the Eastern style greetings we just examined the depth of the bow acknowledges relative status whereas military rank is acknowledged by who 'gives' their salute first.

Enthusiasm



Displays of enthusiasm also produce neatly arranged Centerevents on several scales of organization. On the scale of individuals, we see it with 'Ka-Ching!'s and "YYYYYess'!" with an accompanying clenched fist and climatic downward thrust of the arm. The mass appeal of the popular 1970's sitcom largely centered on the character JJ's dramatic "Dy-no-mite!!!" becoming a nation fad.

Pairs of people also join in enthusiastically charged Centerevents every time tow join for a "high five" which incidentally infected entire nations in the 80's and 90's. Its center-oriented rhythm is unmistakable -after approaching one another two persons jump as high as they possibly can and at the moment of maximum reach, vigorously strike hands. Even occasional injuries weren't enough to deter this revved up display of enthusiasm from spawning variants such as 'backside 5's' and 'high 10's'. You'll note of the strong resemblance between a handshake and high five -not of specific actions, but of a specific rhythm. We also see such rhythms in larger sized celebrations such as when groups of friends erupt into laughter or an entire stadium ignites in cheer and applause (or its opposite boos).

It's interesting to note enthusiasm's counterpart (displeasure) is also delivered in a Centerpath rhythm. The Centerpath overtures are readily evident in the act of slapping or throwing a pie in another's face but also in less polite expressions such as flipping one's nose or the bird.

Celebrations



Celebrations capitalize on tension building rhythm of center-oriented events. The clinking of glasses during a toast, the sip of wine when testing it, and imploring others to “make a wish”; all features a building period to a key moment in time.

This rhythm also applies to larger and more formal events such as surprise birthday parties, blowing out the candles, bursting of piñatas, the buildup up when introducing a keynote speaker, and weddings (our favorite).

The physical arrangement of weddings forms a center-oriented structure with the congregation centered on the dualistic bride and groom at its core (who are coincidentally dressed in ‘extreme’ attire and opposing black and white colors). Its deliver over time is also structured in center-oriented fashion culminating in a series of increasingly serious promises until the moment of truth when vows are exchanged, bride and groom are transformed into ‘husband and wife’, and the first kiss ignites wild cheers of celebration.

Life's Day-to-Day Ritual-Like Routines

Our day-to-day lives are too filled with ritual-like routines such as tasks, practices, chores, and errands necessary to get on with the business of life. But for all their seeming diversity they all still share the same underlying center-oriented pattern in that each has a specific and largely singular outcome or goal that links all its associated sub-activities. Such outcomes are what we call goals, objectives, aims, meanings, and purpose. Hence, we fill our days by taking out the trash, doing the dishes, cutting the grass, brushing our teeth, shopping, and changing the diapers. Each a whole event in its own right whose sub-activities are drawn to and unified as one about its anchoring “productive end”.

An illuminating example of such routines in our day-to-day is the preparation of meals. For the routine of meal preparation involves several interrelated activities that revolve each ultimately revolves around its larger culminating purpose, which of course is consuming the meal. Cooking begins by planning the meal (establishing the center) for which we then purchase the ingredients, store the food, marinate and shop it, and finally cooking and arranging the food. All the while the steps are being performed with increasing urgency (to keep it hot, fresh, and because we're hungry!) as well as building an increasingly orderly creation until voila, the whole is transformed into a meal we can enjoy. Of course, the ritual of eating reflects this

rhythm with its complimentary 'building up to the main course' center.

The same goes for shopping with its orderly yet whirlwind like routine. For shopping sees us repeatedly execute mini-Centerpath routines that culminate in an overall shopping experience (larger whole) when we converge at cash registers to pay for our goods. Hence the paths we trace as we search out separate products forms mini whirlpool-like spirals that combine into a larger whirlpool corresponding to our entire shopping experience!

You can easily see how this same pattern applies to more 'formalized' routines such as visiting the doctor which in modern society has become a too often repeated practice. This because modern society has created nations of speed addicts too busy to balance their lives by first slowing down and then implementing a holistic lifestyle. So instead of taking good care of ourselves through balanced eating and balanced living we run as fast and far as we can until our systems breakdown and we then seek out a 'transformative' cure to get us back on our feet as quickly as possible –and start the cycle over again.

Of course, such routines are 'source' based as we return to the source every time we complete the activity. As you can see, these are the centers of the event, which organize all the sub-activities and once attained, complete the whole of the activity. We are than literally spending our days, weeks, months, and years in the process of moving toward centers and in the process completing larger wholes. We are literally always in the process of creating Centerpatterns and in the process 'living' the universal urge that underlies all things. Remember that next time you are completing a seemingly routine and mundane chore!

Holiday of the Month



Each month in the United States features a dramatic, center structured holiday. In fact, it seems we can never really escape the commotion (some might say whirlwind) formed by the year's never-ending series of holidays. Just as one ends, we prepare for the next –and enjoy the ever-increasing excitement as the month progresses.

Not only providing us with an even, stitch-like path to traverse our year, holidays also provide powerful common purposes unifying us and amplifying the fun. Holidays not only include a main theme, they also include central themes of symbols, colors, a location, and a moment in time.

Holiday (Whole)	Central Symbol	Central Color	Central Location	Central Time
New Years	The Clock	Pitch Black of Night	Times Square	Midnight
Valentines	Love	Red	One's Object of Affection	A Romantic Dinner Date
St. Pats	Green Beer	Green	Irish Pubs	Beer Celebration
4th of July	The Flag	Red, White, and Blue	Fireworks Displays	Fireworks Finale
Halloween	Halloween Costumes	Orange and Black	The Front Porch	Trick or Treat Ritual
Thanksgiving	Turkey	Pumpkin Orange, and Brown	Dinner Location	Cutting the Turkey
Christmas	Christmas Tree	Red, Green, and White	Christmas Tree	Opening of Presents

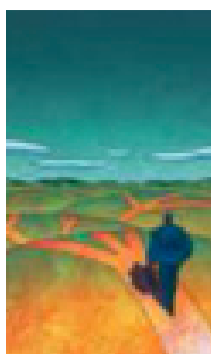
Yearly Rhythms

The American month-to-month holiday cycle also includes a larger, center-oriented, yearly holiday cycle. It begins from the solemn cold of winter (Christmas) from which the year slowly builds towards the heat and passion of the midyear 4th of July celebration only to tail off back to the stillness of Christmas roughly correlating to the ebb and flow of the seasons.

A Roadmap for Life

Society provides us all a preordained road map to traverse life. Consider the following series of end-to-end life events.

1. Pre-School
2. Grade School
3. Junior High School
4. Coming-of-Age Ceremonies (Sixteenth Birthdays, Bar Mitzvah's, etc.)
5. High School
6. College
7. Marriage
8. Family and Especially Parenthood
9. Career/Promotions
10. Retirement



From a Centerpath perspective it's instructive to note each step forms a complete whole in and of itself punctuated by a culminating final event or outcome (such as a graduation or childbirth). In addition, each block begins where the previous phase ended forming a peak-and-trough like waveform when laid end-to-end, but also imitating the circle of life with each phase's completion forming the seed for the next.

Footnotes

¹Capra. "The Tao of Physics". New York: Balletine Books, 1995. Print.

²Feynman, Hellman. Feynman-Hellman Theorem of Molecular Bonding.

³Dr. James Lovelock. The Gaia Theory.

⁴Hoagland, Mahlon and Bert Dodson. The Way Life Works. New York: Three Rivers Press, 1995. Print.

⁵Skeptic.com. Pyramid Schemes

T H E

CENTERPATH

P A P E R S



BY JIN NUA

The Centerpath Papers

The Centerpath Papers

By Jin Nua

ISBN 978-0-9911145-7-3

Published By Centerpath Books Publishing LLC

www.centerlife.center

Copyright Jin Nua 2013-2021

All rights reserved.

Reproduction, retransmission, or redistribution in any form is illegal and strictly forbidden, as is continuous and regular dissemination of any general or specific information. The use of any material included herein must be approved and written permission be gained from the author. Limited quotations or citations may be utilized only if full credit is given to the author. For permission requests, contact the author at jinnua@jinnuablog.com.

All images and quotations sourced from Jin Nua, Shutterstock, or Wikimedia Commons (wikimedia.org) and are in the Public Domain unless noted otherwise. All images are intended for simple illustrative purposes only. Their use does not constitute the support of Centerpath Book Publishing LLC, Centerpath, or Centerlife.

Disclaimer:

While the Centerpath Papers are presented in good faith and for the general advancement of knowledge, in no way can the reader infer any claims or guarantees whatsoever or hold Jin Nua or the publisher accountable for any information included herein.

The Centerpath Papers

By Jin Nua

Contents

Introduction.....	6
I : The Center Ordering Principle.....	9
II: Centers.....	17
III : Centerpatterns.....	27
IV : Centerevents.....	38
V : The Universal Fractal.....	46
VI : The Centering Organizing Principle of Holistic Systems.....	52
VII : The Centering Organizing Principle of Language.....	64
VIII : The Centering Organizing Principle of Mind.....	71
Addendum to The Centerpath Papers.....	92
The Laws of Creation.....	93
The Laws of Creation (The Center Ordering Principle).....	96
The Law of Harmony.....	99
The Law of Love.....	103

Introduction

*“The visible world is born of the invisible;
The world of forms is born of the formless
...How it comes into existence, is sustained
And once again dissolved is a mystery.
It is fathomless like the sea”*

Lao Tzu

Introduction to Centerpath:

The Center Ordering Principle (or Centerpath for short) is about a new philosophical understanding of nature and life at its various layers of organization. When all's said and done, Centerpath's tenants encompass a wide variety of phenomena including the microscopic, molecular, biological, and cosmic realms but also in the human domains of higher cognitive functions, social systems, and our lives as individuals.

The Center Ordering Principle Papers describe the process of the universe's great creative process and its primary outputs and manifestations.

More specifically the Center Ordering Principle (or Centerpath) describes the creative process raising larger whole creations from the interaction of an agglomeration of parts about an organizing center.

It's based on a new description of 'reality' whose profound insights will influence not only mysticism and philosophy but also psychology, social policy, everyday life, and quite possibly might expand the range of current ethics. Indeed Centerpath's most significant contribution might be its bringing to light the deep connectivity we share with all things and the responsibility this understanding implies.

Similar to past 'models of reality', Centerpath spells out a qualitative means to describe the universe's seemingly ubiquitous urge to create –a tireless and inspired force squeezing order from chaos. Hence Centerpath's a shade of Sacred Geometry, Shiva's dance of creation and destruction, Taoism's 'The Way', modern Complexity Theory, and Buddha's Kong life cycle -but with one, very new dimension added.

Centerpath carves a fresh new avenue in the intellectual superhighway by identifying a key –and missing component in the universe's great force. This missing link? --simply centers. Powerful objects of matter and energy that go about the extraordinary work of raising their surroundings into a larger, more orderly, holistic device about them. Fantastic devices filling our planet and the cosmos –things spanning flowers to galaxies, atoms to universes, and individuals to societies.

Through the Centerpath, readers can increase their knowledge of the world as well as learn concrete steps towards living a wider, richer, and more meaningful experience. Visit Jin's blog at www.jinnuablog.com for additional details as well as to purchase additional Centerpath works, books, and products.

Overview of “The Center Ordering Principle”

The Centering Ordering Principle describes the universal urge to center. It features the formation of powerful centers which, through the fields emanating from their surface (Centerfields) turn around and project a “center-oriented” configuration on the space in their surroundings. The net effect shaping and molding those things affected by the Centerfield into a larger center-oriented whole pattern. The prime embodiment of such phenomena being center-oriented geometric patterns (Centerpatterns) of circles, spheres, spirals, clusters, arterial branching systems, radials, amongst others. Their other prime manifestation being center-oriented events and processes across time (Centerevents), characterized by the inexplicable rhythm of events to pull toward a single and culminating moment in time.

Overview of the Centerpath Paper Series:

The papers comprise an eight part series of papers describing the Center Ordering Principle and its various, primary manifestations as follows:

1. The Center Organizing Principle
2. Centers
3. Centerpatterns
4. Centerevents
5. The Universal Fractal
6. The Center Organizing Principle of Holistic Systems
7. The Center Organizing Principle of Language
8. The Center Organizing Principle of Mind

Addendum – The Laws of Creation

- The Law of Creation
- The Law of Harmony
- The Law of Love

The first four papers of the series spell out the Center Ordering Principle’s primary tenants. Papers 5-8 are generally arranged as specific applications of the Center Ordering Principle to existing bodies of knowledge.

The addendum presents Jin’s Laws of Creation which were formalized in 2020.

Readers might elect to read the papers in the order listed however one can just as easily read the papers in any order they choose. Feedback from early readers indicates the papers entitled Centers and Centerpatterns offer a relatively lighter

read while also doing a decent job towards explaining the basic tenets of the Center Ordering Principle.

Bookkeeping Notes:

Throughout the paper series we'll generally default to the term "Centerpath" (or its acronym CP) in lieu of stating the terms "Center Ordering Principle," or the "Centering Principle".

The Center Ordering Principle

“The aspects of things that are most important to us are hidden because of their simplicity and familiarity.”

Ludwig Wittgenstein

When we peer out at our world, and consider how it assembles itself, interacts, and ‘comes together’ –a simple truism arises. For no matter where we look –at any distance or scale we find its extraordinary dance of space and time, matter and energy, being and the void; results in an astounding spectacle of order, balance, beauty, and form. Highly coherent and aesthetically pleasing arrangements whose exceedingly high levels of refinement easily lead one to suspect they’d been crafted by an all-perfecting ‘watchmaker’.

And while we tend to take nature’s burgeoning orderliness for granted –almost a matter of course --it surely didn’t have to be this way. In fact this orderly state of affairs –a near impossibility in most schools of scientific thought, is far from guaranteed but nevertheless emerges in all corners of the universe. Indeed in spite of the chaotic disarray implied by cold science, our world finds itself hopelessly plagued with rampant symmetry, abounding regularity, and an omnipresent-like state of orderliness.

One thing is exceedingly clear –order’s not the exception in the universe –it’s the norm. All in the face the boilerplate theories banishing reality to what should be a world of chaos. Clearly, a large gap exists between our expectations and the actual condition –so what gives?

More than acknowledging the aesthetic appeal of a great creator, order’s pervasiveness confirms it’s not an anomaly or a simple result of chance –it’s here for a reason and there’s only one suitable explanation. Order must spring from a consistent set of underlying interrelationships. There must be a “ghost in the machine,” otherwise chaos, and not the order we actually see, would thrive throughout the universe.

Indeed order’s presence in the universe’s myriad degrees of circumstances and scales suggests a universal ordering principle at work –a restless urge to create that while outside the bounds of science’s charter; nevertheless provides the necessary fertile ground from which order could arise as conspicuously as it does.

But what’s the nature of this force? Let’s examine a centuries old debate into nature’s true essence for clues.

Shaping a Debate

“The vision of a poet is that of the convergence of every point, the end of the road. ...The dizzying oblique vision that reveals the universe is not a succession...but as an assemblage of worlds in rotation.”

Octavio Paz

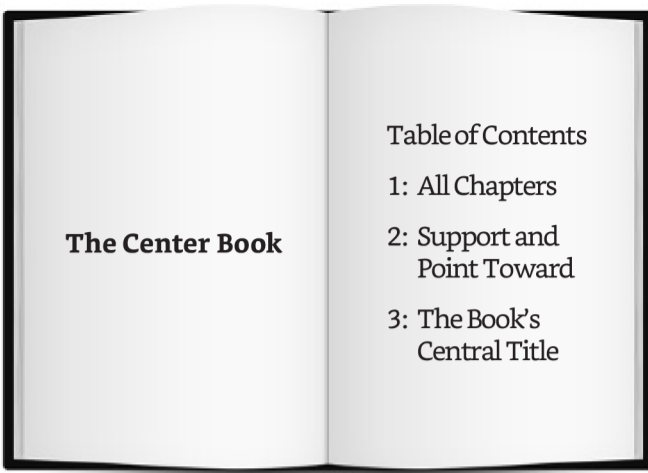
Octavio Paz's above quote nicely frames what's been at the heart of a Romanticists and classical scientists debate for centuries. Is the world –as Romanticists artists, sages, and poets believe; a larger interconnected sea of relationships? –an assemblage of worlds in rotation? Or is it –as scientists champion, a relatively closed in, local-causality based, cause and effect universe in succession?

And while each has its reasons for choosing its model of reality, how should we go about judging which is most appropriate? Does reality proceed in a linear, straight-line fashion as scientists support –and in many ways intuitively feels; or is reality a whirlwind of interactions and connections as Romanticists believe? Further if it's indeed comprised of worlds in rotation as suggested by Paz -a seemingly disorderly proposition to be sure, how could all the order abounding throughout the universe possibly arise? What possibly, could bring an agglomeration of rotating worlds together as one?

While such complex philosophical questions appear daunting at first luckily the issue's manageable when described in terms of a simple analogy. In fact one of man's most essential creations: a book; provides us the perfect platform from which to gain insights into being's essential nature. Not only do books often attempt to describe reality (science, biology, etc) –they're also a reflection of its most fantastic creation –the human mind –thus they might offer direct insights to its true nature. Plus, a book's seemingly linear, straight-line format appears to provide us with an early favorite: science. But of course, you can't always judge a book by its cover. We'll need to take a deeper look at a book's structure to ascertain its true nature and hopefully determine a winner in the process.

You Can't Judge a Book by Its Cover but You Can By Its Title

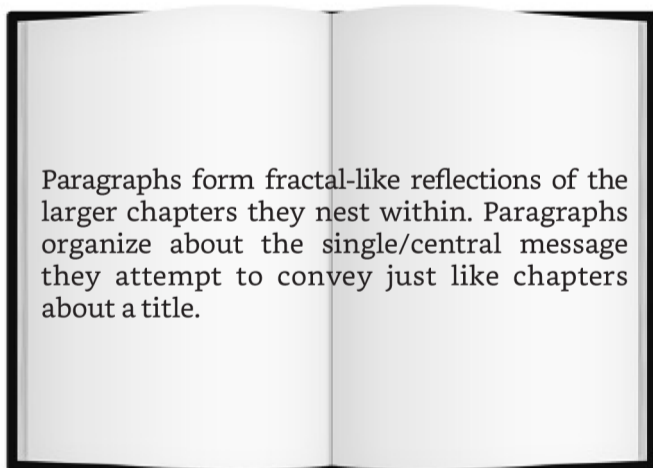
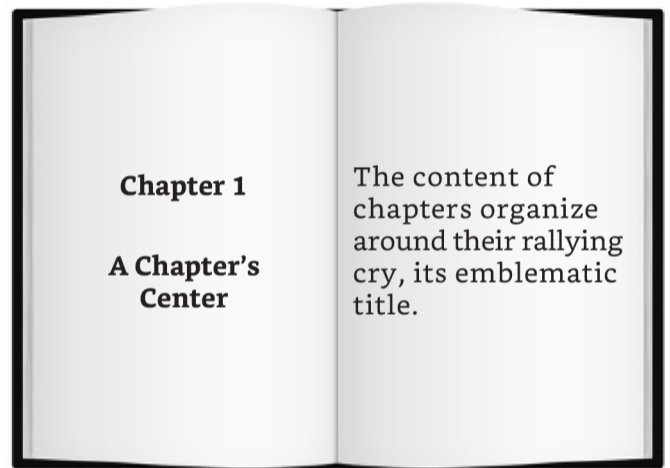
Octavio Paz's above quote nicely frames what's been at the heart of a Romanticists and classical scientists debate for centuries. Is the world –as Romanticists artists, sages, and poets believe; a larger interconnected sea of relationships? –an assemblage of worlds in rotation? Or is it –as scientists champion, a relatively closed in, local-causality based, cause and effect universe in succession?



So perch yourself atop a book and ask yourself this question –what organizes a book and brings it together as one? Is it structured in a localized, causality-based structure as its strings of words and sentences seem to imply? Or is there a larger holism to it? Is there a single element –as Paz implies, unifying its various worlds in rotation into a larger cohesive whole?

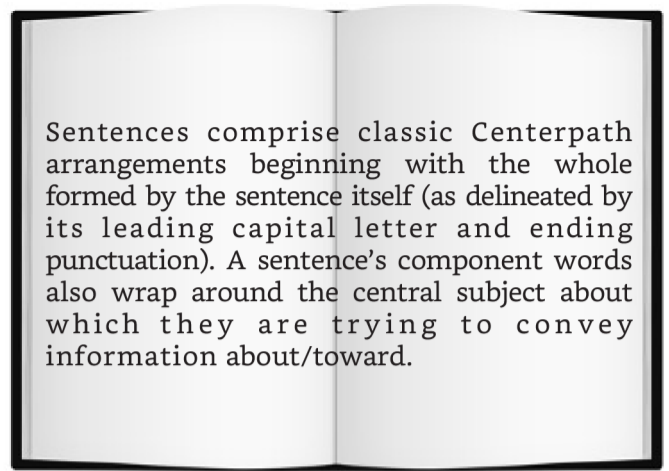
Well if you think about it for a moment you'll come to realize there's only one possible solution –the book's title is the single point all other elements of the book share in common. It's the one point everything else –its words, sentences, paragraphs, and chapters –point towards, are associated with, and converge upon. From a holistic perspective, then, we might surmise the whole of a book forms a grand world in rotation about its central title.

Let's look at a book's next smaller, subcomponent –its chapters. Here we find the same thing –chapters are organized in the center-oriented fashion as that of the overall book –the only difference being their relative scale. The centers of chapter's are their titles. All its contents point to it and reflect it. A book shares the same 'worlds in rotation' shape at two different scales of magnitude.



Dissecting a book further, we find yet another world in rotation lurking within the chapters we just examined – paragraphs. And even while paragraphs don't possess formal titles as do books and chapters, they do possess a very real, albeit, less visible center uniting them. This center? The paragraphs central message which deals with a single, and therefore central point in which all the paragraph's sentence are written to support.

