



## *The Song of the Dance*

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- 1 There are many parts to the whole that you are, but there are no pieces. Each part of you is part of the whole of you. There is no part that is apart from the all of you.

*A whole has many parts but no pieces.*

- 2 One who lives as though his or her life were in pieces can only create pieces wherever he or she goes.

*For the sake of the world you love, love yourself enough to refuse to live in pieces.*

- 3 To be whole is to reveal oneself in everything one does. The screens of perception that guide our performance are the geometries of our posture.

*The way you stand is the way you see is the way you act is the way you stand is the way you see.*

- 4 The shape of the whole of you is the integrated blending of the myriad realms of life. Each supports each other in the friendly rivalry of the parts of the whole as they urge each other on toward higher and higher levels of integration.

*The attempt to develop one part apart from the whole of you strengthens just a piece of you.*

- 5 At its core, the universe is energy-in-motion. You are a part of the universe. You are energy-in-motion. When you act, you are moving energy. When you just be, you are moving-energy.

*You are moving-energy.*

- 6 You are a relatively distinct field of energy within the cosmic ocean of LIFE'S intelligent energy. This condition is called embodiment; being bound yet free.

*You are bound yet free.*

- 7 The boundary of the body belongs to both you and the universe. The body is the intermediary between the essence of self and the essence of the universe. Without the boundary, there is no body. Without the body, there is no "I" and there is no universe.

*There only is.*

- 8 The principles are the principles are the principles, no matter where. The self is an expression of the same principles that sustain the universe. Your particular peculiarities need not conflict with the way of life.

*The universe does not disagree with itself.*

- 9 You are the product of the energies of Life swirlingly meeting. A pattern emerges from the endlessly moving ocean; a pattern of movement that holds its own shape, while simultaneously holding nothing back from Life's continual reshaping forces.

*I am a universe.*

- 10 The universe is organ-ized. Its many layers and functions work together in the timeless dance of creation, preservation and destruction. Each organ performs its spectrum of actions by listening to the choir of co-operating forces as it releases to its spontaneous purpose.

*I am organ-ized.*

- 11 The many layers of the universe are connected through the organ of verticality, the spine. At each spinal level, there stretches out a horizontal world of activities. To coordinate this intricate fabric of movements and processes with itself and with the interactions and events of the universe "out there", there comes into being the Heart-Mind.

*The Heart-Mind is the Center of Relationship.*

- 12 Without leaving the Center, the Heart-Mind rules the Whole. Trusting in the Way of Life, attending to its true nature, it pulses unceasingly. The fruits of its meditation spread outward on waves of harmonics. Touching every part through its bouncing reflections, it advises each part on the workings of each other.

*Cooperating, I continue to exist.*

- 13 The simple pulse wave that emanates from the Heart-Mind returns richer for its journey. The Heart-Mind perceives through the simple alterations in the boundary function of its movement.

*I know you by how you change me.*

- 14 The im-pressions that the multiplex universe makes upon the Heart-Mind are evaluated in the light of the way of primal pulsation. Contained within the heart of the heart is the template that lies at the heart of each and every part and whole. Studying and weighing patterns and possibilities, a choice is made and an ex-expression begun.

*The key is within your grasp, contemplate it.*

- 15 An ex-expression is a process that im-presses itself upon the universe. It has effects that ripple outward to change the world. It has effects that resound within, changing the changer.

*To act is to be acted upon.*

- 16 An impulse once initiated desires to complete itself. A pulse of motion goes forth and then returns.

*Completion is found at the source of its beginning.*

- 17 Going nowhere, acting always, the Heart-Mind is intent on its duties. Never leaving the source of its purpose, every movement is deeply fulfilling. Each and every function and organ of the "I AM" Body glows with the joy of heart-mind movement.

*I am filled with joy.*

- 18 In order to develop an instrument capable of participating in the evolutionary performance, I embraced duality. I permitted Heart and Mind to appear separated so that the tension could generate the need for creative solution.

The single centered sphere became the dual-poled egg. The open boundary solidified into the shell. To protect the womb of identity, it became necessary to close down the portals of universal flow, both internal and external.

*For a greater purpose, I accept a greater constraint.*

- 19 Mind and Heart or Heart and Mind, two ways to tell the same story. Mind and Heart, each tell it differently. The Heart says that it is in touch with the inner realms and that the Mind is for seeing the outer world. The Mind says that it is for seeing the truth and that the Heart is for responding to the world.

When the Heart-Mind separated, the boundaries grew thicker, and the unity of polarities became harder to hold.

*Be encouraged, you shall succeed.*

- 20 In the middle, between the two truths, there grows a new center of relationship. Formed by the interactions of Heart and Mind, inherently dual in motivation, a structure known to itself as "me" is born.