Carrying on, it comes as little surprise finding the next smaller grammatical component of communication –the sentences nesting within paragraphs –are also forged in center-oriented structures. In fact sentences form quite neatly formed vortex-like shapes with their component predicates, nouns, and verbs each wrapping neatly around the subject at its center.



Communication's basic element –words highlight just how fundamental center-oriented designs are to communication. They also provide a window to how the mind functions and deals with the outside world. Words serve this role by boiling down a host of variables to a simple and singular label or meaning in the human mind. They are the center much larger things.

You can see this dynamic at work through a simple exercise. Picture a horse. You don't visualize the individual components such as hooves, tail, teeth, heart, and legs, but instead pictured the whole, singular meaning; we simply think of the singular concept of a horse. Our mind's use words to instantly encapsulate an infinite number of variables into a singular and summary meaning –just like the title of a book simply summarizes the thousands of words that go into making it up.

Creating the World

A book takes on a whole new meaning when viewed from the framework provided by the Center Ordering Principle. We're no longer able to view it as endless strings of words and sentences but instead as an array of worlds in rotation that, while infinite in expression, always find their rooting through a 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. The parts comprising it swirling about their very own anchoring center.

Through the analogy of a book we can begin to phantom how the world's other magical-like creations might come about. How for instance swarms of subatomic particles might 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 the reality we experience exists a much larger and greatly interconnected sea of relationships. In fact we find 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 being irresistibly drawn into creative arrangements around powerful centers the process of which, we examine in the next section.

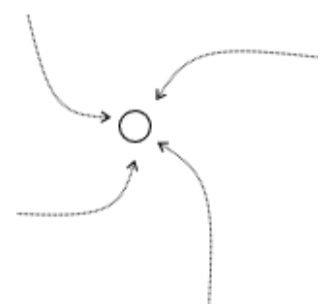
The Process of the Center Ordering Principle

The Centering Ordering Principle describes the universe's great creative force –the great work of the great Creator. A grand design of universal proportions rooted in a delightful symbiotic dance of centers with their surroundings, the local with the non-local, and the one with the many. An infinitely inspired force that tirelessly wrestles order from chaos providing us worlds of rapturous order, harmony, and beauty spanning flowers to galaxies, atoms to universes, and individuals to societies.

It begins with a first act of creation --the spontaneous formation of a center. ● The circumstances surrounding the formation of such centers is little known but appears to be a basic condition of matter-space, time-energy, void-beings interaction especially related to change occurring, energy flowing, or whenever matter-energy accumulate. Such an event might be 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.

In nature, these all-important centers reveal themselves as massive concentrations of energy and matter such as we find at the heart of atoms, cells, and suns. In human experience, such centers express themselves as needs (such as food, shelter, family, kinship, and possessions) as well as in the 'higher' expressions of our wants, hopes, dreams, and desires.

At the same time, the center turns around and radiates invisible 'fields' (Centerfields) deeply 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.



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 well-shaped form about it which through their the vibration-like quality; in turn effects “like” things in its surroundings (electrons, entities, peoples, parts, etc.) causing them 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). 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.

In instances where the walls of a well are steep enough (see the paper entitled The Center Organizing Principle of Holistic Systems for details), the parts are impelled to fall inward and down toward the bottom of the well and contact the center. In its ultimate full-cycle expression, the universe’s great creative force impels the whole it created to quite literally return to its source creator residing at its center!

You can see spontaneous acts of creation everywhere around you. You’re part of it when waiting in line, when everyone turns their head toward crashing dishes in a restaurant, or rubbernecks an accident along a highway (in all instances everyone is pointing to the same spot). You see it when players in a sporting match continually organize around the ball at their center, or when a group of strangers rush inward and encircle a superstar. It’s the moon spinning around our planet overhead and the yearly path our planet navigates around the sun. 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.

Reasons why the world’s been endowed with this basic design is far from clear. It could be due to the net outcome of how things interact/add up, nature’s resistance to entropy’s expansive and destructive tendencies, a remnant-like carryover from the highly condensed state of the big bang, or simply God’s grace (the author’s favorite). In the case of the latter, who’s to say there isn’t a great creator at the heart of the universe creating the same center-oriented design in all her creations!

A Working Definition for the Center Ordering Principle

In a broad sense, the Centering Ordering Principle might be defined as:

The universe's preponderance to spontaneously form Centers which, in conjunction with the fields emanating from their surface, are endowed with the capability to organize a host of parts in their surroundings into larger, center-oriented whole creations.

The processes associated with the Centering Ordering Principle naturally give rise to a host of center-oriented phenomena and outputs as noted below which we explore elsewhere in the remaining sections.

Visit Jin's blog at www.jinnuablog.com for more details.

II Centers

“In an infinite universe, all points can be considered the center.”

Stephen Hawkins

For all their wild assortment and variety, all of the world’s fantastic creations –its planets, stars, cells, societies, critters, crawlers, peoples, and pineapples –in fact share something very essential in common. They all began from a minute, yet divinely significant, point of inception –an originating center.

Consider the key roles centers play in the universe’s great creative process:

- Centers are the points of inception for practically all of the universe’s creations.
- Through the fields emanating from their surface, centers mold their surroundings into larger holistic structures/creations –i.e. unassociated ‘parts’ organize into a larger cohesive ‘wholes’ because of centers and their centerfields.
- The dominant patterns streaming throughout the universe –both geometric and temporal, are center-oriented.

Centers are indeed the motor of nature’s great creative force. They organize subatomic particles, atoms, molecules, cells, organs, organisms, flocks, memories, thoughts, relationships, religions, tribes, cities, societies, institutions, volcanoes, rivers, solar systems, and galaxies.

Centers also generate a host of definitive and influential traits which are the subject of the remainder of this paper.

Where to Find Centers

Centers are the singular and centrally-situated objects residing at the heart of objects, things, entities, and places. They begin where change and fluctuation occur and where energy amasses. Paradoxically, centers are also where the opposite of matter/energy concentrates –i.e. emptiness and the “void” often thrive at centers.

In their idealized form, centers reside at the geometric center of physical objects, like hubs of wheels, fulcrums of seesaws, the bull’s eye of a dartboard, and the nucleus of atoms. Though usually contained within a single point or a relatively small spherical locale, centers can also be distributed along a line as with the spin axis of a rotating body or continuously along the length of an ocean wave. Centers are at the heart of events across time. They are where events and processes come to an end. They are climaxes and finales.

While difficult to pinpoint their location in the realm of human cognition; centers nevertheless are quite real and indeed form the control centers of our lives. They are also where decisions, urges, meanings, truths, purposes, symbols, answers to riddles, and the crux of problems reside.

Centers can also be spread out across a large volume of space, as is the case with the earth's atmosphere or newspapers spread across a nation. These so-called "global centers" serve to unify a larger whole around a common condition.

In every case, centers are the location where all the parts of a larger whole point towards, align to, and converge upon.

The Look of Centers

You can't help but notice centers and figuratively 'pick them out in a crowd'. Their often huge concentrations of mass and energy making them the brightest, hottest, most agitated in their vicinity –centers stick out like sore thumbs. In nature they are the fury of a tornado's funnel cloud, the perpetual nuclear fusion reaction (i.e. sun) at the heart of solar systems, and shine as brightly as a million stars in a supernovae explosion.

In the human realm of being centers often translate into being the most powerful and 'extreme'. Centers can be the biggest, tallest, richest, most colorful, most attractive, most active, loudest, most frantic, and most extraordinary. They are city centers, the heart of the matter, when people "blow up" in arguments, and the wild activity of rock singers on center stage at concerts.

Silent Centers

But for all the sound and fury we associate with centers, centers also routinely display the opposite qualities of stillness, silence, and serenity.

We can see the calm side of centers in the eye of hurricanes, in the quiet moments marking remembrances, the greens of city centers, and in the grace marking the center of bows and curtseys. In extreme cases, centers aren't even visible! Such is the case with powerful "black holes" at the center of galaxies which can't even be 'seen', the invisible strike zone above baseball's central home plate, and the sun over head (which we can't view directly).

Centers also express the power of the void, emptiness, nothingness, and zero. They are the place where all things add up to zero –they are the 'null balance point' where all gravity vectors 'zero-out' at the center of planets and stars, where equal and opposite reactions interact with a net result of zero, and where opposite electrical charges are quantum mechanically extinguished.

The Size of Centers

The size of centers can vary tremendously ranging from infinitesimal (at the nucleus of atoms) to enormous such as massive elliptical galaxies at the heart of celestial galactic groupings.

Their size tends to increase proportionally to the amount of concentrated energy, matter, or resources they gather –such as with suns, black holes, and bank vaults.

Global Centers

Centers also arise when a common condition is spread across a larger area. Such is the case with oxygen being spread across the entire planet's surface –the common condition it provides is capable of connecting plants, animals, and humans on a very large scale.

Food is another such example of global centers –food is a prime center of each of our lives, however it doesn't all come from one spot, but is instead spread out across the face of the planet. Newspapers and television provide a similar global effect by delivering to each of us the same “condition” –information –which serves to unify our beliefs, thinking, and coordinated activities.

Centers Are Beginnings

“All structures (whether atoms, cells, philosophies, or societies) begin from something that was without form or void. A nucleus of a definite structure somehow formed somewhere, and if its structure was more desirable than chaos, it then proceeded to grow at the expense of chaos...”

Cyril Stanley Smith

Things don't just suddenly materialize –they come from somewhere. In a Centerpath world, that somewhere is an originating center most often associated with an occurrence of change.

Thus if you traced an object backwards in time, meticulously peeled back all of its layers of growth and expansion to its starting point, what you would find at its core would be an occurrence of change, an interaction, a fluctuation, a seedling, a thought.

And while these moments of inception are mostly infinitesimal in size, what follows is of immense proportions and significance. The birth of a center sends out powerful shock waves in every direction. The fields emanating from their surface twisting, turning, and aligning their surroundings into something larger,

more coherent, and purposeful.

We see instances of change serving as the beginning of larger creations when for instance a single water molecule freezes and later becomes an intricately formed snowflake. It's when lava pokes through the surface of the earth's crust and sows the seeds of a new volcano, and when a new idea is born that eventually resonates throughout a society.

It's also how planets are conceived (from minute gravitational centers), where the towering tree in your backyard took hold and grew (from a minuscule-sized seed), where the city you live in began (the place where a roaming group of people decided to take root), and where the standing disagreements in your life can be traced from (an originating moment in the past).

And while we'll never know the ultimate reason why centers are spontaneously created across all the basic force field relationships, through field theory we're able to glean just how fundamental the process is. In the 1930's, field theory demonstrated the universe and its constituents are made up of the same basic stuff –a single and evenly-spread “field” substance. This means all space and things –both empty and non-empty places –are made up of a common ‘field’ substance.

How field empty spaces transform into ‘filled spaces’ sheds light on the universe's disposition to form centers. The default condition of the field is to be even and smooth. However, once change is introduced, the field is stirred until a point source condenses out from its surroundings into a higher concentration of itself. It is this crucial step that sheds light on universality of center formation and the essential nature of genesis itself.

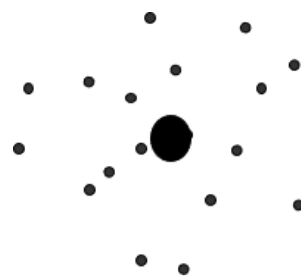
A Center-Oriented Structure Provides the Perfect Universal Design

But how could so many seemingly disparate processes, shapes, and forms all come about under one primary influence?

Occam's Razor – The Simplest Answer is Usually the Best

The beauty of center-oriented phenomena lies in their simplicity. They're able to span such a variety of forms and functions because they possess the simplest possible form –literally only requiring a center and something around it. What other way exists to easily and efficiently organize two or more things in the same locale other than by bringing them together around a common point?

Hence, simple arrangements such as a moon orbiting a planet, two person's discussing a subject, or fish circling a food source qualify as center-oriented phenomena.



You can see the wide-ranging and creative appeal such a design imbues. Such a template allows things in an infinite number of circumstances to fall into place by simply affixing to a single beacon. Such a simple, symmetric, and unencumbered design provides the basis from which a consistent and universal pattern could emerge. The possible number of combinations of directions and angles toward a single point in three-dimensional space is infinite!

Just how important is a central design? Let us ponder the alternatives to a universe in which its basic disposition was not a center-oriented design.

If there were no center, there would be no entity to bring form together in the first place. With no point of reference, unrelated things would remain just that. It's like arranging an evening out on the town with friends but not establishing a common meeting point. Instead of meeting and getting on with the evening's plans, each individual would instead wander about aimlessly, never meeting the others and never forming a larger group. Without a common center to connect and bring together divergent entities, it's not possible to raise larger coherent wholes.



But with a single and strong center, things can come together and form something larger and greater. This is why common goals are so important to couples, work groups, and nations. We can see how, through the simplicity of a single and central point, and its essential singular relationship with its surroundings, centers have such an essential role.

Centers Unite and Build Larger Things

A naturally occurring result of centers being at the core of creation is they unite what would otherwise be a group of unassociated things or parts. By the sheer act of aligning a host of parts to a common point or theme, centers impart certain cooperativeness to the parts around a larger purpose. Centers promote larger collaborative holistic relationships.

This organizing effect can be observed in the dynamics of an orchestra where though individual musicians play their own part, they raise a larger and synchronized melody through the conductor at their center. If the conductor disappeared, the larger whole wouldn't exist.

We see these wonderful, collaborative driving impulse at every scale in the universe. Subatomic particles join to form the nucleons of atoms, which combine with

electrons to form atoms, which join to form molecules, which form macromolecules, amino acids, DNA, cells, tissues, organs, all the way to entire organisms such as you and me. It's also what brings nations of people together around common symbols, groups of stars together around a common gravitational center, and close friends together around mutual admiration and interest.

Centers Endure

A subtle yet understated aspect of centers is the staying power of their originating nucleus. This means the place where things begin isn't just a one-off event that disappears into the history books of oblivion. Centers endure, continuing to reside at the heart of the expanding organism it as well as maintaining its domineering influence through the fields emanating from its surface.

Through their advantageous position at bottom of the Centerfield around it, centers often, over time, increase in size, and thereby influence, by sucking in more and more of their surrounding resources. It's this effect that sees a developing sun draw in more and more matter, the core idea of an entire philosophy continue to resonate and inspire its followers, and why banks get richer and richer.

Centers Are Endings

Centers are both beginnings and endings. How could this seemingly contradictory condition occur? As you'll remember from The Center Ordering Principle, when a group of parts are subjected to the same well of attraction, and the walls of the well are steep enough, the parts will begin to fall in and downward and actually come into contact with the originating center at the bottom of the well. In fact as we saw in the paper Centerevents, events often come to an end when the center is achieved. You can see centers are also associated with endings!

You can best visualize this when considering a trip. The end point is the destination, but it's also the beginning, because that's where the idea for the journey originated.

Centers Bring Higher Degrees of Order

Intuition leads us to suspect centers, where energy and matter gather, should be places of increasing chaos. However we instead find the opposite to be the case: Centers are places of higher plateaus of order.

In fact what we find is the incredible amounts of concentrated matter and energy at centers, shake things from their "normal" state and cause things to go to the 'next level', forming something entirely new and more organized. It's similar to the idea in Complexity Theory whereby when things or systems are pushed too "far from

equilibrium” they often spontaneously “bifurcate” into something more orderly and complex –such as when simmering water starts to boil or a horse breaks from a trot to a gallop.

Making a Clean Break

The most basic expression of centers forming something different and more orderly is when, due to their increasing concentrations of energy, they literally break-off from their surroundings and become something entirely separate, new, and often times novel.

We can see this phenomenon on a fundamental level when the ‘field’ condenses out into an entity such as a point source electron. It’s also what occurs during star formation when the developing star breaks off from the surrounding dust cloud (due to its hastening gravitational collapse). It’s also why the best-dressed persons in public seem to ‘stick out from the crowd’.

It’s in fact precisely from this effect (i.e. centers breaking off from their surroundings) causing centers to often possess a surface (which we examine in more detail below in Section entitled “The Surface of Centers”).

Higher Degrees of Order

Centers can manifest as “higher degrees of order” in many ways –the essential quality being they possess a marked rise in organization relative to their surroundings – such as when a spherical planet forms from a formless dust cloud in space.

We can see the increasing of order at centers in the highly specialized reproductive organs at the heart of flowers, the emergence of a tighter funnel cloud from the more loosely formed wall storm cloud about it, the highly complex DNA at the center of a cell’s nucleus, the higher centers of mind such as reasoning and planning, and why the “best of the best” usually rise to the top of their company.

We can also find higher degrees of order at centers nested within other centers. Like Russian dolls, centers can be found forming within another center –the inner center is not only smaller, it also includes a higher level of organization relative to the one it’s nested within. We can see the Russian doll analogy evident in the multiple layers of galactic organization. The center of the center of the solar system –the core of the sun –is where ever larger and more complex atoms are generated. Highly organized spiral galaxies like our Milky Way lie at the heart of a much larger halo of relatively less-organized dark matter.

Human endeavors follow suit. A symphony hall sees its audience centered on the “higher ordered” symphony at its center. The symphony in turn is then situated on its most highly ordered member, the conductor. It’s the same in corporations –

on its most highly ordered member, the conductor. It's the same in corporations – the CEO is at the core of the company's core, the board of directors.

Centers Bring Higher Degrees of Order

The transformations of centers into something entirely new is a fascinating aspect of centers with loads of examples in nature and life; they're when moths turn into butterflies, a movie's main character becomes a better person, when heroes in ancient myths attain enlightenment or alternately die and become reborn.

Event's centers can also transform when they are achieved. For instance' what often follows all the energy going into building an event is its opposite –a transformation to stillness, such as when summiting a mountain.

When One Thing Leads To Another

“Every ending brings with it a new beginning”

Jin Nua

Still another expression of centers transforming into something entirely new is when, after having achieved their central objective, they transform into something entirely new in the form of the next enduring phase of “being” or behavior.

The clearest example is when plants and animals produce seeds which then become the start of the next generation. It's also what happens when a personal dream transforms into a reality –for example, when you successfully graduate from college, your degree (the previous goal and center) forms the basis for the next center, your career.

The Surface of Centers

When centers break off from their surroundings, a distinct boundary forms. The walls at the surfaces of centers give rise to high rates of change across their boundaries. This is the case in physical objects, such as suns and temperatures and pressures) can be measured across the object's surface and is a natural result of the exceptional energy accumulated at centers relative to their surroundings.

By necessity such walls lead to the need to expend exceptional energy to pass and breach them –as bank robbers and invading armies well know.

The necessity for a sudden increase in activity through a wall interestingly mimics the rhythm of a Centerevent to a tee whereby a marked increase in activity accompanies the final lurch toward achieving the event's center. In many ways it's as though the center of a Centerevent has a wall around it just like a physical wall around a bank vault for instance. This required sudden lurch in activity can be experienced all around us –it's the quickening sound you experience when a spinning top, coin, or bottle slows. Its how a passing car or train sounds as it whooshes past us. Its how a wave suddenly leaps up before it crashes back down, and it's the cheetah's maximum stretch to seize its prey. It's the final sprint when runners approach the finish line, and it's the final push before a deadline at work.

Dualism and Centers

Another truly phenomenal quality of centers is their tendency to exhibit elements of duality. Dualism is where equal yet complementary opposites exist in close range: sun and moon, night and day, waking and rest. We see duality in centers as well: the male and female counterparts at the heart of a flower and family, neutrons and protons at the heart of atoms, left and right halves of DNA helixes in the nucleus of cells, the win-lose outcome of two-party elections, and the two hemispheres of our minds at the heart of our central nervous system.

The centers of Centerevents are also peppered with dualistic-like conclusions and outcomes: yes or no, "life or death" situations, boy or girl. It's also evident in the surprise of a joke's punch line or a movie where unanticipated outcomes pack the biggest laughs or most lasting impressions. It's when an equal-and-opposite exchange occurs: a handshake, eye contact, swapping business cards, or exchanging money for goods at the checkout counter.

III
Centerpatterns

“The aspects of things that are most important to us are hidden because of their simplicity and familiarity.”

Ludwig Wittgenstein

Nature and life are truly wonders to behold. Their seething diversity, mind-boggling complexity, and delicately balanced symbiotic relationships –all without a single trace of man’s intervention –easily lead one to suspect its ultra-harmonious symphony of creation could only have emerged from the hand of a great watchmaker. Even science admits its theories fall far short of a complete explanation.

And while we’ll never be able to fully comprehend the dynamics behind nature’s grand design, we can speak of the paths it favored along the way. In fact even for its riotous diversity, nature only utilizes a few basic designs to produce its stunning array of creations.

According to Hoagland and Dodson (Hoagland, Mahlon and Bert Dodson. *The Way Life Works*. New York: Three Rivers Press, 1995. Print), “when cells divide and grow, they do so in a mere handful of ways. New cells can form concentric rings, as they do in tree trunks and animal teeth. They can form spirals, as in snails’ shells and rams’ horns; radials, as in flowers and starfish; or branches, as in bushes, lungs, and blood vessels. Organisms may display several combinations of the growth patterns, and the scale may vary; but for all life’s diversity, few other growth patterns exist.”

What this means is the plethora of plants, creatures, cretins, critters, and crawlers roaming our planet all share but a few basic shapes –concentric circles, radials, spirals, and branches. To those familiar with Center Ordering Principle this comes as little surprise –all such forms are center-oriented –a nature result a universal creative process rooted in domineering centers. Like a great tree with tens of thousands of branches all stemming from the same source code at its trunk, life uses the same center-oriented design over-and-over to raise its robust and stunning life forms.

This paper examines the center-oriented geometric bias of nature and life’s creations resulting from the center-oriented dynamics of the universe’s great creative force.

The Root of Center-Oriented Form – Alignment Toward a Common Center

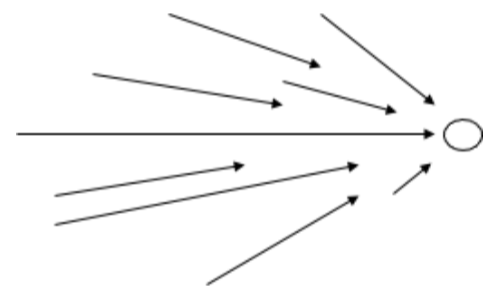
“All the parts of a creation point to a common center.”

Jin Nua

The common quality of center-oriented forms is just that –they all share an overall inward flowing shape –a naturally result occurring of the center-oriented dynamics generated by the universe’s great creative force.

Such alignment is incredibly adaptable extending far beyond the idealized center-oriented patterns of circles and spheres and deeply into larger and less-definable organizations. A good example comes from amphitheaters whose stages, while not located at the amphitheater’s geometric center; are nevertheless the center because it’s where all chairs and eyes are pointing to and aligned (i.e. “on center stage”). It’s the same with geographic considerations such as the layout of a nation. In the United States for instance, the capital (Washington DC) is located on the east coast but it is nevertheless the nation’s center because that’s where all laws, power, and authority converge.

But to fully appreciate the unifying power of centers and their flexibility –and how deeply the concept of alignment can extend, consider just how mobile centers are in team sports such as football, soccer, rugby, basketball, ice hockey, volleyball, and more. For even while the playing ball (it’s center) never remains in one spot, the ‘shape’ of the game always remains constant as the teams continually reorganize themselves about the ball at its center.



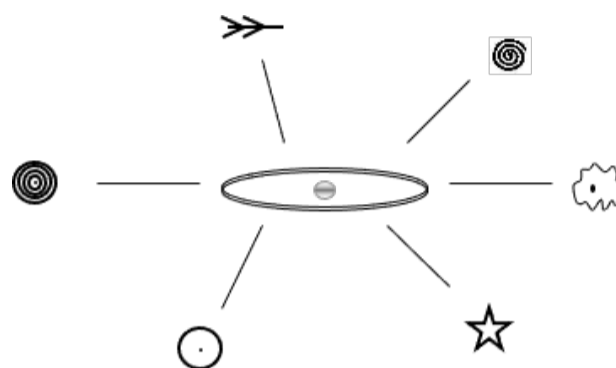
The concept of alignment also aids our understanding of difficult concepts such as purposes and meanings. For once we consider where groupings of thoughts, words, and actions are pointing toward and headed, we see they organize about central meanings and objectives; defining a group of activities (about a purpose or meaning) as center-oriented in shape.

Sacred Geometry

With their sleek and gently inward-flowing curves and lines, one can’t help but revel in the splendor, intrigue, poise, and beauty of nature’s center-oriented patterns. Their simple and unencumbered designs solidify their position as robust providers of form and function in a world subject to vying influences.

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.

But in all instances, they are unified by their shared overall alignment to a common center – they share a center-oriented shape.



It's impossible to define a fixed set of categories encompassing all Centerpattern forms –after all, how many orientations, angles, and arrangements can “things” take around a central point? However, there are primary Centerpatterns favored throughout nature.

Circles and Spheres

Centers and spheres hold a special place in myth and philosophy due to their flawless and ‘perfect’ forms. They also provide a sort of “ideal” definition of a Centerpattern, as the following Merriam-Webster definition attests: “A center is the point that is equally distant from every point on the circumference of a circle or sphere.”

It's interesting to note a sort of ideal whole is formed by spheres with all the points on its surface (i.e. its parts) being exactly equal in distance to a common center (at the center of sphere). We see this Centerpattern in our sun, dinner plates, planets, balls, and wheels.

The Sections of a Conical

Conical sections hold an exceptionally unique place in science and math. In fact their merging of math, geometry (space), and physical processes speak of the interconnectivity all things share. The fact their forms are fully center-oriented also lets us know just how deeply intertwined the tenets of the Centering Principle are ingrained into the very fabric of the universe.

From a Centering Principle perspective, we first note the overall shape of a conical section forms an exemplary center-oriented design with their head-to-head cones forming a perfectly arranged dualistic geometry. But this same ‘crisp’ center-oriented design is also found in all the various ‘cuts’ of a conical section (which as you’ll remember from geometry, are generated by ‘slicing’ the cones with a planar section).

Conical sections not only include the evocative forms of circles we just examined, they also include the highly balanced and aesthetically pleasing center-oriented forms of ellipses, parabolas, and hyperbolas which are coincidentally defined by and perpetuated by core foci.

More than idealized mathematical and geometric concepts, conical sections also match 'real' world functions including the patterns of planetary orbits, the shape of parabolic satellite dishes (used to 'capture' electromagnetic radiation), as well as the path of a ball traces as it flies overhead.

Concentric Circles

Probably the first Centerpattern design we unwittingly marveled over as children were concentric circles. For me it was watching waves spread radially outward from rocks thrown into a pond. Later it was counting the rings of a tree's cross-section to ascertain its age and origin.

The pleasing natural symmetry of concentric circles and their Centerpattern claim to fame can be gleaned from their definition in the Merriam Webster Dictionary as "circles having a common center."

Other examples in nature and life include the growth pattern of teeth, various fruits and vegetables (like onions), Mandalas, the shape of B-Z reactions in metabolic processes, the rings of Saturn, and the arrangement of seating rows in sporting arenas such as football stadiums, as well as the shell-like arrangement of electrons orbiting an atom.

Spirals

If nature elected a mascot it would surely be spirals. This because spirals reflect many of nature's most appealing structures. The proportions of their outwardly fanning segments also imitate a myriad of nature's interrelationships and growth patterns.

Defined by Merriam-Webster as "winding around a center or pole and gradually receding from or approaching it", spirals are ubiquitous in nature as sunflowers, shells, galaxies, a ram's horn, crashing waves, the aerotora of the heart, and the ear's cholera. The power of spirals extends beyond just their geometric manifestations extending into philosophical considerations such as emotions, the rates of growth and decay systems, and the 'strange attractors' of chaotic system in the new science of Chaos. Their peculiar property of endlessly spiraling forever inward toward a center that's never attained also speaks of the intrigue and mystery surrounding centers.

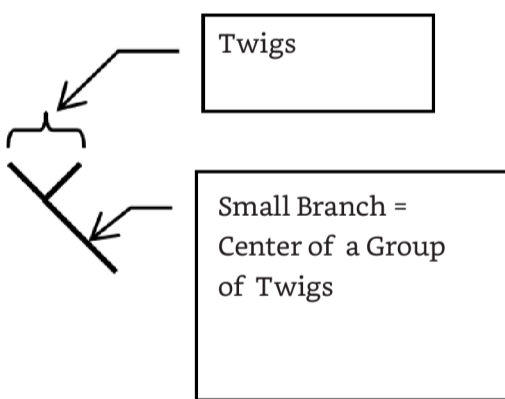
Radials

Like the spokes of a bicycle wheel directly connected to a common hub, radials highlight the connectivity of a group of parts (of larger whole) to a common center. Radials are wonderfully abundant in nature. Botanists for instance consider that most of the 300,000 species of plants in existence have some degree of radial configuration. Other naturally occurring radial designs include roulette wheels, dartboards, the flow of goods from distribution hubs, innumerable jewelry designs, spider webs, flowers, starfish, and Internet connectivity diagrams.

Branches

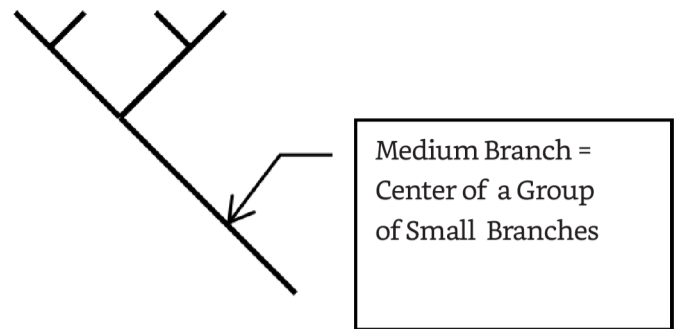
Nature, biology, and man's institutions are jam-packed with branching and arterial distribution systems. Trees, leaves, lungs, veins, arteries, skeletal systems, roots, rivers, family trees, organizational charts, parking lots, computer directory systems, and roads and highway systems –all fall within the definition of branching arterial systems.

However, possibly because of their popular representation as two-dimensional objects, branching systems are often not recognized as center-oriented patterns. This is an illusion –branches are actually center-oriented systems gone wild! In fact branching systems comprise a 'center-oriented-ness' at all their various degrees of scale all of which are tied together in an efficient hierarchal structure (i.e. reflect a fractal hierarchal structure). This structure and the internal interrelations it generates literally 'multiplies' efficiency and is likely the reason why arterial branching systems seem to be nature's design of choice in living systems.

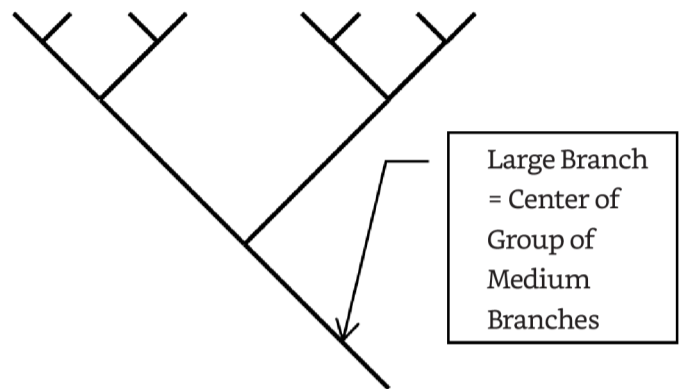


This fantastic fractal-like organization can be seen at all scales of branching systems. For instance if you look at the smallest part of a tree (it's twigs) you'll notice all its twigs attach to a common larger branch (we'll call it Small Branch). This common branch (Small Branch) is the center of a larger whole formed by the combination of all the twigs.

Now take the Small Branches we just examined and follow it to where it joins with other Small-Sized Branches. What you'll find is they meet at next larger sized branch (we'll call it the Medium Branch). Cumulatively the Small Branches form a whole about their common center (which in this case is the Medium Branch they all connect to).



By continuing this practice you eventually come to the entire tree with all its branches ultimately connected to its biggest center, which is the trunk of the tree.



Through this example you can begin to see how the parts reflect the whole (and indeed how the whole reflects the part). We can also begin to understand how fractal geometry 'works'.

Clusters

Clusters are the catchall of natural systems. They capture things that don't fit neatly into other Centerpattern forms. Clusters fulfill this purpose because all that's needed to qualify as a cluster (from a Centering Principle perspective) is a center from which an agglomeration of parts are clustered about.

Such shapes are reflected in the heavens as beautiful globular star clusters and the bunching of stars near a galaxy's center. It's how we gather in spontaneous groups about street performers, the swarms of insects about sources of food or light, the grouping of players about a ball in team sports, the clustering of population densities near city centers, and how anti-bodies attack invading viruses and bacteria in our bodies.

Pyramids

Pyramids form highly precise geometric Centerpatterns and also provide a good example of how more than one center can exist in the same object.

The peak of a pyramid (where each of its triangular sides converges) is its most obvious center. The mystery and intrigue of this point is well-known and is even included on the back of a US dollar as the "Eye of Providence".

In addition to their 'peak' center, pyramids also possess a complimentary

geometric center in their bosom whose alleged energy concentrating effects is an interest of both ancient Egyptians and modern 'pyramid power' enthusiasts alike.

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.

When Energy Flows

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.

Energy Flows - Vortices

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.

Energy Flows -Turbulence

Even turbulence, a quirky property of liquids and vapors where orderly flow suddenly transforms into a chaotic mess, display spiral-like, center-oriented patterns. Such patterns are everywhere around us --creamer swirling in coffee, cigarette smoke floating upward, heat glimmering above hot pavement, and in the clouds reforming constantly overhead.

Energy Flows – Life's Structures and Ecosystems

The use of energy is essential to every element of life. And because we've seen flows of energy form center-oriented structures and arrangements --it's little surprise finding all of life's structures --cells, DNA, neurons, organs, bones, blood, arteries and veins also adopt the center-oriented shapes of branches, clusters, and spirals.

Amazingly the center-oriented-ness of life's forms also applies to larger, interdependent living systems such as ecosystems whose members find themselves interconnected by the flow of food (i.e. energy) through their community.

Having studied predator/prey populations such as pikes and trout's over generations, scientist found their population totals tended to oscillate about a 'combined' central population number. When plotted, it adopted a spiral form as at right. This condition applied no matter the starting populations and no matter if the balance was upset by either dumping excess trout into the lake or if disease killed off much of the trout –eventually the population levels still restored themselves to the same centralized population level! Such dynamics even apply when a third 'variable' such as an angler fish were added to the lake.

Energy Flows – Wave Propagation

It's no wonder we like being at the beach and watching waves roll in –they speak abundantly to life and nature's many mysteries. Through ocean waves we can also glean the true nature of wave propagation. For whereas physics tend to depict wave propagation as an oscillating phenomena (via its sine wave diagrams) they are actually center-oriented packets of energy moving through time and space.

Consider water waves for a moment. What they truly are, are pulses of energy moving through the water not much unlike boxcars of a train (think of each of a wave as an individual boxcar). In fact when standing in the ocean, the push and pull you feel is the effect of successive energy waves (i.e. waves) passing you one-by-one. Prove it for yourself –next time you're at the ocean pick a wave 30-50 yards from shore and keep your eye steadily on the wave crest. What do you see? If your patient enough you'll see the wave crest doesn't drop back down into a trough (as a sine wave depictions lead us to believe) –the wave crest remains at a steady height as it moves toward the shore.

What does this tell us? It says waves moving towards the shore are condensed packets of energy, each bunched up about a predominate center just as we have come to expect with other energy flows. This is in fact how sound waves are also transmitted through air –they are pulses of energy moving through the air with the distance between pulses corresponding to the frequency we hear.

The propagation of energy via light waves provides an even more direct description of the true, pulse-like, center-oriented structure of wave motion. Since the early 1900's physicists have described light waves as "packets of light particles". Thus all light waves (indeed any type of electromagnetic radiation like radio, gamma, or microwaves) can be visualized as a stream of steadily spaced, and highly condensed energy packets. The difference between different kinds of electromagnetic radiation is only the spacing (and energy level) between successive pulses of energy. Think of it like a fighting fire in a Keystone cops movie. Instead of light particles steadily streaming from a fire hose, they are instead a series of successive, equally-spaced pails of water being tossed at a fire.

The Shape of Purpose

Everything we do, we do for a reason. Indeed we don't go about our lives in a wily nilly fashion –we undertake activities to accomplish some purposeful goal, task, or objective. We brush our teeth to clean our teeth, keep our gums healthy, and avoid the dentist. We shop, store, prepare, and cook food for the purpose of eating. We sweep, mop, and do dishes to maintain a clean house in the service of ultimate aim of promoting our well-being.

Purposes than serve to organize a host of activities leading up to achieving the originating purpose. Purpose is the center of a larger organism –the parts are the associated activities in service of the purpose. Another way of saying this is the all the activities leading up to achieving a purpose are aligned to their purpose. All the activities associated with a purpose are center-oriented via their common purpose!

The Shape of Products

“Simplicity requires a correspondence in structure between meaning and tangible pattern.”

Rudolf Arnheim

“A product's form and function organize about its central human need.”

Jin Nua

While possibly difficult to 'see' at first, the myriad products we've created all share a center-oriented design. Products were built for a purpose –a primary function or center from which the remainder of the device works to support. Consider for instance the center of a bicycle. Its purpose (a purpose-center) is to provide locomotion to its rider. The remainder of the bicycle –its pedals, chains, sprockets, tires, handles, seat, etc all support its larger purpose to get its rider person from point A to point B.

You can now readily see how this template applies to practically anything in our home. A blender blends, a hammer hammers, a microwave heats, and a phone communicates. All different mechanisms with hosts of parts and assemblages but each sharing the common pattern of wrapping up around and in support of the central purpose uniting the product as one.

The Shape of Meaning

Borrowing from the paper *The Center Organizing Principle of Language*, we're able to quickly glean the underlying structure of meaning.

"...written communication's elemental unit –words –brings the central role of meaning in communication full circle when considering how words can alone encapsulate something much larger. Words boil down a host of variables to a simple label or meaning in the human mind.

You can see this dynamic at work with this simple exercise. Picture a horse. You didn't visualize the individual components, such as hooves, tail, teeth, heart, and legs, but instead pictured the whole, singular meaning; we simply think of the singular concept of a horse. Words are basic, singular meaning units formed by both a combination of letters and our mind's seemingly magical ability to instantly encapsulate an infinite number of variables into a singular and summary meaning –just like the title of a book simply summarizes the thousands of words that go into making it up."

Similar to purposes meaning centers serve to tie together a host of variables into a large cohesive whole.

Meaning also holds an even deeper level of importance in our lives and how it relates to the "purposes" we just discussed earlier. In fact meanings –as in 'what it means to our lives', are what ties together a group of purposes in a larger and more deeply interwoven connectivity. What it means to us and our well-being are what stitches together all the mini-purposes and mini-routines of our lives. Thus we brush our teeth for the direct purpose of cleaning our teeth, but the functions larger meaning is to avoid pain and look good. We shop, store, prepare, and cook food for the purpose of eating however this serves the larger meaning of our need for sustenance and well-being. We also are driven to see family members and participate in family functions because of the deeper meaning family brings to our lives serving to both root us and from the true well-being we gain from their genuine care and feelings toward us.

IV
Centerevents

“Masters of the first rank reveal themselves by showing that they know how to find the end in major and minor matters in a perfect way, whether it be the end of a melody or of a thought, be it the fifth act of a tragedy or a political action.”

Friedrich Nietzsche

It seems all of life is patterned like ‘the calm after the storm’. For like finding shining pots at the end of rainbows, knowing it’ll get worse before it gets better, and awaiting the fat lady to sing; the pattern of nature and life’s events feature a crescendo-like rise followed by a dramatic reversal once the event’s climax is achieved. We all recognize and share a deep intuitive sense of this pattern –and one masters of the first rank use to its fullest effect.

But what’s the nature of this universal rhythm and what drives it?

An Essential Rhythm

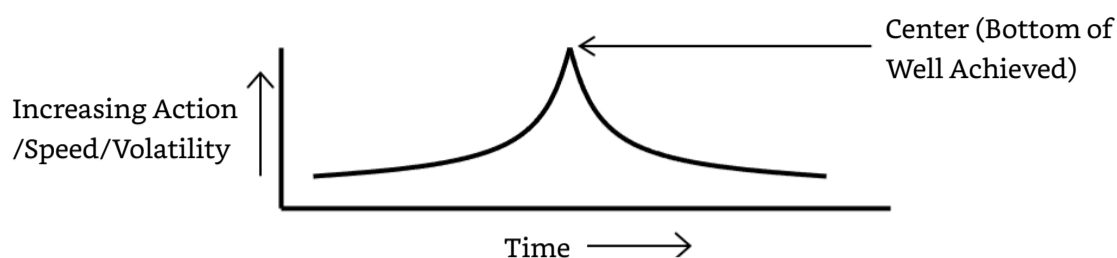
In the paper *The Center Organizing Principle*, we found nature’s great creative force was rooted in a process driven by dominating centers and the fields emanating from their surface.

We also learned these fields possessed a well-like shape with the two qualities of special interest to this paper. They are:

- 1) When the walls of a well are steep enough, the parts affected by the well can actually fall inward and down toward the center (at the bottom of the well).
- 2) The walls of wells are shaped at an increasingly steeper angle.

Taken together, this means once a “part” or group of parts begins falling down a well, their speed will increase progressively as the center is approached, until such time as the center was achieved. After which the system would quickly return to rest or become something entirely new in the next phase of the process.

Plotting this activity across time we see the overall shape of the event or process features a hastening or quickening, followed by a sharp reversal after a key moment in time:



Note to Graph: While the left and right portions of the graph are depicted as relatively symmetric (i.e. equal in time), in reality the left side of the graph is often much longer in time than the right side of the graph. The essential point is the ‘whole’ of the event is keyed to and wraps up around a central moment in time.

From this discussion we can say “Centerevents” are characterized by the rise and fall of activities around a key moment in time, a “Timecenter.”

In fact we find a whole range of nature and life’s events unfold in this general rise-and-fall sequence: the crashing of waves, the birth of a star, the firing of neurons, the stock market’s boom-and-bust cycles. It’s also the shape of our urges, impulses, reflexes, and emotions witness the common rise and fall rhythm of confrontations and arguments as well as sneezes and yawns for instance.

Dissecting Events

Centerevents describe the overall rise and fall profile of nature and life’s processes and events. Centerevents begin when a seed-like center comes into existence. It might be the formation of a common gravitational center in a cloud of space gas and dust, an earthquake that sparks a tsunami, a hunger pain which sets a hunter into motion, or the establishment of a goal.

With various parts caught in the grips of the well formed by their originating center, they begin to move inward toward the originating center in an increasingly purposeful and coordinated fashion. In the examples above, matter surrounding a dust cloud in space begins to move increasingly inward, the hunter begins to move ever closer toward its prey, and we contemplate how to attain the goal.

As we close in on the defining moment of the event, the pace often quickens as excitement swells and deadlines are approached. Such is the case with runners approaching a finish line, the hurried rush of finishing touches just prior to serving dinner guests, or the sudden increase in intensity of a yawn.

Having had so much energy and activity focused on it, once the center is achieved (i.e. all the surrounding parts have converged upon their originating center) there’s nothing left to do other than unleash the full creative potential of the unfolding event.

The energy levels of centers means they're not hard to spot. They occur at the height of events and feature the release of relatively high levels of energy in short periods of time. The sudden expenditure of high levels of energy (across short periods of time) means the energy levels of centers are much greater than preceding elements of the event. They are where "a choos!", emotional eruptions, grand finales, and the maximum point of a good stretch occur.

Having achieved the center, Centerevents undergo sudden reversals and often dramatic changes of character. The resolution of Centerevents as sudden reversals results from the release of the substantial energies pumped into the system along the way; the system can't help but drop away from the lofty heights achieved on the way up. Hence ends of events often feature the unwinding of a system's energy back to a state of rest, often in dramatic fashion. It's the tidying up of unresolved loose ends at the conclusion of movies and novels, the bows on a stage at the end of a play, and the unwinding of runners as they cross the finish line.

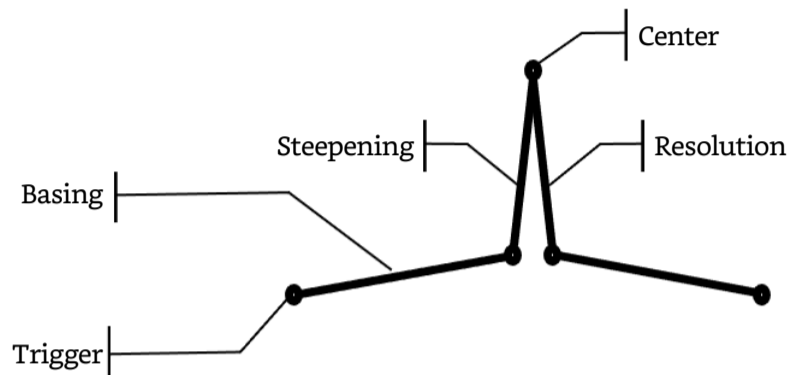
The other primary manifestation resulting from the achievement of centers is the change of character associated with realizing the Centerevent's purpose and/or creative output/quotient. In essence the achievement of the Centerevent's central goal brings with it a transformation into the next phase of activity or the production of a product for instance. At this moment, the Centerevent comes to its fruition. The simplest examples are Centerevents associated with preparing and eating a meal. For once the center is achieved (i.e. the meal is prepared), the next phase transforms into eating the meal. It's the same things as the next generation seedling forming (i.e. when a tree blossoms) as well as the production of products (i.e. the gathering of raw materials and their manufacturer which when complete, are transformed into a product we can utilize).

Working Definition for Centerevents

From our discussions, we establish a working definition of Centerevents as "the characteristic rise-and-fall pattern of events across time around a common and central moment in time."

And though Centerevents can vary dramatically in terms of their time scale and degree of symmetry, they do share the following key events and phases.

- 1) A triggering event (the formation of a center)
- 2) A basing period
- 3) A steepening period (a sudden rise in activity)
- 4) The attainment of a center
- 5) A resolution or “letting down” phase



Transformations at Centers – Becoming the Next

Possibly the most mysterious and profound aspect of Centerevents is their peculiar tendency to transform from one thing into something entirely new once the center is achieved.

The most classical example comes from caterpillars transforming into butterflies but it's also when children transform into adults and a movie's protagonist transforms into a better person. It's what happens when a personal dream transforms into a reality. For example –when you successfully graduate from college, your degree (the previous goal and center) forms the basis for the next center, your career.

Such transformative experiences also lay at the heart of spiritual quests whereby, through an inward journey to one's pure core the seeker achieves a higher level of awareness. Such journeys being part of 'mainstream' Western and Eastern mysticism for some time but also in less known places such as Tarot cards. Through the experience of an Alchemist we find it's most tantalizing and accessible example. For in the world of the alchemist, the physical pursuit of transforming base elements into the purity of gold was paralleled by a desire to transmute oneself into a pure spiritual state obtained through the “Great Work” –the taking of an inner journey toward self discovery and to knowing nature and its operations –and make use of this knowledge to reach the creator.

Besides transformations into something else, the attainment of centers often leads to transforming into a quality opposite their usual high energy –i.e. stillness. Such occurs when obtaining the heart of a labyrinth, the peak of a mountain, or the satisfying peace that comes when achieving a goal or an accomplishment. It's also what causes our hearts to change overnight from fits of intense emotion to a calmer, more rational state in the morning.

Centerevents Explain Nature's Most Profound Cycles

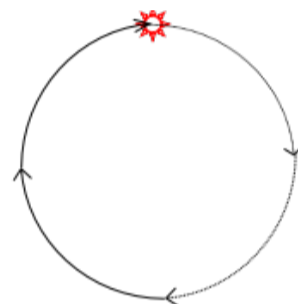
The cycle of Centerevents describe some of nature's and life's most confounding and compelling mysteries.

The Cycle of Life (and Returning to the Source)

"All things come full circle through centers."

Jin Nua

Being a student of nature and life, I recall the sheer joy accompanying the many little discoveries of just how much my life was intricately linked with nature's grand designs. One such stirring discovery was realizing just how deeply nature's tendency to "return all things to their source" was embedded in the various patterns of my life.



Thus when I found just how much my life approximated nature's --for example how the very same forces driving plants to produce new seed, proteins to return to their originating DNA, salmon to journey thousands of miles to their spawning grounds, and stars to collapse back to the same gravitational center where they began; were also the same forces at work in my life (e.g. rituals unfolded toward an originating purpose, conflicts were only resolved when the instigating event was confronted, and why we're so irresistibly drawn to be buried in our hometowns) --I gained great solace seeing how my life fit in to the larger cosmic jigsaw of the universe.

Nature's means to accomplish this is once again linked to its great creative process, specifically the relationship of the parts to their originating center. You'll remember the fields emanating from a center produce a well shape around it causing those things caught in its grip (and of similar makeup) to be somehow affected by it --i.e. either turned, moved, or aligned toward the center.

In the case where the walls of the well are steep enough, the parts can fall downward and even come into contact with the originating center at the bottom of the well. In the full cycle expression of the universe's great creative force, the parts of a larger whole will actually return to the originating center that brought them into existence --in other words, they will return to their source!

In a kind of perfect cosmic harmony, nature keeps all things honest to their origins by forever linking them to and ultimately drawing them back toward their source --all things ultimately do return to their source to re-meet their maker. In our lives, it keeps us accountable for everything we do.

Nature's Circle

The water cycle is a fantastic example of Centercycles spontaneously merging across vast stretches of space and circumstance. It begins from the ocean, which, powered by solar energy, evaporates and enters the atmosphere, where it's spread across the planet. Eventually, through precipitation, the water vapor condenses back to water and drops to the land which then carries the water back to the ocean –where it began.

In Centerpath context we would say the ocean is the center of this monster-sized cycle because it forms the massive energy source where all water ultimately flows and because it's where the cycle begins and ends.

Other examples of Centercycles include the cycle of night and day (around high noon and midnight), the moon cycle (around the full moon), when stars collapse at their death (into the same center where they began), and how waves crash on shore in the same spiral pattern as the turbulent wind patterns that birthed them far out at sea.

Biology's Cycle

Biology capitalizes on the 'returning to the source' rhythm to ensure the success of its vital processes. For example, when proteins return to a cell's nucleus they are returning to the place where their secret codes are stored and ultimately used to resurrect themselves (i.e. the protein). The pleasure associated with reproduction ensures animals frequently return to the act that brought them into being in the first place.

The life cycle of salmon also provides a great example. After spending its life thousands of miles away from where it was hatched, a salmon will swim upstream for months in an effort to locate their original hatching spot to mate and then dramatically die.

Of Origins and Ends in the Realm of Human

You might be surprised to find just how deeply the rhythm of Centercycles permeates the day-to-day rituals of our lives and cognitive functions. Practically all the things we do each day –tasks, chores, objectives, assignments, errands –are designed to lead a group of activities toward completing an originating purpose that set the whole series of activities into motion in the first place.

Let's revisit our earlier example of a meal. The routine of meal preparation involves several interrelated activities, each ultimately revolving around its larger culminating purpose, which of course is consuming the meal to satisfy the original need to eat. Cooking begins by planning the meal (establishing the center) –to achieve the center, we purchase the ingredients, store the food, marinate and chop it, then finally cook and arrange the food. All the while, the steps are being performed with increasing urgency (to keep it hot, fresh, and because we're hungry!) as well as building an increasingly orderly creation, until viola, the parts and activities are transformed into a meal we can enjoy.

We observe this same pattern repeatedly executed in all of life's little task-oriented missions of shopping, visiting the doctor, showering, and praying. In each, the sub-activities of each event are drawn to a unifying productive end which of course was also place where the whole event began (i.e. its originating purpose). Thus we go to the doctor to be cured, shower to look good and maintain hygiene, and give thanks to receive blessings in return.

Hollywood capitalizes on this rhythm with great impact in its formal screenwriting technique of cue-delay-payoff. When the scene changes from a ticking bomb to another scene or a commercial break, the break is intended to create anticipation through creating a tension by our need for resolution.

Centercycles are also deeply ingrained in our collective psyche. The greatest example coming from our constant need to resolve the unresolved interactions of our lives. In fact the tension we feel emanating from life's unresolved events is a force field generated by our minds to return the unresolved events to their source. The tension remaining in place until we address or confront the originating offense/occurrence (the center of the event to be sure). Thus we seek resolution and settling the score (revenge in extreme cases) in our interactions and relationships until the center is achieved and the balance restored.

V

The Universal Fractal

Take a walk in nature and become immersed in its kaleidoscopes of pattern, order, and beauty. Trees, plants, rocks, clouds, nests, blades of grass, lichen, animals, crystals, snowflakes, the sun –each a precisely forged geometric pattern gleaming with an air of coherence, and organization.

Our universe is indeed an enchanted and exquisite wonder to behold, a virtual wonderland of infinitely dazzling patterns displaying remarkable degrees of regularity, orderliness, harmony, balance, and beauty hinting at the divine and touching our very souls.

The question naturally arises: How could so much order exist throughout the universe unless all its creations shared a common underlying design? How, without a consistent set of processes, could all of nature's creations end up being so well-formed, splendid, and beautiful? It is this and universality of form, this paper hopes to shed light. More specifically –the Universal Fractal proposes a common center-oriented pattern underlay most things. Not only –but because this pattern is present at all scales of being this pattern (i.e. Centerpatterns) qualifies as the Universal Fractal.

Fractals

Fractal science identified nature's tendency to produce creations whose internal structures share the same geometric pattern as the creation's overall geometric form (Mandelbrot, Benoit. *The Fractal Geometry of Nature*. New York: W.H. Freeman and Company, 1983. Print). A fractal entity sees the biggest and smallest –as well as all scales between, sharing the same shape. Merriam-Webster defines a fractal as “a rough or fragmented geometric shape that can be sub-divided in parts, each of which is a reduced copy of the whole. Fractals are generally self-similar and independent of scale.”

Fractal relationships can be readily gleaned in the form of a tree. When you look at the largest branches of a tree, you'll see their geometric shape is similar to the shape of the next smaller sized branches. Even the smallest twigs share this shape. It's the same as a river. No matter how closely you look, all its brooks, streams, and tributaries; share the same basic shape.

In summary --fractals exhibit the following two main properties. They are, first, self-similar: The smallest components of fractal creations are similar in form to all its larger scale structures. Second, fractals are independent of scale –i.e. you can find the same self-similar pattern at all scales of magnitude.

Do center-oriented patterns qualify as the Universal Fractal? I.e. are Centerpatterns are self-similar and universal (i.e. present at all scales of existence)? Let's take a closer look.

A Self-Similar Pattern

If you traced nature's creations backwards in time to their origin, what you'd find –just before it disappeared –would be its most essential element: its center; the place from which the creation began and from which it grew outward and expanded.

Thus it's no coincidence the overall pattern of nature's creations is shaped in center-oriented patterns –they grew symmetrically outward from their point of origin. In fact, when you view any of nature's creations holistically, you will see its overall organization has a general inward flow –a natural result of all its subcomponents aligning and being connected to the single point from which it began and grew outward.

Such center-oriented forms fill nature and man's worlds. They comprise the relentless inward curves of a spiral's arms, the pleasing symmetry of concentric circles, the spoke-like form of radials, the converging lines of arterial branching systems, and the swirls of vortices and whirlwinds. Self-similar patterns united through the common, center-oriented pattern they share.

If the reader is having difficulty visualizing the center oriented-ness of these geometries, the following Merriam Webster definitions shed additional light on their center-oriented disposition:

1. Circle and spheres: "...a center is the point that is equally distant from every point on the circumference of a circle or sphere."
2. Ellipses: "...the locus of points for which the sum of the distances from each point to two fixed points (i.e. a center) is equal."
3. Concentric circles: "...circles having a common center."
4. Spirals: "...winding around a center or pole and gradually receding from or approaching it."
5. Radials: "...characterized by divergence from a center."
6. Arterial branching system: "...a natural subdivision of a plant stem; especially a secondary shoot or stem (as a bough) arising from a main or center axis."
7. Vortex: "...a mass of fluid (as a liquid) with a whirling or circular motion that tends to form a cavity or vacuum in the center of the circle and to draw toward this cavity or vacuum bodies subject to its action."

In summary, we see through their common, center-oriented shape; Centerpatterns meet the fractal Quality of being "self-similar."

Universality

The following table demonstrates the presence of Centerpatterns at all the universe's various scales of being.

Device/Creation Description/Scale	Center-Oriented Shape	Center
Super-Universe (groups of universes)	Arterial branching system (Linde, Andrei. "The Self-Reproducing Inflationary Universe." Scientific American November 1994: 48-55. Print.)	Unknown (likely a main or originating branch or a Super-Sized Big Bang)
Universe	Spherical/cluster/radials	Big Bang
Superclusters	"Filamentary" sheets (arterial branching system)	Often a large cluster
Cluster groupings	"Lacy" and "filamentary" sheets (arterial branching system)	Domineering central mass
Clusters (groupings of galactic groupings)	Spherical/cluster	Gravitational center (often huge elliptical galaxies)
Galactic groupings	Spherical/cluster	Central galaxy
Galaxies	Spiral/elliptical/clusters	Black holes
Star clusters	Spherical/cluster	Gravitational center (often huge ancient stars)
Solar system	Spherical/elliptical	Star
Star/sun	Spherical	Gravitational center
Planet/moon and ringed planets	Spherical/elliptical	Gravitational center
Planet	Spherical	Gravitational center
Within planet		
Jet stream	Vortex	Low pressure zone
Water-vapor cycle	Loose cluster	Ocean
Hurricanes	Spirals	Low pressure zone
Thunderstorm	Well	Low pressure zone
Cloud	Spherical/cluster	Updraft
Tornados	Spirals	Low pressure zone
Lightning	Arterial branching system	Low voltage potential
Mountains	Pyramidal	Peak
Volcanoes	Pyramidal	Central lava flow
Trees and plants	Arterial branching system	Trunk
Waves	Clusters and spirals	Energy packet

Device/Creation Description/Scale	Center-Oriented Shape	Center
Human division of land International Groups of nations Country/nation State County City	Cluster Cluster Cluster Cluster Cluster Cluster	UN EU and NATO type alliances Nation's capital State capital County seat Capitol Hall
Human social structure Groupings Rituals Institutions Infrastructure Products	Cluster Cluster Cluster/arterial branching system Arterial branching system Cluster	Leader Central purpose Central leader/purpose/ meaning Main hub/branch Central purpose/function
Functioning of mind	See the separate paper entitled The Center Orienting Principle of Mind for details	
Language Books Chapters Paragraphs Sentence Words Letters	Cluster/whirlwind Cluster/whirlwind Cluster/whirlwind Cluster/whirlwind Cluster/whirlwind Cluster/whirlwind	Title Chapter title Main point Subject Meaning Tone
Life forms Organism Skeleton Digestive system Veins/arteries Nervous system Mind Organs Eyes	Spherical/cluster Arterial branching system Cluster/whirlwind Arterial branching system Arterial branching system Spherical/cluster Arterial branching system Spherical	Procreate To move/locomotion Stomach Heart/lungs Mind Consciousness Main trunk Fovea
Tissue	Cluster	Common section of DNA
Cells	Cluster/spherical	Nucleus
DNA	Helix	Cluster/whirlwind
Molecules	Cluster/rings/helix	"Electrical charge concentrated quantum mechanically between atoms" (Feynman, Hellman; Feynman-Hellman Theorem of Molecular Bonding.)
Atoms	Spherical/cluster	Nucleus
Subatomic particles	Spherical/cluster	Void

From the above table we can say center-oriented forms are present at all scales of structure in the universe –Centerpatterns are universal.

The Universal Fractal

The self-similarity of Centerpatterns combined with their universality demonstrates Centerpatterns qualify as the Universal Fractal. Indeed;

- The Universal Fractal is geometrically self-similar (i.e. nature and man's creations share a similar center-oriented pattern)
- The Universal Fractal is evident at all scales of magnitude (i.e. is universal)

The proposed Universal Fractal than satisfies the requirements of its title.

The presence of a center-oriented Universal Fractal (essentially a common pattern throughout the universe) reflects and thereby supports the findings presented in the paper entitled “The Center Organizing Principle”. In other words, the presence of a common center-oriented pattern throughout the universe validates the existence of a universal center-oriented process since such a process is a necessary precursor to producing such center-oriented patterns.

VI

The Centering Organizing
Principle of Holistic Systems

“The whole is more than the sum of its parts.”

Aristotle

“Centers are the key means by which an assemblage of parts are organized into a larger, greater, and cohesive whole.”

Jin Nua

The roots of more than one scientific revolution lie in new realizations of how ‘wholes’, and their component ‘parts’ interact. Such was the inspiration in quantum mechanics when finding protons and neutrons were not indivisible entities as had been predicted, but instead were comprised of swarms of constituent particles.

Likewise, Gestalt’s greatest triumph was discovering our minds actually see “the forest over the trees”. Our minds don’t care for the messy details/individual parts – they’d rather roll them into larger, more manageable wholes instead.

Following on from these traditions modern complexity theory places part-whole phenomena at the heart of its field. Consider the following definition;

“The behavior of macroscopic collections of (many basic but interacting) units that are endowed with the potential to evolve in time” (Highfield, Roger and Peter Coveney. *Frontiers of Complexity: The Search for Order in a Chaotic World*. New York: Bantam Books, 1995. Print.)

From these examples, we can glean whole/part relationships play an integral role in the sciences and indeed how much of the world works. But what’s the essential nature of these baffling unions? What brings together, and ultimately sustains agglomerations of parts into larger cohesive wholes?

Defining a Whole

Classic depictions of holistic systems tend to rely on mysterious forces impelling parts to evolve constructively over time (i.e. into a larger whole). However how and why this occurs –and the nature of whole/part relationships, remains largely unknown. Take for instance the following diverse definitions which while extremely meaningful, include degrees of abstraction science normally can’t accept:

J.C. Smuts writes, “the tendency in nature to form wholes that are greater than the sum of the parts through creative evolution.” (Smuts, J. C. *Holism and Evolution*. Gouldsboro: The Gestalt Journal Press, 1986. Print.)

A basic definition found on Wikipedia; “Holism (a Greek word meaning all, entire, total) is the idea that all the properties of a given system (biological, chemical, social, economic, mental, linguistic, etc.) cannot be determined or explained by the sum of its component parts alone. Instead, the system as a whole determines in an important way how the parts behave.” (“Holism” Wikipedia, The Free Encyclopedia. Wikimedia Foundation, Inc. 22 June 2013. Web. 25 June 2013.)

Set of concepts that attempts to explain complex phenomenon not explainable by traditional (mechanistic) theories. It integrates ideas derived from chaos theory, cognitive psychology, computer science, evolutionary biology, general systems theory, fuzzy logic, information theory, and other related fields to deal with the natural and artificial systems as they are, and not by simplifying them (breaking them down into their constituent parts). It recognizes that complex behavior emerges from a few simple rules, and that all complex systems are networks of many interdependent parts which interact according to those rules.” (“Complexity Theory.” Businessdictionary.com. WebFinace Inc, 2013. Web. 2013.)

In addition to these part/whole descriptions, still others discuss the importance of boundaries especially as they relate to organisms and life. And while wholes do possess an assortment of key traits and attributes including the deeply mysterious (some of which we’ll examine below), from a Centering Ordering Principle perspective we believe much of the uncertainty surrounding the whole/part enigma can be resolved by simply adding centers to the ‘parts and whole’ equation.

Indeed in a host of natural, biological, and social systems we find the common element unifying groups of unassociated parts into larger wholes is simply a shared, centrally located object. In fact there’s no easier way to organize parts into a whole than through the central and unifying effect of centers and the wells (fields) surrounding them. Centers providing the energy concentrations necessary to fuel creation. The fields surrounding them providing the reach and geometrically beneficial relationship necessary to organize a host of objects and entities into something larger and greater.

Hence in the examples above, we begin to make sense of whole/part interrelationships through how parts interact with centers. For instance we can see how groups of subatomic particles can form larger wholes (protons and neutrons) through their common connection to a ‘particle-void’ basin of attraction. We can also see how our minds might create larger Gestalt wholes about unifying focal points and meanings.

Indeed in hosts of examples, centers serve as the main attraction organizing hosts of peoples (i.e. parts) into larger audiences (i.e. wholes). For example the cores of cells (DNA) organize hosts of cellular proteins and metabolic processes. Societies organize groups of people about common symbols and beliefs. Conscious thoughts organize hosts of sub-routine thoughts. Even our entire universe –its one hundred billion galaxies are all tied to the same moment in time some fourteen billion years ago –the Big Bang. It’s also the organizing force behind our lives –a kaleidoscope of

images, words, interactions, relationships, and experiences wrapped up into a tightly formed whirlwind about you at its core.

Working Definition of Holistic Systems

From these discussions, we're able to establish a working definition of Center system holistic systems as "those things/parts sharing a common center". A representative equation might be;

$$\text{A Whole} = (\text{Part}_1 + \text{Part}_2 + \text{Part}_3 + \text{Part}_{N\dots} + \text{Part}_{oo}) \longleftrightarrow \text{A Center}^*$$

* - The symbol " \longleftrightarrow " denotes "Connected to"

Having established centers at the heart of the parts and whole equation, we'll examine classic portrayals of holistic systems and some of their essential components to gain further insights into the Center-Ordering Principle of Holistic Systems, and how it might supplement current notions of holistic systems.

Of Emergent Properties and How Wholes Behave

A key property of wholes are their so-called "emergent properties". In fact some schools of scientific thought identify emergent properties the defining feature of holistic systems as the following description attests.

Emergent properties are "the behavior of a larger organism that is independent of the behavior of its individual component parts". (University of Alabama. (2008) Environmental Modeling Lecture 3: Retrieved from <http://bama.ua.edu/~brown/lecture3.ppt>. Web 25 June 2013)

We see such phenomena firsthand when flocks of birds move together as one and when individuals become gripped by "mob mentality."

But whereas complexity theory largely attributes emergent behavior to a kind of ingrained attribute of chaotic systems, Centerpath proposes a simpler explanation—the coordinated behavior of wholes arises primarily from the coordinated movement, or behavior of parts about a shared center.

An illustrative example comes from ant colonies. When looking at groups of ants up close, we see each acting relatively autonomously. Each either cleaning, feeding, transferring foods, guarding, or gathering food.

When we look at the ant colony from a distance, however, we see ants streaming to and from the colony in what appears a coordinated activity –i.e. as though the colony were a larger organism in and of itself. And indeed that's what we find. Each of the ants' activity is centered on and ultimately in service of the queen. It is she

–the center of the colony, that brings about the colony’s coordinated behavior. Her penultimate significance toward anchoring the colony readily apparent from events following major disruptions to colonies. If for example a large predator disrupts a colony’s physical structure, the colony will ‘automatically’ reorganize itself around the queen’s new location.

Other examples of centers directing a whole’s emergent behaviors includes team-building exercises –i.e. teams are given goals to increase cooperation and indeed promote common thoughts/actions/behaviors. Teams on playing fields cause entire stadiums of people to release common (i.e. emergent) cheers or groans. Centers – locations of energy, matter, resources, need, want, purpose, meaning, or desire –bind larger organisms through having their parts undertake coordinated behaviors.

Do Wholes Have Boundaries?

Boundaries play an important role in wholes and especially living organisms. Some schools of thought actually define organisms by their boundaries as succinctly related by David Cohen;

Boundaries “separate the ‘entity’ from the ‘non-entity.’ ... the boundary does more than just prevent the organism from spilling out; it is also where the organism meets the environment, where useful substances are taken in and toxic ones expelled”. (Cohen, D. (1996) *The Secret Language of the Mind*. Chronicle Books. 1996. Print.)

But with our new Centerpath perspective we can describe boundaries and their relationship with the whole in a new light. We begin doing so by first considering where boundaries truly begin and end. For instance how to define the boundary of a solar system, city, or flock of birds? Even living organisms extend beyond their obvious boundary and deeply into the surroundings for which their survival so sorely depends.

Consider for instance where your boundaries begin and end. Would you point to your skin? Your personal space? Your home? What about the air you breathe? The air you breathe comes from a vast volume of space? What about your food? As you can see elements of your boundary (and the boundaries of other systems) extend indefinitely and are therefore not fully definable.

However what we can say about boundaries is this –the boundaries of a whole or organism are the outer limits of those things connected to a common center. In other words we might say organisms/wholes can be defined by the sum of things (matter, energy, resources, activity, etc) connected to a common center or point of convergence.

Playing a Part

Parts are the components making up larger wholes and can be just about anything we consider. They can be energy, particles, matter, atoms, molecules, cells, peoples, thoughts, celestial bodies, etc. The parts can range in number from one to an infinite number. Significantly, parts tend to bunch in groups of like parts.

The Likeness of the Parts

As we learned in The Center Organizing Principle, centers;

- 1) Centers generate fields
- 2) Fields vibrate in a frequency specific to the frequency of the originating center, and
- 3) The field only interacts with things in its surroundings (i.e. parts), that share this same frequency

One consequence resulting from these relationships is the parts joining into a developing whole share the same makeup and character.

Just how much alike can parts be? The orbiting parts of atoms (electrons) are basically identical. 'Sameness' is a defining factor of flocks, in fact in some species of geese; the geese will peck to death another goose that looks too differently. In planetary systems, there are immense differences in specifics between its parts (i.e. planets, meteors, comets, moons, etc.) –but all share the same essential composition, being made of matter.

Human formed groups reflect this quality as well. For instance nuclear families bind tightly together about shared looks and disposition (generated by a highly similar source code, i.e. their genes). From here, the likeness to whole forming phenomena in human groupings continues up to and including our species however with a progressive 'dilution' in likeness. After nuclear families, next to form are extended blood families whom bond largely about shared looks and disposition.

Tribes where the same. They banded together due to likenesses of looks/disposition which later began to break-off from one another for what were perceived as no longer sharing enough in common (i.e. looks/disposition). In fact these bifurcating ethnic groups became what are now regional and national borders.

Even outside national borders we still band together as a single species. If you can't appreciate how real these feelings are just watch how strongly the world bands together (across borders) during natural disasters and through our shared abhorrence of aliens in Hollywood movies.

Of course the sense of likeness is quite adaptive in humans extending far beyond simply similarities of looks where we find all sorts of persons accumulating about similarities of beliefs, thoughts, interests, and even hobbies.

How Centers Build Wholes

As we learned in The Center Organizing Principle, wholes are built through the interaction of centers (and their fields) with the parts in their surroundings. We will briefly recap that discussion, focusing now on the role of fields in the whole-building process.

Building a Whole – The Great Partnership of Centers and Fields

In the 1930's, field theory caused quite a stir when it postulated the entirety of the universe is made up of the same basic stuff. For in a world appearing to be filled with wildly diverse and seemingly unrelated things, field theory actually showed everything shared a common underlying quantity –a steady and unwavering 'field' substance.

This was all and well however it created a dilemma –our world's not even. It's filled with wildly varied creations. An evenly formed field needed a mechanism to transform evenness to unevenness. The field needed a means to clump things together.

The necessity to clump comes from the capability of the field to spontaneously precipitate into a point source such as occurring when the field experiences a fluctuation, too much change, or it becomes too much of itself (i.e. too concentrated). In fact the things we're familiar with –particles, bodies, entities, and people are just places where the field became too much of itself and condensed into a higher concentration of itself.

This key transformation (from an even background field to a point source) brings with it further, significant 'knock-on' effects. For once a point source condenses from the even background field it also creates a force-field extending beyond its surface which both shapes and affects its local environment into a consistent, flattened, vortex shape. A 'well' shaped geometry with the condensed entity (the center of the larger whole formed by these relationships) at its bottom. Picture dropping a bowling ball on a trampoline: the bowling ball 'point source' stretches and weakens the trampoline 'field', causing the ball to become depressed into the rubber sheet, forming a well.

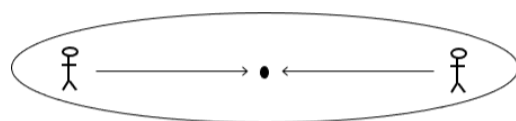
Wells have a profound influence on things in their surroundings. Their well-like shape forming a basin of attraction causing things to turn and possibly even move inward. If the walls of the well are steep enough, the parts can even be drawn inward and toward the bottom of the well. The persistence of these wells is like old sailors' tales of being pulled into a whirlpool and never being able to escape because of its ever-increasing steepness.

You can see the relationship between a center and the well-shaped field it generates forms the a basic framework from which 1) a consistent process and, 2) an associated

consistent geometric form could emerge across all scales of being, as ‘parts’ draw about, warp around, and twist inward toward a common center. One can also begin to see how fundamental elements of matter might be shaped (in fact gravity, electricity, magnetism and nuclear force-fields operate in this way) but also how such well-like affects might be projected into the realm of human interactions. In fact one can say the energy fields keeping electrons orbiting about atoms and planets about suns are functionally equivalent to those causing individuals to ‘orbit’ about needs such as food and shelter as well as desires of wealth and fame. They also cause whole nations of people to organize as one about central meanings and symbols that unite them.

Varieties of Whole Building

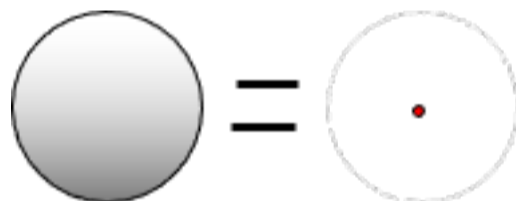
Wholes are built around centers in simple ways –koi fish bunching around a morsel of food, people cueing in line for the same thing, and a group of strangers encircling a superstar. They are also built in complex ways –like millions of stars about the center of the Milky Way galaxy.



But no matter their simplicity or complexity, all such phenomenon share a common design –a process that sees groups of parts organize about centers. In fact it’s only through the common, ‘language’ center-oriented designs provide, could seemingly unrelated phenomena such as gravity, duality, the ‘parts’ and the ‘whole’, feedback systems, and phase locking become related.

Gravity – The Great Collaborator

Just how equipped is the universe to build larger wholes? You might be surprised. Through the natural center generating qualities of gravity, the universe’s capable of creating virtually unlimited whole combinations at countless degrees of scales and circumstances. Let’s see how.



All matter possesses a “center of gravity.” What this means is all objects in the universe –no matter their shape, size, or content –can be replaced by an infinitely small point corresponding to the location of the object’s center of gravity with the same effect and full impact of the original body (as depicted at right).

Fantastically enough, this quality applies to more than individual bodies –a common center of gravity also forms spontaneously between two bodies no matter the number of objects under consideration. This is to say any number of bodies –from two to an infinite number of bodies; create and share a unique center of gravity between them. Gravity forms centers –and therefore larger wholes everywhere and in every combination. Gravity also allows us to see how all things are interconnected –both uniquely and with all other things.

Dualistic Structures – Nature’s Most Efficient Whole Building Process

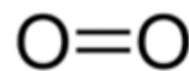
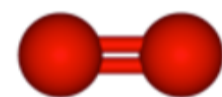
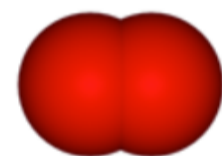
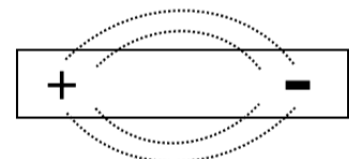
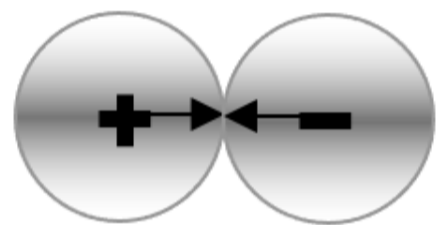
The interaction of dualistic counterparts across common centers provides nature and life with their most efficient means to generate beneficial, recurring structures and processes.



Dualistic counterparts are comprised of pairs of ‘equal and opposite’ quantities. This means dualistic objects are arranged in opposite orientations across a common point. In essence, they lean on each other across a common center that serves to unite and physically connect the two.

This connectivity and equilibrium balance around a common center –and the attraction to this center is a key factor helping ensure nature’s creations come together –and stay together, in highly balanced and complementary arrangements. For example consider the overriding significance of the following dualistic relationships;

- Particles and anti-particles join to create the countless elements filling our universe;
- Positive and negative electrical charges draw atoms and molecules together in ever higher constructive combinations because their “nuclei are drawn toward an electrical charge concentrated quantum mechanically between them” (Feynman, Hellman; Feynman-Hellman Theorem of Molecular Bonding.);
- Positive and negative magnetic poles (centers) cause magnetically charged particles to be attract to one another;
- The highly constructive combinations of oxygen and carbon –so important to life, largely result from their dualistically arranged pairings;
- The formation of base pairs in a dualistically arranged spiral formation forms the code of life (DNA);
- Our bodies are formed in equal and opposite halves allowing effective balance and locomotion;
- Most species are structured across complimentary male and female counterparts each contributing symbiotically and beneficially for the good of the species.

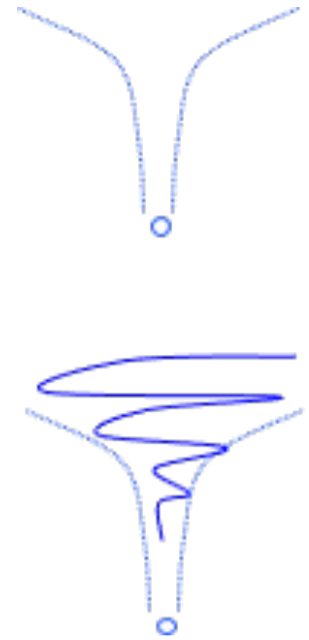


Wikimedia.org

Invisible to the Visible

A basic feature of whole building is the formation of invisible wells around centers. We also know surrounding parts will fall into these wells when the walls of the well are steep enough, essentially filling them.

This arrangement forms a kind of 'hand in glove' arrangement. A dance of the invisible with the visible. The inside of a glove forms the well; the hand represents the parts falling into the well. A simple example of this two-fold process occurs when you move your hand through air or water. The volume of air (or water) displaced by your hand creates a vacuum (i.e. a well) causing adjacent air (or water) to rush into and fill the void created by the 'vacuum well'.



It's the same process at work in the following phenomena;

- Our products are designed as an empty space waiting to be filled –cups, pots, shoes, purses.
- When a baby is hungry, its cries (i.e. it forms a field) which as any parent knows, initiates a host of frantic activities until food is delivered and the “well” of hunger filled.
- It's the process surrounding how much of our minds appear to work. Who hasn't felt the psychic pain associated when a memory is on the tip of our tongue? What's occurring is the question creates a sort of uncertainty well whose tension remains until it pulls certainty in and fills the gap, and indeed restores the balance. This same 'pattern' also applies to feelings arising from being prevented from doing something we want. It creates a mental vacuum of sorts that's maintained (via a slight headache) until we gain what we seek and the tension dissipates.
- The process also describes how and where consciousness might arise –i.e. it could be the place where the 'lowest potential' (i.e. greatest vacuum) exists such that it might draw in any mental subroutine it so chooses.

Locking Phases

Physicists have long marveled over the phenomena known as phase locking whereby the cycles of things sharing close quarters tend to lock into and synchronize to the same 'beat'. It's what causes thousands of individual neurons to beat as a single larger heartbeat, hundreds of lightning bugs to synchronize and flash as one, and the menstruation cycles of woman living in close quarters to tend toward the same date.

Why this happens is events and processes, like their physical counterparts, tend to organize around single, and central objects. In the case of events, the central 'object' is a moment in time. Thus, the synchronization of many parts to a common, repeating moment in time is essentially no different than so many of nature's other phenomena culminating at and around key moments in time; such as crashing waves, thunderstorm

downpours, jokes, and concerts.

Other examples of such 'blinking' centers (phase locking) includes public clapping, TV broadcasts, and the collective firing of millions of neurons at the same gamma ray frequency to produce strings of "single meaning units" in our minds we ultimately recognize as words, memories, and symbols.

Feedback – The Means to Maintain Stability

Feedback systems, both natural and manmade, generate create 'wholes' with the expressed intent of producing like units (i.e. like parts) around a common set point or center. These systems are defined as processes "whereby some proportion of the output signal of a system is passed (fed back) to the input. This is often used to control the dynamic behavior of the system." ("Complexity Theory." Businessdictionary.com. WebFinace Inc, 2013. Web. 2013.)

From a Centerpath perspective it interesting to note that by feeding the output (the outcome) to the input (the source) links beginnings to ends like a snake eating its tail. This is of course a key aspect of Centersystems whereby parts are returned to their source.

How do feedback systems create center-oriented wholes? In the case of negative feedback systems it simply features the conditioning of many like units about a centrally controlling variable or component, by controlling the flow of energy into the system.

The inherent stabilizing effects (and whole generating ability) of negative feedback systems is gleaned from air conditioning systems. At its heart lies a controlling thermostat (indeed this is the system's center) which controls the flow of energy into the system to maintain a uniform, set point temperature throughout your house – essentially forming a larger whole of like units (same temperature air molecules) about the thermostat which controls them.

It's the same principle used to control hosts of variables in manufacturing and process plants such as maintaining constant levels, temperatures, or pressures. It's how a governor works on a steam engine (to maintain constant speed). It's also the way our bodies regulate temperature and hormone levels as with the endocrine and endothermic systems as well as how the planet's atmospheric temperature is maintained via the increase or decrease of the amount of cloud cover.

The Wholes of Purposes

Purposes reveal just how clever, and expansive, the whole building capabilities of the universe are. Purposes define the ultimate aim of the things we do and undertake. They are the center of something larger, and organize a host of "like" activities toward the intended ultimate outcome.

In the realm of human inventions for example we find all the components of a product are designed about its ultimate purpose. Thus all the components of a car for instance are designed about its larger central purpose of transporting a person from point A to point B (i.e. for locomotion). All its subcomponents were designed to support this

purpose. For instance its fuel system feeds the engine which powers the transmission which turns the wheels to get a person to where they want to go.

One can imagine just how interconnected these workings can become when considering for instance how bird's behave related to nesting and caring for their young. In fact while all the various activities of birds (including nest building, gaining food, feeding, incubation, distracting predators, and teaching their young) might seem unrelated – each and every action is ultimately part of a larger pattern centered on the singular purpose of ensuring the successful procreation of the species.

Our lives are no different. We undertake all sorts of activities to accomplish some purposeful goal, task, or objective. We brush our teeth, clean the house, shop, prepare food, etc in the service of ultimate aim of promoting our well-being.

Raising a Flock – Global Centers and the Micro in the Macro

Breathtaking is the sight of flamingos rising into the air at once, thousands of tightly bound minnows drifting at sea, or herds of buffalo rumbling across an open plain. All such phenomena –generally referred to as flocking –is the ingrained urge of animals to bunch as one. But what keeps flocks banded together?

The answer is simply their shared facial image, which while appearing somewhat obvious at first in fact sheds valuable light on the ingenious means by which centers can unify larger wholes. In this case the image of the species (which is coincidentally likely located at the root of their mind) causes birds to seek out things matching this image –a kind of returning to the source causing ‘birds of a feather’ to seek out each other. The ultimate result causing groups of like animals to join in tightly bound flock ‘wholes’ about a common, central, and unifying image.

VII

The Centering Organizing
Principle of Language

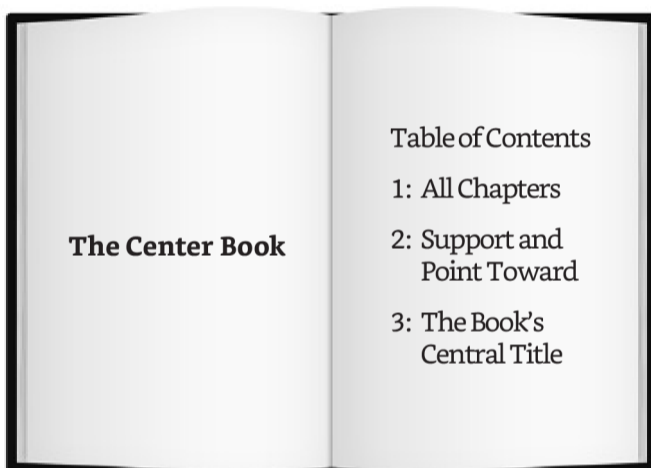
This paper proposes language –both written and spoken are structured in center-oriented patterns about single and central meanings. Since there’s no better way to introduce a new idea than by means of an analogy we present the case for a center-oriented theory of language through examining the various structures populating books.

The Shape of a Written Communication

“The vision of a poet is that of the convergence of every point, the end of the road. ...The dizzying oblique vision that reveals the universe is not a succession ... but as an assemblage of worlds in rotation.”

Octavio Paz

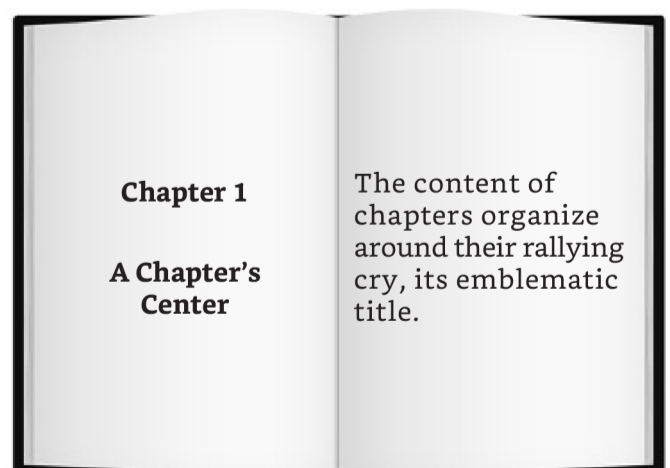
Our approach to examining a book’s structure adopts a top-down approach. We’ll first examine its largest structures (the entire book itself) and then progressively consider the smaller structures making it up.

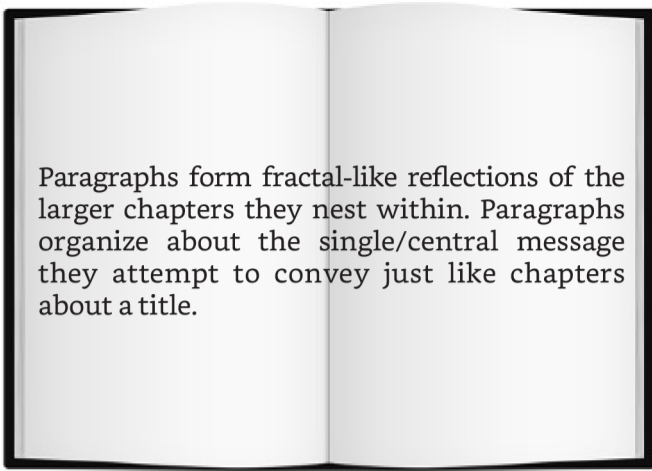


So perch yourself atop a book and ask yourself this question –what organizes a book and brings it together as one? Is it structured in a localized, causality-based structure as its strings of words and sentences seem to imply? Or is there a larger holism to it? Is there a single element –as Paz implies, unifying its various worlds in rotation into a larger cohesive whole?

There’s only one possible solution –the book’s title is the single point all other elements of the book share. It’s the one point everything else –its words, sentences, paragraphs, and chapters –point towards, are associated with, and converge upon. From a holistic perspective, then, we might surmise the whole of a book forms a grand world in rotation about its central title.

Let’s look at a book’s next smaller, subcomponent –its chapters. Here we find the same thing –chapters are organized in the center-oriented fashion as that of the overall book –the only difference being their relative scale. The centers of chapter’s are their titles. All its contents point to it and reflect it. A book shares the same ‘worlds in rotation’ shape at two different scales of magnitude.



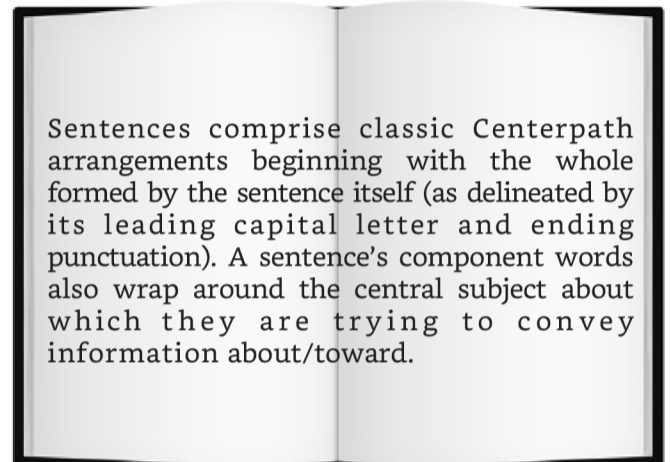


Dissecting a book further, we find yet another world in rotation lurking within the chapters we just examined –paragraphs. And even while

paragraphs don't possess formal titles as do books and chapters, they do possess a very real, albeit, less visible center uniting them. This center? The paragraphs central message which deals with a single, and

therefore central point in which all the paragraph's sentence are written to support.

Carrying on, it comes as little surprise finding the next smaller grammatical component of communication –the sentences nesting within paragraphs –are also forged in center-oriented structures. In fact sentences form quite neatly formed vortex-like shapes with their component predicates, nouns, and verbs each wrapping neatly around the subject at its center.



Finally, written communication's elemental unit –words –brings the central role of meaning in communication full circle when considering how they can alone encapsulate something much larger. Words boil down a host of variables to a simple label or meaning in the human mind.

You can see this dynamic at work with this simple exercise. Picture a horse. You didn't visualize the individual components, such as hooves, tail, teeth, heart, and legs, but instead pictured the whole, singular meaning; we simply think of the singular concept of a horse. Our minds use words to instantly encapsulate an infinite number of variables into singular and summary meanings –just like the title of a book summarizes the thousands of words that go into making it up.

A book takes on a whole new meaning when viewed from a Center Ordering Principle perspective. No longer can we view it as endless strings of words and sentences, instead forced to see it as arrays of worlds in rotation, each rooted about a central and uniting meaning binding them.

From this discussion we see the structure of written communication's various elements (words, sentences, paragraphs, chapters, and entire books) all share the same center-oriented shape (which also means they exhibit characteristics of fractals). Thus we make an interim supposition communication adopts a center-oriented structure in its various manifestations and at all its various scales of organization.

The Shape of Speech

Since spoken and written communication are two sides of the same coin, we have early reason to suspect speech is also organized in a center-oriented fashion.

Astoundingly enough we find speech is not only organized in the same structural, center-oriented structures as we just examined –but speech is also formed in a center-oriented pattern in its delivery across time. In fact we find all elements of speech share the same center-oriented structure formed about central climax-points and stress-points (i.e. a single/key moments in time) giving speech is characteristic rise and fall pattern.

The following examines the center-oriented structure of speech at its various scales of delivery.

The Shape of Large-Scale Narrative Structure

“Let’s begin with the story. Human beings are storytelling animals. We domesticate our world by narrative; by myths... We are hungry for a story that will dramatize some meaning we can hold to. The need for a myth that begins ‘Once upon a time,’ and ends with ‘The hero finally triumphed after many trials and returned home,’ still sleeps in our substance.”

Sam Keen

Beginning with the largest scale structures of speech (i.e. story telling) we find it (classical narrative) forged in clear rise-and-fall formats around central and often climatic outcomes. These climaxes are unifying and all-encompassing ‘morals of the story’, final acts, and ‘hooks’, as the following description of screenplay writing describes.

“Classic structure moved audiences in ancient Greece, and it is still an effective model of the dramatic story. Story structure doesn’t simply pattern the narrative – as important as that is, it also structures our experience throughout the story. Classic dramatic structure contains a beginning-middle-end pattern usually represented by a rising (then slightly falling) curve that graphs the increasingly intense and suspenseful development.

It begins with a conflict or commitment to a goal, progress to the climax in which the conflict is resolved, and finishes with a denouement or “letting-down time” in which loose ends are tied up. The curve rises overall as events accelerate, building in intensity as we approach the climax. The graph line isn’t so much smooth as saw-toothed (in order to represent the rising and falling action as the story moves through a series of high and low moments). A crisis occurs and is solved, only to be

replaced by another crisis, then another, and so on until the climax.” (McManus, Barbara. *The Structure of Greek Theatre*. 1999. http://www2.cnr.edu/home/bmcmanus/tragedy_theater.html. Web 28 June 2013.)

From this description we glean the fractal-like nature of storytelling with its numerous mini-crises building to a final maxi-crisis or climax, each taking us on a familiar and oft-traveled path through a familiar center-oriented terrain. In fact since all forms of narrative are story telling it means plays, operas, movies, TV shows, speeches, and even songs all adopt a center-oriented structure.

Sentence Stress

The formal theory of sentence stress describes the center-oriented delivery of sentences across time. In sentence stress, one or two words serve as the anchor point (i.e. the center) from which the remainder of the sentence is keyed. According to the English Club website (“sentence stress”. EnglishClub.com. English Club, 2013. Web 28 June 2013.);

Sentence stress is the music of spoken English. Like word stress [see below], sentence stress can help you to understand spoken English, especially when spoken fast. Sentence stress is what gives English its rhythm or “beat.” ... Word stress is accent on one syllable within a word. Sentence stress is accent on certain words within a sentence.




The rise-and-fall tempo of sentences around a central word is indicative of center-oriented mechanisms at work. Such a structure assisting the mind anchor and key to the sentence’s core meaning.

Word Stress

Through their emphasis on one syllable, words also include a center-oriented rhythm in their delivery. Borrowing again from English Club (“word stress”. EnglishClub.com. English Club, 2013. Web 28 June 2013.):

In English, we do not say each syllable with the same force or strength. In one word, we accentuate ONE syllable. We say one syllable very loudly (big, strong, important) and all the other syllables very quietly.

Let’s take 3 words: photograph, photographer and photographic. Do they sound the same when spoken? No. Because we accentuate (stress) ONE syllable in each word. And it is not always the same syllable. So the shape of each word is different.

	Shape	Total syllables	Stressed syllable
PHOTOGRAPH		3	#1
PHOTOGRAPHER		4	#2
PHOTOGRAPHIC		4	#3

This happens in ALL words with 2 or more syllables: TEACHer, JaPAN, CHINa, aBOVE, converSation, INteresting, imPORtant, deMAND, etCETera, etCETera, etCETera. The syllables that are not stressed are “weak” or “small” or “quiet.” Native speakers of English listen for the STRESSED syllables, not the weak syllables. If you use word stress in your speech, you will instantly and automatically improve your pronunciation and your comprehension.

Through the emphasis on a single syllable, words too possess a single and anchoring moment in time (its time-center) assisting listeners to ‘key to’ and more easily comprehend words.

The Center of Letters

Phonemes are the elementary sounds associated with each letter of the alphabet. Each letter possesses its own phoneme and therefore single sound or pitch. Phonemes form the basic units of speech.

From a Center Organizing Principle perspective, we surmise each letter forms a whole around its single (i.e. central) phoneme pitch. Since we’re inborn with phonemes we might speculate each phoneme has its very own center-oriented well in the speech regions of our minds. Such an organization might explain why rhyming words come to mind so quickly –i.e. they are clustered in and about/connected to the same phoneme-well.

Summary of Speech’s Shape

The zeroing in on the single climaxes, words, syllables, and pitches in narratives, sentence, word, and letter structures (respectively) is again indicative of center-oriented mechanisms at work in the structure of communication. Such a design, like its written counterpart, providing the common platform from which our minds can piece together, formulate, comprehend, and deliver language so efficiently.

The Shape of Other Forms

Communication Formats

Similar to the written and spoken formats we just considered, still other forms of communication adopt a center-oriented structure about key elements and/or moments in time. In fact just like subjects serve to anchor sentences, we find practically all other forms of communication include 'headlines' and key moments in time from which the remainder of the narrative can anchor itself. Consider the following examples:

Description of Event	Center
Letter or E-mail	Subject
Newspaper Article	Headline
Newspaper	Feature Headline
Magazine	Feature Article
Article	Title
Joke	Punch line
Speech	Outcome/Conclusion
Song	Climax/High Point
Argument/Debate	Outcome/Conclusion
Mathematical Equation	Solution
Children's Story	Moral of the Story
Movie	Climax/Ending
TV show	Climax/Ending

A Center Ordering Principle of Language

Based on the preponderance of center-oriented structures in all types of communication and at its many scales, this paper proposes language, and likely the shape of associated cognitive facilities, are formed in center-oriented structures around single and central elements.

VIII

The Centering Organizing
Principle of Mind

The Enchanted Loom

Our minds are potentially the universe's most sophisticated creation –in many ways its prized gem. Consider the full import of the phenomena occurring in our minds –the space barely the size of two fists.

1. Our minds continually process myriad stimuli –light, sound, touch, smell, direction.
2. Our minds effortlessly perform the fine-tuned functions of pattern recognition, movement, speech, and memory retrieval.
3. Our minds perform the highly sophisticated functions of planning, conceptualizing, reasoning, reading, writing, feelings, emotions, and being creative.

Even today's greatest computers are capable of only mere fractions of what our minds routinely undertake continuously.

But even for all these mind-boggling features, our minds are still a product of the universe and therefore reflect its creative force. Thus like all other creations, the mind's functions and structures are also center-oriented. Indeed as we find herein the mind's exceeding preponderance of center-oriented structures and corresponding processes leads us to surmise the following outline for the Center Organizing Principle of Mind;

The Center Organizing Principle of Mind proposes the mind's structures, functions, and processes are center-oriented (in the context of the Center Ordering Principle).

Henceforth labeled the Center Organizing Principle of Mind (COPM), COPM proposes the mind accomplishes its various physiological, sensory, perceptual, and cognitive feats utilizing the same, efficiently-arranged center-oriented design –the universe's design of choice.

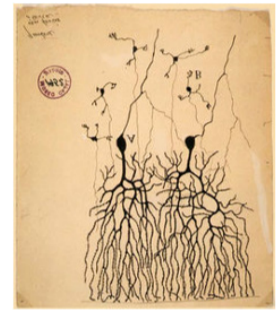
Part 1 – Center-Oriented Neural Structures

Structure

The following examines the center-oriented bias of brain structure.

Neural Roots and Branches

The center-oriented bias of the nervous system begins with its basic building blocks –neurons. Neurons are comprised of a main cell body from which axons branch outwards. These field-like neurons spread the information contained in the nucleus into other areas of the body and to up to 10,000 other neurons! Taken together, a neuron's cell body and axons resemble a center-oriented branching structure.

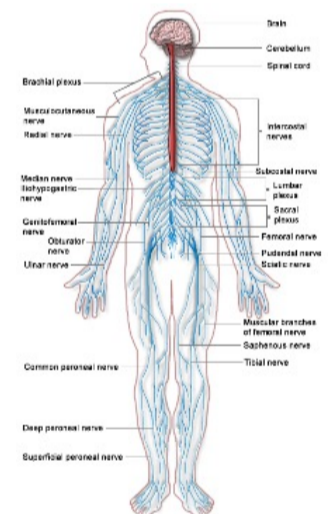


Wikimedia.org

Central Nervous System

The overall form of the central nervous system comprises a well-defined center-oriented shape. Its form also shares a striking similarity with its basic, neural building blocks. In a macrocosm reflection of its individual microcosm neurons, the overall shape of the CNS features a main core, the brain, from which dendrite-like spinal and neural packets spread throughout our bodies.

The brain also possesses the center-like qualities of high concentrations (1,000,000,000,000 neurons) and dualistic counterparts (left and right hemispheres) so often associated with centers.



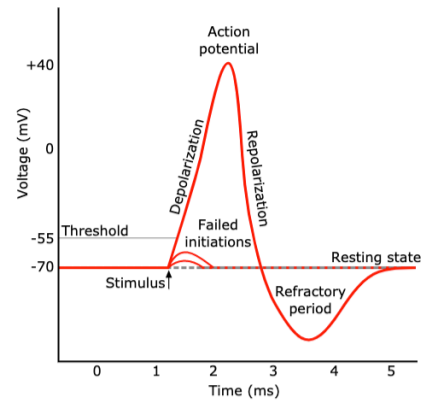
Wikimedia.org

Firing Phenomena – How Neurons Behave

The fractal-like micro/macro relationships of the neurological structures we just examined also extends to how neuron's group and function.

Neural Firing – Where Form and Function Meet

The center-oriented structure of neuron's also extends to how it functions. As the accompanying graph attests, the spike of electrical charge in a neuron's membrane during a firing event mimics the spiked peak of a Centerevent complete with a building phase followed by a sudden surge and equally sudden collapse.

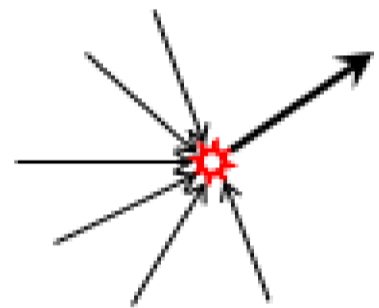


To Be or Not to Be – The Rhythm of Basic Neural Decisions

How neurons decide to fire, or not to fire, forms legendary Centerpath stuff. For no matter how many neurons connect to an individual neuron, it is a single and essentially central neuron deciding whether a signal is sent forward or not. This “make or break” type decision, where a host of variables boils down to a single and center-oriented output is described by Douglas Fields in Scientific American:

“A neuron is like a microprocessor chip in that it receives thousands of signals through its dendrites and constantly integrates all the input it receives from these connections. But unlike a microprocessor that has many output wires, a neuron only has one, its axon. Thus a neuron can respond to inputs in only one way: it can either decide to send a signal onto the next neuron in the circuit by firing an impulse through its axon, or not.” (Fields, Douglas. Scientific American February 2005: Volume 292, Number 2. Print).

Many Inputs.....One Output

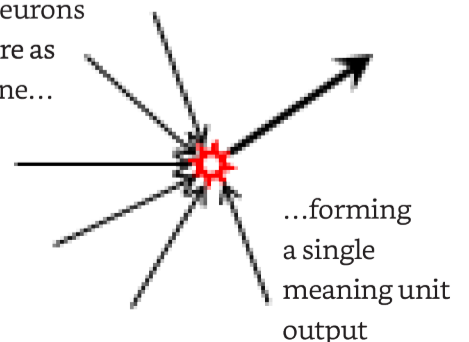


Groups of Neurons “Think” the Same Way

The firing of neurons in groups also reflects a center-oriented bias. Consider the following description from Scientific American, where from the synchronized firing of groups of neurons, a “single meaning unit” (center) arises.

“In this way, the nerve cells from specific sections of the networks temporarily share the same state of excitement. For instance, when the brain is trying to recognize one object among many objects or trying to comprehend the meaning of a sentence, a group of nerve cells temporarily forms a single meaning unit.” (Roth, Gerald. Scientific American 2003: Volume 14, Number 1. Print).

Groups of neurons fire as one...



The firing of clusters of neurons in a cohesive group, forming a “single meaning unit,” again reflects higher workings of the mind, such as when we apply a single title or theme to something with numerous components such as an experience, story, book, or event.

Part 2 – Perception is Center-Oriented

Building Up a World – The Shape of Sensory Systems

The process of perception is our mind’s first attempt to interface with the outside world –to read, interpret, and organize it into a format that’s both understandable and useable by our higher cognitive functions. The first stage of building up this perception begins at our external sensory organs –eyes, ears, skin, noses, and tongues. They interface with sound, light, temperature, taste, and odors of the outside world and convert them into signals useful to other portions of the mind.

Here again we find sensory systems organizing in center-oriented arrangements, featuring an amazing capability to funnel outside stimuli to a single collection point, where the signal is then converted (i.e. transformed) into neural-type signals for use elsewhere in the mind.

Hearing

The process of hearing provides a great example of a sensory organs’ ability to focus stimuli, and convert it to a useful neural signal. The process begins at our outer ear. It’s concentric-like shape serving to effectively direct sound waves inward toward the ear canal. Passing through the ear canal, the signal is amplified by the eardrum, which in turn delivers the pulsating sound wave to the shell-shaped cochlea in the center of the ear. Consisting of three parallel, liquid-filled, and spiral-shaped chambers, the cochlea passes sound waves back and forth in its outer two chambers until they are converted to neuronal impulses in its inner chamber. Our hearing system forms an exemplary center-oriented system complete with a cochlea at the center of a well-shaped ear transforming a sound signal to a neural signal.

Sight

The process of seeing is similar to hearing in it mimics the ears’ funneling of sensory stimuli to a central core and subsequently transforms the signal into neuronal impulses.

Like our outer ear, the eye's lens serves as the point of interface with signals from the outside world focusing light waves to a concentrated point, the fovea, on the backside of our eyeballs. Analogous to the ear's central cochlea, the eye's central fovea is where the light wave signal is converted into a useful neural signal, ultimately making conscious/color vision possible.

Touch

Hints our systems of touch adopt a center-oriented disposition comes from an article by neurophysiologist Dr. Robert Thatcher who notes individual nerve cells (associated with touch) band together in ever higher levels of “receptive fields” in our arms, legs, and fingers which “wrap around these (skin) surfaces in spiral bands, similar to the sandals of a Roman soldier”.



Wikimedia.org

Smell

Smell begins when molecules in the air begin to funnel toward smell receptor neurons in our noses. These neurons are arranged in a center-oriented hierarchal structure, progressively funneling the sensations of the four main types of taste –bitter, sweet, sour, and salty –ultimately into a single experience of smell and taste in our minds.

Perception – Of Gestalts and Vanishing Points

*“A closed area appears more formed,
more stable, than one which is open
and without boundaries.”*

Gyorgy Kepes

How the mind reconstructs the extreme variability of the outside world into a highly orderly world in our mind is one of the universe's most profound mysteries. In this section, we examine how the mind's primary facilities of perception capitalize on center-oriented processes to perform this feat.

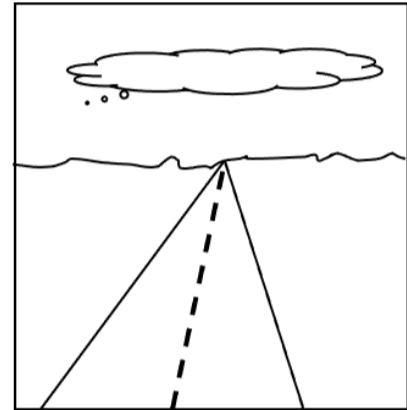
Seeing the Forest Over the Trees – Whole Building Through Gestalt

The adage “we can't see the forest through the trees” conveys the fact we often miss the big picture because we get lost in the details. And while this is often the condition,

for instance when considering complex issues, it's opposite the case when considering the mind's basic functions of perception. In fact, Gestalt and his pioneering studies demonstrate our mind's perceptive facilities actually "see the forest in spite of the trees."

Gestalt's work describes the mind's automatic function to generate wholes from a collection of separate sensations ("Gestalt Theory." Wikipedia, The Free Encyclopedia. Wikimedia Foundation, Inc. 9 June 2013. Web. 31 July. 2013). This means when we're presented with collections of separate sensations, especially visual, our mind doesn't try to view the individual parts, but instead fits them into a single experience –a tidy and meaningful whole.

For instance, when you view the words on this page, you don't perceive the individual letters but instead the whole words. The same goes for the image at right –when you first view the image, you perceive the overall image of a roadway disappearing into a cloudy landscape, not the separate images of road, horizon, and cloud, much less the individual lines that make them up.



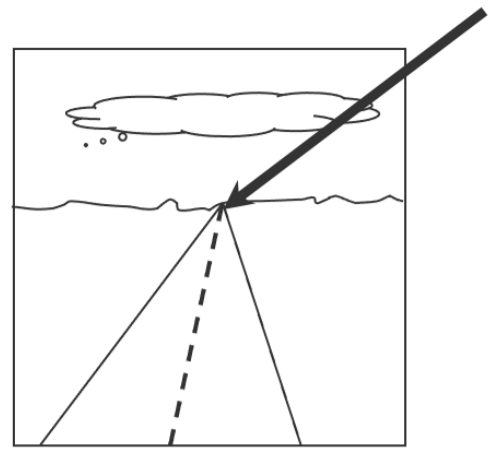
Gestalt's cognitive process, whereby wholes are spontaneously generated from groups of component parts, provides a first clue that our mechanisms of perception seek to place the world in the context of a larger, center-oriented whole patterns (i.e. Centerpatterns). We now only need a center to complete a Centerpath portrait.

Vanishing Into the Center

The formal technique of portraying depth in a painting, whereby painters trick the viewer into thinking he is seeing three dimensions on a two-dimensional canvas, is less than 600 years old. Known as linear perspective, it capitalizes on our facilities of perception which portray distance objects as converging to a single or vanishing point. In technical terms linear perspective is described as 'how parallel lines and planes appear to meet at an infinitely distant point as they recede away from the observer'.

Artists immediately embraced the aesthetic appeal of the new technique leading viewers to comfortable resting places in the distance. But art's formal recognition of linear perspective just brought landscape and large-scale paintings on par with what portrait and group setting paintings knew for some time –people like a single focal point to rest upon such as eyes in a portrait or leaders in a group. In a real sense, artists always knew our minds fancied single, vanishing points to affix and rest upon.

Modern day photographers also capitalize on the soothing aspect of a single focal or vanishing point in their full range of photographs. For whether in portraits, group shots, landscapes, or cityscapes; most such photo's include a predominate vanishing point or a single predominate feature which our eyes instantly affix to. Take another look at the landscape photo above. Where did your eye first 'go to'? If you can't remember, ask a friend to point to where their eye affixed. Almost without exception, our minds first find the center of a drawing or photo and then move out from there. If one example isn't enough, pick up a 'Best of the Year' photography magazine (such as Life Magazines') with a friend and take turns pointing to where your eye first settled. In nearly all instances, each will choose the same location in the photo.



What does this mean? Our minds are looking for a place to affix itself. So in addition to our minds forming wholes spontaneously as we just saw from Gestalt, our facilities of perception are also seeking out a central point from which to anchor itself.

A CP Portrait for Perception

Perception = Gestalt Wholes + Centers (i.e. Focal Points)

Of course a Centerpath worldview sees a happy union forged between the whole-generating feature of Gestalt perception with the eye's happiness with focal or vanishing points—quite literally forming a whole wrapped around an anchoring center.

And in fact what other way could it be? How else to spontaneously organize the outside world of extreme variability but through a center-oriented template that simultaneously constructs a 'whole' about a focal 'center' no matter the scale or content of what it encounters.

Part 3 – Center Seeking Brains

In Part 3, we focus on the center seeking aspects of the mind.

Magic and Selective Attention

Our minds tend to focus on one thing at a time –i.e. a center. It's why we're able to focus on one voice at a time in a crowded room. Magicians capitalize on this 'limitation' during magic tricks by directing our attention toward one thing while executing the trick outside our then current focus of attention. Tunnel vision (the inextricable feeling we are standing in a tunnel because of a narrow and single focus) describes the same effect.

The Mind Looks for Center-Like Intensity

Further confirmation of the center-oriented disposition of our perceptive functions comes from the psychological phenomena known as the orienting reflex. Discovered by Pavlov in 1927, the orienting reflex describes our response to novelty. It's our minds preponderance to stop what we're doing and "turn our sensors to the source of stimulation" whenever a novel event occurs such as meeting a person or sudden loud noise. This mechanism "of turning our sensors toward" the stuff of novelty provides a powerful and direct insight to the 'center' orienting response of our minds.

In fact From a Centerpath perspective novelty describes the various manifestations of centers both as new beginnings (meeting someone for instance), center-like intensities and concentrations (such as loud noises), and encountering something unexpected (i.e. a transformation).

Another indicator our minds seeks out those things with center-like intensity comes from the outstanding or memorable principle, or the unique selling point in the marketing industry. Discovered in the early part of the 20th century through a series of experiments by Dr. Von Restorff, this principle showed that most people tend to remember things, peoples, and places that we consider outstandingly different. (Anderson, Andrea. Scientific American July/August 2011: Volume 22, Number 3. Print).

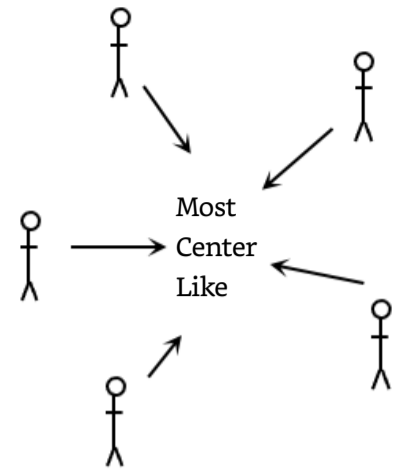
Another study indicates our minds actually make the objects of our attention look larger than they actually are (relative to other objects). Dubbed 'action specific perception' it describes why successful batters often report the baseball looked huge just before hitting a home run.

Groups Seek Centers

In crowd situations, we tend to group in Centerpatterns about the biggest, brightest, loudest, or most unusual object. Instead of seeking out each and every face (each face is novel), our minds tend to turn toward the most extreme of the group. It may be the most brightly dressed, largest, most attractive, or loudest –the point being our minds seek out a single person or stimuli with the most extreme and therefore center-like qualities. Even the mundane formation of group of strangers about the event of dishes

falling in a restaurant unwittingly, through our shared orienting response forms a larger Centerpattern about the embarrassed waiter at its center.

Like the orienting response we discussed earlier, our ability to pick centers out of the crowd further highlights our mind's disposition to seek out, and organize about objects with the greatest center-like intensity.



PART 4 – Sleep and Memory

In Part 4 we examine the center-oriented bias of sleep and memory.

Basic Cognitive Functions

Sleep and REM

Each night our minds traverse a roller coaster-like landscape falling in and out of the REM (Rapid Eye Movement) sleep cycle every 90 minutes. From a Centerpath perspective, it's instructive finding how closely this cycle mimics the rhythm of Centerevents complete with an overall center-oriented shape (a well) and a most spectacular transformation at its center.

The cycle proceeds through four, deepening phases of sleep during which our brain's activity progressively slows –like falling down a well. What occurs during the fifth stage of the cycle is quite unexpected. Instead of going into even deeper sleep, at the bottom of the sleep cycle the activity level of our minds instead spikes and our eyes begin to flutter rapidly as sleep transforms into its central REM stage –at the center of the sleep cycle our brain's activity transforms.

Not only that, most psychologists believe short-term memories are transferred to long-term storage during REM sleep –another indication of a transformative occurrence at the center of the cycle.

It's worth noting the duration of the sleep cycle (ninety minutes) also closely approximates the duration of hosts of social events. For instance the typical length of movies, sporting events, and even the effective attention spans of learners is approximately ninety minutes. Just as significantly –each features a climatic outcome at their conclusion just as we find with the grand finale of REM in the sleep cycle. Ninety minutes appears to be a key duration in various processes of the mind.

When combining this notion with the transfer of memories during REM sleep calls

into question the tantalizing possibility that one aim of REM sleep is to attain resolution of life experiences by placing them into neat Centerpattern wholes. This hunch is supported by the recurrent frustration of dreamers in not being able to find someone, obtain a destination, or gain resolution. Does the transfer of short-term memories to long-term memories during REM proceed against a center-oriented mental landscape urging and pushing life's experiences into a neat Centerpath arrangement about core meanings and resolutions?

Memories

What's the first thing coming to mind when you think of your last vacation? A view from the balcony of your hotel, a quiet sunset, or a walk on the beach? What do you remember from your first year in school? An image of your classroom, your teacher, or your best friend?

Whatever the specific memory, what you likely saw was a single mental image that encapsulated the entire event (in this case an entire vacation and school year). Memories are truly like the mementos we carry home from vacations. They serve to divide whole chunks of experiences and relationships into a single, center-oriented and mostly visual impression. This description is what's also meant by the term "picture perfect memory" (it is in fact the sharpness of mental snapshots that allows a picture perfect memory to recall so much).

Retrieving Memories

Retrieving a memory capitalizes on the full-cycle, returning to the source processes of the Center Ordering Principle. Consider this –memories originated where our consciousness thought first perceived it (i.e. when we first saw, heard, or thought it –it was created). Later when this same conscious mind sends out a signal to find and retrieve that memory back into our conscious –it is truly exercising the "return all things to their source" rhythm of the universe in a most splendid way. In fact the tension we you feel when we can't recall a memory is a confirmation of this phenomena –it's a buildup of physic energy that won't be released until the memory is returned to its source (and the psychic energy is figuratively 'extinguished').

Footnote: It's interesting what this says about the nature of the neural signal generated to locate such memories. It's as though our conscious mind sends out a light wave packet of energy whose primary wavelength finds the right major highway to get us in the 'right area'. But packets of energy also include other 'finer' wavelengths which serve to narrow the focus until it finds the target memory, activates it (likely resonates with it), and returns the matching signal to our conscious thought! It harkens millions of tuning forks (i.e. neurons) residing in our minds that once struck by the right frequency, they resonate and send an amplified signal back to the source of the originating ping!

The Importance of First and Last

“Always Make a Strong First Impression”

Anonymous

“Always Leave on Good Terms”

Anonymous

Further evidence memory is structured in a center-oriented design comes from the importance our mind's place on first (and last) impressions. In essence first impressions form the enduring imprint from which all subsequent interactions are shaped. For instance, if the first meeting was positive and pleasant, we will think of them positively and begin subsequent interactions on their right foot.

From a structural perspective we see it's functionally mirrors how a tree grows. By analogy a seedling forms upon the first meeting. This seed is imprinted with an RNA-like source code just like a real seed –the developing tree (i.e. subsequent memories and interactions) will be built into a reflection of the source code.

You can also see how a last impression fits into this arrangement for it acts like the outer most extremity of a growing tree –i.e. its newest growth (a leaf or flower) which in the world of neurologists means it now forms the most current and therefore strongest neural pathway. Hence when a memory is called up, it first passes through the trunk of the tree on the way to it's the last impression only to retrieve it and once again pass through the trunk on its way back to our conscious thought. You can see than how first and last impressions maintain their prominence being naturally in the 'center' of the path of neural signals. So always remember to greet people mindfully if you want to leave a good and lasting impression!

Associative Memory

Associative memory is the ability of our minds to build extended connections/relationships between things or experiences due to their similarities or shared proximity in space or time. It's the reason why we recall certain things not necessarily directly associated with the source memory as when a certain song conjures up a certain place or person in our life at the time we first heard the song. It's also why crossword puzzles and the game Pictionary are so universally accessible and popular.

The clustering about a core memory produces a center-oriented structure as highlighted by Tony Buzan's Mind Maps^T (Buzan, Tony. Tony Buzan; Inventor of Mind Mapping, 2011. Web. 31 July 2013). Mind Maps^T are generated by writing out words associated with a key word. The resulting pattern branches outward in all directions (from the keyword) generating an organic pattern not unlike the shape of neurons which produced it.

The fact Mind Maps^T are used to memory, learning, planning, and creativity demonstrates how center-oriented patterns are used interchangeably across differing areas and functions of the mind.

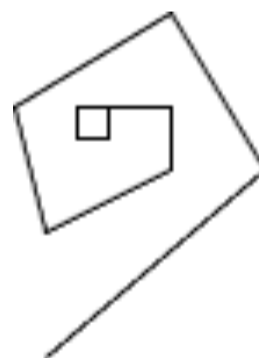
PART 5 – Emotions and Learning

Emotional Whirlwinds

What do cravings, fits of impatience, and panic attacks share in common? For that matter what do urges and emotional spirals share in common with suspense, excitement, and even obsessions?

What they all share is a common center-oriented design that serves to organize the urges and uncertainty into orderly patterns instead. Centerevent-like processes complete with an originating trigger (a center) that pushes and pulls things into and about its well of influence until such time as it returns its aim or desire back to and in contact with its originating center.

To further illuminate the process, let's examine how an emotional spiral event unfolds. An emotional spiral usually begins when someone or something grabs our attention with sufficient force to unearth a well of emotion, which becomes the mind's primary object of attention. Whether the spark is a memory, image, smell, song, or insult; each ultimately forms a whirlpool-like well in our minds with the triggering event residing at its bottom. The well's steepness and therefore its power to influence, depends on the relative stakes and the weight of the issue.

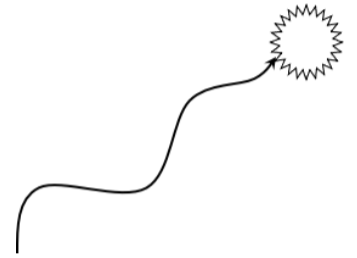


The whirlpool starts to spin. Overtime we fall deeper into the well, it becomes more difficult to escape its tightening grip. We become more focused, irritable, and anxious. In the extreme, we can lose our grounding and perspective, and may even feel physically dizzy or out of control. We fall deeper and just when it feels like we can't take anymore, we hit rock bottom and arrive at the center. Upon arriving comes the necessary transformation –perhaps an apology produces resolution or a good cry leads to calm.

We see the same spiral or whirlpool pattern –intensification followed by release –in other urges as well. Consider the sequence of events leading up to satisfying a simple craving for ice cream. Through a discussion, advertisement, or sudden memory; a center is created in our minds. Having established the craving, our subsequent thoughts, plans, and actions move toward satisfying the craving. We think about ice cream until we are compelled to take action by getting in a car and driving to an ice cream shop to extinguish the urge.

Learning

B. F. Skinner’s groundbreaking behavioral learning theories describe a Center event to a tee. The key steps include defining a goal then positively reinforcing each step along the way in the desired direction while ignoring other behavior. Thus a center is created (the goal) of which all other activities are aligned via the behavioral field generated by trainer



Ah-ha Moments and Centers

The center-oriented bias of learning’s structure is further reflected in the epiphany-like learning process known as insight learning theory or cognitive learning. To highlight the use of the mind’s natural intuition in learning new things, Wolfgang Kohler conducted a series of problem solving experiments with chimps. For instance, he left bamboo sticks outside their cages and a banana out of reach. Overtime and using trial and error methods, the chimps suddenly had a spontaneous understanding of the situation, and suddenly used the sticks to elongate their reach to the banana. Kohler called this insight otherwise known as the “ah-ha!” phenomenon (“Insight.” Wikipedia, The Free Encyclopedia. Wikimedia Foundation, Inc. 12 July 2013. Web. 31 July. 2013).

From <http://www.merriam-webster.com/dictionary> for epiphany;

3 a (1) : a usually sudden manifestation or perception of the essential nature or meaning of something (2) : an intuitive grasp of reality through something (as an event) usually simple and striking (3) : an illuminating discovery b : a revealing scene or moment

This phenomenon shows us that the mind not only places great importance on obtaining central goals, but also on discovering the essential meaning of tasks –which, in the Centerpath view, translates to uncovering or obtaining a center (which in this case is the realization of a meaningful purpose). Our minds spontaneously recognize the significance of a group of unrelated activities being united by centers of purpose.

Part 6 – Higher Yet – Complex Cognitive Functions

Complex Cognitive Functions

The Pattern of Decisions, Choices, and Problem Solving

Though we tend to segregate problem solving, reasoning, and decision making as separate cognitive functions, each actually shares the same design: a whirlpool like process whereby we whittle down a host of facts, variables, and arguments to a single outcome, conclusion, or choice. In fact the shape of all “processes of elimination” invariably lead to a single outcome which all preceding deliberations head towards–i.e. they generate a common center-oriented design.

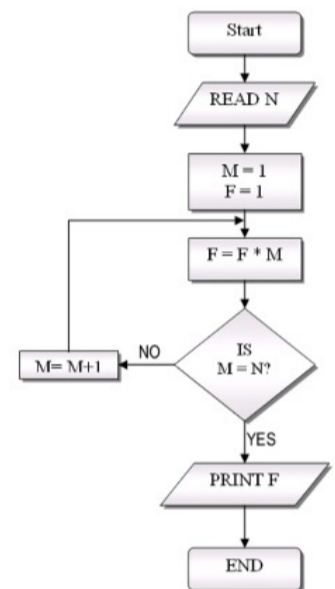
A good example of reductionist, decision making comes from the process of choosing a car for example. We usually begin by taking into account a large number of variables –we talk with friends, review magazines, check Internet sources, and contemplate past experiences. After some time, we usually narrow down our choices to a final few candidates. We continue to narrow our focus further by looking at ads, visiting dealerships, and taking test drives, until we arrive at our final decision.

At the same time, this process reflects the Centerevents cycle, with the intensity of the effort and emotion peaking just before the final decision is made. At the moment of decision, the center is obtained. The center-oriented bias of decision making’s counterpart –problem solving can be readily gleaned by considering a typical technical troubleshooting guide or mathematical solution such as at right (on the previous page).

Planning

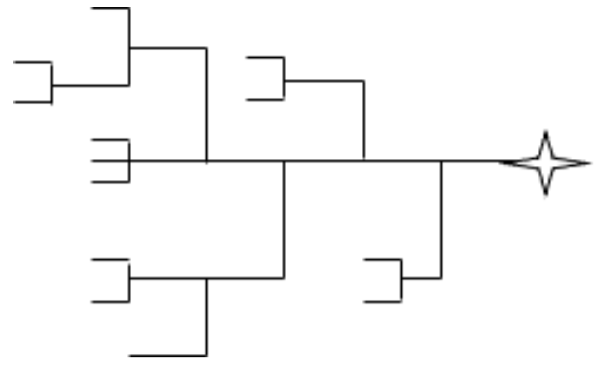
Our greatest cognitive capability might be planning. In a real sense it allows us to see and make our future. Through its visual representation in the formal practice of scheduling, we can readily glean it’s true center-oriented nature.

Scheduling is a highly sophisticated and integral tool of modern project work. It is used to efficiently plan, coordinate, and execute a huge number of activities through the various stages of a project. It’s used to organize building airplanes, filming movies, producing an advertising campaign, and going on vacation.



Wikimedia.org

Schedules are driven by milestones. Milestones define the larger objective of groups of activities –they are the point where hosts of activities are flowing. Once a milestone is achieved, it signifies the completion of one phase of a larger set of activities.



From a Centerpath perspective, milestones are centers. They align all the parts (work activities) to them and in the process form a larger center-oriented structure (an arterial branch shape). Because milestones are the idea or objective that spawned the proceeding activities, once the milestone is achieved in a real sense all the proceeding activities have returned to their source.

Once you tie all the various milestones together into larger and larger objectives, a schedule’s shape forms a fractal, arterial branching-like structure, with all activities (parts) flowing toward their unifying overall final milestone.

Creativity

“A hummingbird flies forwards, backwards, sideways, or suspends itself like a helicopter as it soars, swoops, and plays all forms of artistic acrobatics in mid-air.”

Tan Swie Hian

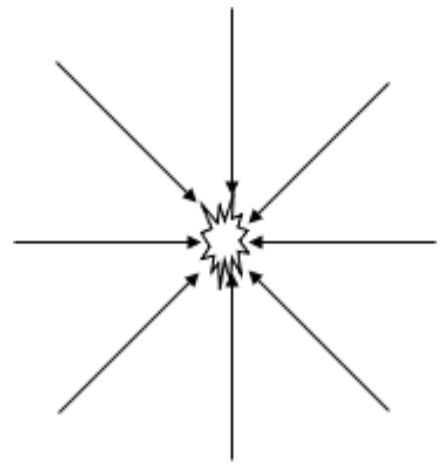
All the greatest human accomplishments –whether in art, literature, philosophy, science, or math; where accomplished by those with incredibly creative minds. How they’re able to accomplish these staggering feats is, as Tan Swie Hian notes; largely because of the artist’s ability to freely roam at subjects from any angle. They enjoy the benefit of a full spectrum perspective, allowing more things to flow inward to their object of contemplation. Such a holistic and symmetric center-oriented arrangement also facilitating interconnection of related ideas.

Why most aren’t able to achieve this same freedom is, and confoundingly enough, because our minds are structured in relatively rigid center-oriented patterns. As a matter of efficiency (and to increase the likelihood of success) our minds use direct center-oriented pathways (instead of swirling types we just discussed) to get what they want. Let me explain.

As we’ve seen, our minds are task-oriented, center-oriented, devices. We move efficiently and directly towards objectives of our desire in a linear fashion (i.e. directly ‘at’ the object we are pursuing as depicted at right). This aids us to efficiently and more quickly secure the things we want and need to survive.



Creative types are not bound by this –they instead rotate around a subject from any angle, as the diagram at right implies. For instance while most of us would say the answer to “What is half of 11?” is 5.5 (i.e. a direct solution), creative minds are able to break through our mind’s natural center-oriented nature, might answer 1 and 1 (1 + 1), three (half of eleven’s six letters), or even X and I (half of the Roman numeral XI).



All the Mind’s a Center-Oriented Pattern

Consider the following activities –storytelling, egocentric behavior, the allure of betting, tunnel vision, obsessions, the thrill of watching sporting events, and our goal- and task-oriented disposition. Are they related?

The answer is yes –through the common center-oriented structure they share. A structure guaranteed by the common center-oriented cognitive structures underlying them. Storytelling revolves around a central climax. Tasks organize a larger group of activities about a central goal. Sporting events draw us to single, climatic outcomes. Egocentric behavior is driven by our desire to be the center of attention. Betting relies on powerful motivations leading us to believe our next bet will be the one transforming us into being rich. Tunnel vision aligns us toward a central focal point. And obsessions are the pursuit of a single idea, object, or desire around which all thoughts, words, and actions are aligned and focused.

The Ultimate Archetype

From the numerous examples in the preceding discussions, we have real reason to suspect our minds possess a common center-oriented archetype. In fact a core observation of the father of archetypical thinking (Carl Jung) was his patients spontaneously generated Mandala-like drawings during therapy (of course Mandalas form center-oriented patterns with an anchoring center to which the remainder of the pattern aligns).

The fact we tend to place our lives in center-oriented contexts supports this notion. Children begin with an ingrained “center of the universe” complex in which they place themselves at the center of all existence (in their minds at least). Later in life we become centers of a family. We also find ourselves increasingly attracted to a central calling in life and finding our destiny. Many want to be the boss whether it be at the office or at home. This general 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.

PART 7 – Identity

At all levels of our minds, from the physical structure of basic neurons to perception to higher cognitive functions such as problem solving, planning, and learning, we see distinct center-oriented patterns. Is it any wonder to find that identity and beliefs are formed in the same pattern?

Space Control

In the mid-1950's, anthropologist E. T. Hall developed a concept how people unconsciously structure the distance between them during daily activity. Hall defined and measured four interpersonal zones: intimate (0 to 18 inches), personal (18 inches to 4 feet), social (4 feet to 12 feet), and public (12 feet and beyond) ("Personal Space." Wikipedia, The Free Encyclopedia. Wikimedia Foundation, Inc. 19 July 2013. Web. 31 July. 2013).

Essentially, we each produce a ring of circles around ourselves; the radius of these circles, our personal space, varies in accordance with those surrounding us. Our minds subconsciously generate a Centerpattern with us at its center, others acting as the "parts" and the overall environment created as the "whole."

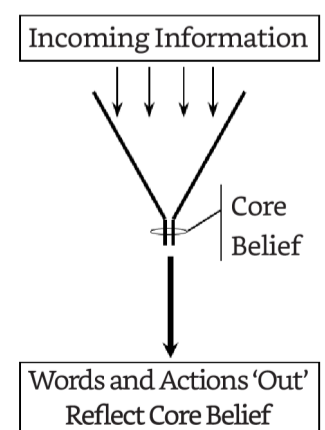
This concentric ring-like shape extends into other arrangements in our lives –like how children have a "center of the universe" complex, and adults talk about their "circle of influence."

Beliefs

Beliefs are fundamental to defining who we are. They form the basis for how we perceive and project ourselves. They also provide us with most of the opinions we hold.

But for all their significance, there's little agreement in the scientific community as to how our minds hold and express beliefs; some say beliefs are represented in the mind as sentence-like constructs, while others argue there is no consistent or coherent mental representation that underlies our common use of belief concepts.

Yet from a Centerpath perspective we can state something sure about beliefs –they form a center-oriented configuration. Think about it. Beliefs form a center-oriented funnel, focusing stimuli and information to the most powerful center of belief, where it's transformed to align with that belief.



We see this mechanism at work for example when considering what it means to be a member of a political party. A member of the Republican party will speak and act in ways which reflect the beliefs of their affiliated party; the same is true for Democrats, Libertarians, or any other political party. Thus, different members of the same political party, who share the same core belief, will reflect that core belief. The same is true with tastes in food or music, religion, ethnic or national identity, and scientific beliefs.

Personalities, Associations, and Career

Like beliefs; our personalities, associations, and careers reflect a center-oriented disposition about a core theme. In fact every time we ‘dress the part’, we form a large whole by wrapping up a host of parts (i.e. clothing, hairstyle, style/fashion, vehicle type, and demeanor) about the then dominate theme of who we are.

Where We Come From

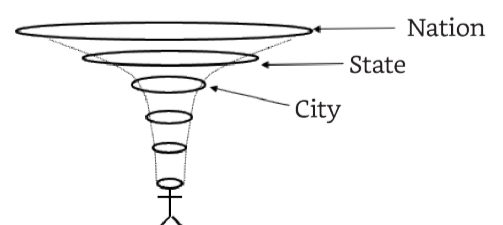
What’s the first thing strangers ask each other when they meet on a plane? Nine out of 10 times the question invariably is, “where’re you from?”

It’s not coincidental. Where we’re from speaks volumes to who we are, giving others immediate clues to our style, status, disposition, general income, beliefs, and political stance.

The profound importance of where we come from has been documented well in “place attachment” theory:

“...the emotional connection formed by an individual to a physical location due to the meaning given to the site as a function of its role as a setting for experience. A range of thoughts, beliefs, attitudes, and behavior as well as feelings are evoked through attachment to place. Thus, place attachment involves an elaborate interplay of emotion, cognition, and behavior in reference to place. (Ponzetti, James. Journal of Rural Community Psychology. Spring 2003. Volume E6, Number 1. Electronic).”

Not only does where we’re from help us form a larger coherent whole around the center of “who we are,” it also raises the question of how the mind internally organizes the various hierarchical scales of where we’re from such as neighborhoods, townships, cities, counties, states, regions, and nations. It is easy to visualize this as a concentric, center-oriented, whirlpool pattern with oneself residing at the bottom of the well.



PART 8 – Possibilities

Consciousness

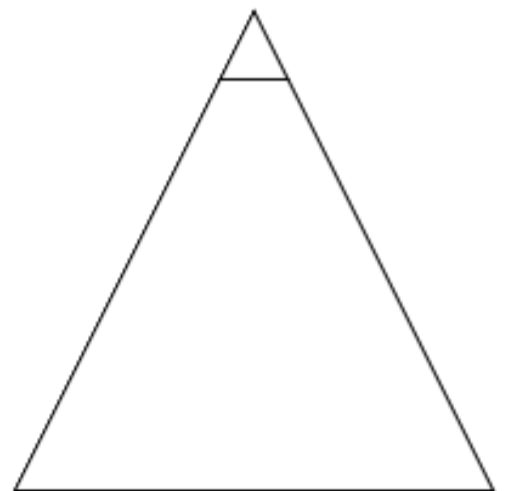
To this day scientists, psychiatrists, and neurobiologists openly admit they're fundamentally no closer to solving the consciousness puzzle than Descartes' mind versus matter arguments hundreds of years ago.

And the disparity is staggering. Not only don't we have a clear understanding of how consciousness functions, we don't even know where it resides. It's true –the wonderfully coherent thought in the middle of your mind doesn't even appear on the radar screen when scientists subject our minds to powerful MRI and PET scans!

From a Centerpath perspective, this is intriguing but not concerning. Consciousness is one of the most highly sophisticated devices in the universe –but like its component neurons, central nervous system, and all the other center-oriented mechanisms whirling about in our heads, it is also center-oriented. Consciousness likely resides in a single, efficient convergence zone where myriad signals could merge and from which specific requests and instructions might be seamlessly issued.

The first clue indicating consciousness rests at the center of the mind comes from the transformative message conveyed by Descartes' longstanding mind versus matter debate. The idea of a non-physical mind arising from the physical brain speaks of the transformative property of centers, whereby a distinctly different and more organized entity spontaneously emerges at the heart of Centerpatterns. One tantalizing possibility related to this transformative effect is that consciousness could transform into another, yet-to-be-detected dimension, for instance from the 'void' from where anti-matter emerges.

We find additional evidence of a Centerpattern arrangement when considering the relationship between our conscious and subconscious minds, with our conscious mind sitting atop a massive subconscious that operates just beneath the surface of our accessible conscious thought. The Center Ordering Principle's alignment shows us how urges, impulses, desires, and information flow "inward" from the subconscious mind to the conscious mind. Even the idea of a barrier –a Centerpattern wall –between the subconscious and conscious comes to mind when we consider that not only can the conscious mind not access the subconscious mind directly, but only those subconscious thoughts with sufficient energy are able to breach the wall surrounding our mind to become conscious thought!



Once we fully utilize the Center Ordering Principle's concept of "alignment" in the search for consciousness, we find strong clues to consciousness' elusive location.

Sandwiched between the lower “reptilian” brain and our advanced cerebral cortex resides the limbic system, known as the midbrain. At the heart of this group of very important mental and emotional components, we find the thalamus. Its central location is the crossroad where all senses converge. Does consciousness reside at or near the thalamus?

The seeming necessity for consciousness to reside at a central location to effectively and efficiently operate is accentuated by what’s known in neurology as the Binding Problem. The Binding Problem describes the mind’s ability to produce an orderly and unified experience from what is a myriad of signals of varying quality and context (“Binding Problem.” Wikipedia, The Free Encyclopedia. Wikimedia Foundation, Inc. 24 July 2013. Web. 31 July. 2013). Thus, the simple act of viewing a flower isn’t so simple after all –your mind has to reproduce and combine all the attributes of the flower including form, shading, color, texture, and three-dimensional perspective! Such a phenomenon could only be possible if it occurs in a very closed-in volume of space where such signals naturally converge –which is given this opportunity at the thalamus.

Equally important, the thalamus is also the “switching” location where many lower-level processing centers are routed and connected to higher cognitive functions in the cerebral cortex –another indication of its central and connecting role in the mind. Finally, it’s where the two dualistic halves of the mind converge, providing yet another indication the thalamus is a key center of the mind –if not even the location where consciousness resides.

Addendum to
The Centerpath Papers

The Laws of Creation

By Jin Nua

January 2021

The Laws of Creation

This free paper is linked to Centerpath and Centerlife's various papers, publications, and websites.

The Laws of Creation include the following three papers.

- The Law of Creation (The Center Ordering Principle)
- The Law of Harmony
- The Law of Love

Please visit www.centerlife.center for more details.

Copyright:

The Laws of Creation

By Jin Nua

Published by Centerpath Books Publishing LLC

www.centerlife.center

Copyright Jin Nua 2020-2021

All rights reserved.

Reproduction, retransmission, or redistribution in any form is illegal and strictly forbidden, as is continuous and regular dissemination of any general or specific information. The use of any material included herein must be approved and written permission be gained from the author. Limited quotations or citations may be utilized only if full credit is given to the author. For permission requests, contact the author at jinnua@jinnuablog.com.

All images are Shutterstock and Wikimedia Commons (wikimedia.org) and are in the Public Domain unless noted otherwise. All images are intended for simple illustrative purposes only. Their use does not constitute support of the The Laws of Nature or Centerpath Books Publishing LLC.

Disclaimer:

While this introduction is presented in good faith and for the general advancement of knowledge, in no way can the reader infer any claims or guarantees whatsoever or hold the author or publisher accountable for any information included herein.

The Law of Creation
(The Center Ordering Principle)

*“The visible world is born of the invisible;
The world of forms is born of the formless
...How it comes into existence, is sustained and once
again dissolved is a mystery. It is fathomless like
the sea.”*

Lao Tzu

The Law of Creation

The universe’s steadfast drive to produce orderly designs is a result of a great creative process rooted in originating and domineering centers.

All of nature’s powerhouses—atoms, cells, societies, hurricanes, rivers, colonies of ants, solar systems, galaxies, the entire universe, etc.; each and all find themselves wonderfully organized about a controlling central object. Consider the following.

In a Nutshell “Nature generates orderly creations through a universally acting, creative process rooted in organizing centers.”
--

- Electrons organize about nucleons.
- Metabolic activities swirl around a cell’s core DNA.
- Societies rally about common, central symbols, rituals, and institutions.
- Hurricanes rotate about a low-pressure eye.
- Rivers feed to a single mouth.
- Ants order themselves about a queen.
- Planets revolve about an anchoring star.
- Galaxies circulate about massive black holes.
- The entire universe started at the big bang.

To raise her copiously streaming order, nature employs a simple yet ingenious center-oriented process. The process includes three main steps summarized as follows (see the Jun Nua’s Centerpath Papers or visit Jin’s site at [this link](#) for more details).

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.

The ultimate outcome of the process is to form a center-oriented, halo shaped geometry about the originating center. It is little surprise that the universe is brimming with spheres, spirals, radials, ellipses, clusters, and branching forms—each’s center-configured shape reflects the underlying center-oriented process driving it into being.

The Law of Creation (also referred to as the Centering Ordering Principle) is than defined as:

The universe's preponderance to spontaneously form Centers which, in conjunction with the fields emanating from their surface, are endowed with the capability to organize a host of parts in their surroundings into larger, center-oriented whole creations.

The Law of Harmony

“The famous balance of nature is the most extraordinary of all cybernetic systems. Left to itself, it is always self-regulated.”

Joseph Wood Krutch

“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

Introduction to The Law of Harmony

Nature’s thriving beauty and balance do not occur by chance—they happen for a reason—and it’s because a harmony-generating design is built into her very DNA. Incredibly, the very same center-oriented process raising the universe’s many orderly creations we just examined (see The Law of Creation) is also responsible for generating the harmony we see streaming throughout the universe.

In a Nutshell
“The universe’s creative process spontaneously generates the qualities of symmetry, beauty, balance, holism, and collaboration.”

Nature’s flourishing beauty and equilibrium are not by chance; they happen for a reason, and it’s because a harmony-generating design is built into her DNA.

Nature raises her wonderful spectacle of accord through the very structural and geometric interrelationships generated by nature’s Law of Creation. The results of which spontaneously raise the beneficial qualities of symmetry, beauty, balance, holism, and collaboration (and ultimately love as we explore in the Law of Love below).

Halos = Perfection and Holiness



The quickest means to first 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 the qualities of 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 spheres, spirals, 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.

Speaking to the conducive effects of symmetry and its contribution to holistic systems, Daniel Amen has amassed the largest SPECT brain imaging database related to behavior (for reference, SPECT is a nuclear medicine study that looks at the blood flow and activity, it looks at how your brain works). His findings show "that healthy brain scans show full, even, and symmetrical activity. The colors of the scans are not important, it's the shape that matters."

Centers Generate Holism



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 is because we intuitively recognize such collaborative type practices build stronger and more enduring relationships.

The Law of Harmony

The Law of Harmony is than defined as:

The universe's preponderance to spontaneously generate the beneficial qualities of symmetry, beauty, balance, holism, and collaboration as a result of the geometric and structural interrelationships produced by nature's center-oriented creative process (the Law of Creation).

The Law of Love

“Listen to me when I say that love isn’t something we invented, it’s observable and powerful, it has to mean something...maybe it means something more, something we can’t yet understand. Maybe it’s some evidence, some artifact of a higher dimension that we can’t consciously perceive. Love is the one thing we’re capable of perceiving that transcends dimensions of time and space.”

Dr. Brand, Interstellar

The Binding Power of Love

Like their counterparts in nature, pure and strong centers at the core of human lives generate similarly well-formed, symmetric, and balanced relationships. These type of centers span a host of human qualities including truth, virtue, kindness, compassion, fairness, peacefulness, and love.

In a Nutshell

“The Law of Love describes how pure centers and hearts naturally raise larger symmetric, balanced, and beneficial relationships in human lives.”

Of all however, it is love’s intrinsic purity that forms the most powerful and meaningful human characteristic trait of all. In fact, as the driving force guiding us to pursue the higher order manifestations of human expressions, love encompasses all others. For instance, it is love that motivates us to be thoughtful, empathetic, accepting, honest, supportive, and act selflessly—i.e., it is love that compels us to be truthful, virtuous, kind, compassionate, fair, and at peace.

Prior to articulating the Law of Love, we will first examine several examples of how pure centers generate symmetric and balanced relationships in human lives to acclimate ourselves to this astonishing set of ideas.

Symmetry in Human Lives (Generated by Pure Centers)

Besides intuitively recognizing that pure centers generate positive and lasting outcomes in human lives, we find tangible evidence of this phenomena by examining the form of the fields radiating from a range of pure-like and constructive human centers.

A Silenced Mind = A Symmetric Mind

We start by examining the structure of the fields surrounding the minds of sages and monks in deep states of meditation. Throughout the millennia sages and monks have described deep meditation as reuniting with, and emanating from a pure and powerful presence at the core of our being. Similar to their counterparts in nature, we should than expect to find an even symmetry formed about this pure-like cognitive center. Let’s take a closer look.

A silenced mind in deep meditation doesn't apply prejudice or preconceived notions to what is being observing or considered—it just experiences. All stimuli flows inward freely and in straight lines having not been redirected, altered, or rerouted by a busy and judgmental mind. An even, undistorted symmetry emerges.

In addition, those who have achieved a silenced mind have described the experience as being fully in the here and now. By not worrying about the future or fretting over the past, what emerges is a near perfect geometry with the past and the future balanced about, and flowing evenly across the 'now' center of their experience.

In essence the smooth and undistorted lines of information flowing undisturbed inward and outwardly about a silent mental core forms a symmetric set of interrelationships about it.

Finding evidence of symmetry about a silenced mind also lends credence to sages and monks when they describe the core of being as pure and powerful. Do such high degrees of purity, energy, and symmetry explain why sages and monks attain amplified levels of clarity, insight, holistic thinking, creativity, and bliss?

Generating Well-Being at the Mouth of the River – The Vagus Nerve

The preceding results find an interesting parallel in science. In an interview in *Scientific America*, scientists led by Dacher Keltner, director of the Social Interaction Laboratory at the University of California, Berkeley “have found the vagus nerve, a bundle of nerves that originates in the top of the spinal cord, that when active, is likely to produce feelings of warm expansion in the chest—for example, when we are moved by someone's goodness or when we appreciate a beautiful piece of music. Very new science suggests that it may also be closely connected to receptor networks for oxytocin, a neurotransmitter involved in trust and maternal bonding.” Thus, located at the center of our nervous system (i.e., where the brain and spinal cord meet), is a bundle of nerves generating larger sets of feelings associated with beauty, wellbeing, and love!

A Proportionate Family

Interestingly these same set of principles apply to classic family structure. For just like a star and spider forming symmetric creations about them (i.e., a symmetric solar system and bug filled web formed by gravitational and web fields emanating from each center respectively), a mother's incredible organizing skills about and toward the child, forms a stunning and highly meaningful symmetric formation.

In this instance the child forms the center, the mother-figure constitutes the field (i.e., she or he defines the agenda which is tightly aligned to the needs of the child), and the father-figure completes the larger structure through the act of bringing resources back to the home.

thoughts, actions, and resources aren't aligned to the needs of the family. Mothers naturally recognize this condition and will challenge activities that do not directly contribute to the care of the child.

In essence she will redirect any thoughts and actions that are not pointing inward and toward the child. The reigning female principle of love than engenders a geometry aligned to and about the child ensuring that the child, the family, and ultimately the species are healthy, robust, and persevere.

Truth, Justice, and the Symmetric Way

It's easy to see how the purity of truthfulness and honesty at the core of interactions, generates evenly flowing and symmetric relationships. Take for instance with people are not being truthful. In essence through creating distortions, they break apart the evenly flowing lines of communication and thought that trust engenders. Who hasn't told a lie and felt the effects of this break in symmetry firsthand? When people lose trust in another, they become defensive, put up walls, and reroute future behaviors through the filters created by the offending event. All such effects serving to reroute and distort the flow of experience between two persons.

However, when individuals are truthful to one another, they interact without holding back or restraint. They create pure and evenly flowing lines of interaction and experience. Is the word 'trust' just a way of describing the direct and evenly flowing symmetry emanating from the pure centers of truthfulness and honesty?

The powerful organizing effects of truth and virtue can be gleaned at yet another scale of human association when considering the 'structure' of how people adhere to religious and spiritual traditions. In this instance, the virtue emanating from pure, principled, and truthful ideologies often proves irresistible to the masses and in this case, leading them to completely align their thoughts and actions with their devotion. Of course, such a deep and aligned dedication perfectly describes an evenly flowing symmetry about a pure and powerful center.

A Symmetric Populace

“Governing a large country is like frying a small fish. You spoil it with too much poking. Center your country in the Tao and evil will have no power. Not that it isn't there, but you'll be able to step out of its way. Give evil nothing to oppose and it will disappear by itself.”

Lao Zhu

As an extension of the previous section, you can also see this mechanism directly at work in the relationship between leaders and the populace. When leaders are corrupt and unprincipled, the masses are similarly misaligned, adversarial, and counterproductive—i.e., they do not believe in, and therefore do not ally to a non-virtuous core. However, if leaders place the guiding principles of truth, fairness, and balance at the core of a society, its inhabitants will gladly align their thoughts, intentions, and commitments. They will act in harmony being happily united to the same well-intentioned goals at their society's center. Society will naturally flourish accordingly.

The Law of Love

Now that we have acclimated ourselves to how pure-like centers naturally form larger, symmetric relationships in our lives, we are now prepared to formulate a theorem for the symmetry-forging power of love.

Consider for a moment the geometry created by unconditional love. When one accepts another without expectation or attempting to change them, signals flow between the two in direct lines not having been rerouted through criticism, calculatedness, or by extracting demands. But through supportive affirmations and body language via listening, patience, encouragement, trust, and accepting that true love engenders; we produce sets of direct and undistorted flows of information and connectivity.

Reinforced by the pure-like qualities of truth, virtue, kindness, compassion, fairness, and peacefulness which love stimulates; a pure heart filled with love forms a larger, similarly arranged, highly meaningful, and symmetrically arranged life about oneself filled with evermore symmetry, beauty, balance, holism, and collaboration.

Love as an immensely pure and powerful center providing what might be the most stunning example of the universe's steadfast drive to forge perfectly arranged, beneficial, symmetric, halo-like forms.

The Law of Love

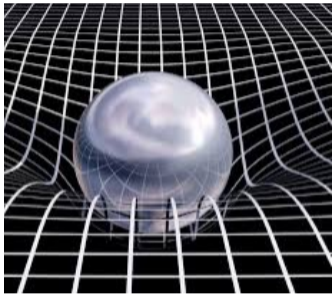
The Law of Love is than defined as:

The Law of Love identifies love as the ultimate expression of purity in the realm of human experience. And just like the effects of pure centers in nature, the purity of love at the core of human relations produces symmetric, balanced, holistic, collaborative, mutually beneficial, and enduring relationships in human endeavors.

Friendships, families, corporations, and nations could all benefit from the favorable outcomes pure centers promote. By placing the qualities of integrity, truth, fairness, and love at the core of their principles and mission statements; all such groupings will naturally reap the benefits of symmetric, balanced, holistic, and collaborative relationships that pure centers engender.

Appendix A - Why Symmetry?

How the universe generates symmetric relationships is through generating centers that are relatively pure and absent of imperfection. In nature, this is largely achieved by ensuring that the starting places of her creations are as homogeneously formed and evenly distributed as possible which, through the correspondingly fields radiating evenly from them, largely guarantees an evenness and balance to the larger wholes forming about them. Much more than their less impure counterparts which would have uneven and non-symmetric fields surrounding them, the wholes generated from pure centers are broader, fuller, and more well-formed.



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.

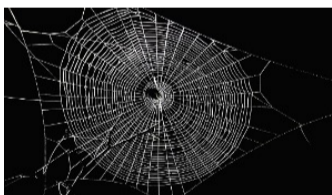
While providing a readymade visual depiction of how fields shape their surroundings, the 2D trampoline analogy oversimplifies the actual 3D reality. In fact, when the trampoline analogy is applied to its true representation in the 3D world in which we live, the outcome is a full circle, halo-like form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



Fields than 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 its center (the spider). The bugs sticking to 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.