Finding itself between heaven and earth, "me" spreads out its scanners to orient itself in space and turns inward its senses to root itself in the the Ground of Being. To its surprise and shock, the once easy and natural act of rooting encounters the turbulence of the doors shutting. "Me" turns outward and meets the world all alone.

*The shock of encounter sets the stage for the drama of life.*

- 21 The body of our physical birth is the product of millions of years of evolutionary development. Nature does not waste its successful fruits. What works well is used and re-used, and then forms the raw material for the next step. Nature provides the instrument for human evolution. Humans must take the step themselves.

*To be fully Human is a matter of conscious choice and effort.*

- 22 What worked simply and easily for our animal body's ancestors, is no longer satisfactory for the human alchemical vessel. Animals are born with the understandings and actions necessary for their nature to express itself written into the fabric of their nervous systems. The human baby is born with less pre-programming and with greater capacity to write its own life script.

*The Human capacity to learn is a double-edged sword.*

- 23 Upon the lower, the higher is built. Upon the earlier, the later is placed. While the old remains, the new cannot enter. To learn is only the beginning. To understand, I must forget what I know and look again with naked eyes.

*I'll always treasure my first misconception of you.*

- 24 There is a disease that has plagued the human race since the dawn of its beginning. This is the need to cover the beautiful and then call the cover beautiful. Is this disease a problem or is it the creative tension that will lead "me" to search for the reason for "my" existence?

*That which you do not want to face will haunt you forever.*

- 25 The human capacity to learn is truly a double-edged sword. The universe impresses itself upon the eager to absorb nervous system of the infant. The baby spontaneously moves away from pain and toward pleasure. Seeking outwards for sustenance and connection, we leave behind in the dark our need for the love of God.

*The desire to have one of the two be the one is the seed of our primal dis-ease.*

- 26 Out of the primal ocean of CHAOS emerged the field of "I AM". Within the wholeness of "I AM", there developed the Heart-Mind: the center of pulsation.

A pulse is a One that has Two sides. To achieve its motivating purpose, the one that is two, split into two ones: Mind and Heart. In the midst of the relationship between the two, a third was born: "me", and it called itself, one as opposed to all others.

*No-thing is greater than One.*

- 27 Through its experience of its encounters with the world out there, "me" draws conclusions about the nature of the universe and itself. These decisions "in the mind" are shapes "in the body".

Decisions build upon decisions, and shapes upon shapes, and step by step, a structure is built: a structure that serves as a lens for perception, a mechanism for expression and a mask for identity.

*A persona is a posture.*

- 28 The Postural Personality is the manifestation of the three-fold belief: "I am me". The perfection of the postural personality is a way to fulfill the purpose that initiated this cycle of involvement/ evolution.

*Be warned! The I that is me is not the "I AM".*

- 29 There is an art and a science to perfection. "Thoroughly doing" is its root meaning, and "thoroughly" means to carry through to completion. There are depths of purpose, each with its own measure of completion.

*Which "I" do you wish to perfect?*

- 30 For the purposes of The Dance of Becoming, the perfection of the Postural Personality requires the development of certain qualities. For the purposes of other endeavors, other qualities are required.

*Refine your understanding of your purpose, and all that it requires of you.*

- 31 There is a legend of an earlier evolutionary cycle, and of a time when the power of the "I AM" was released into the waiting instruments of expression. This was called the time of the shattering of the vessels. It demonstrated the need for instruments of greater strength and resiliency.

*You are strong enough to resist Life. Be strong enough to open to Life.*

- 32 The spirit of becoming is found in the simple and profound pulse of life. The value of the dance is gained through the practice of the principles of movement and in the use of these experiences in the evolutionary reconstruction of the persona.

*Does your posture permit the soul to perform its purpose?*

- 33 The soul has its role to fulfill. The human animal has its function in the biospheric ecology. The human mind is an integral part of the evolving cultural whole. Each directed current of intelligent energy requires a suitable body of postures.

The artistic creation of a tapestry of interwoven paths of power and awareness that can support and express these three centers is a worthy challenge.

*The heart-mind enjoys a supportive environment.*

- 34 An impulse once initiated desires to complete itself. The heart-mind beats and a pulse wave is released outwards to journey to the edge of the world and back. At any point along the way the movement can be stopped.

This can be done for a conscious purpose, or through unconscious processes. The effect is different.

*The impulse now stopped, still desires to complete itself.*

- 35 Bones change more slowly than muscles. The muscles of the organs change more slowly than the muscles of purposeful action. I can change my mind in a moment, but my heart clings to memories of how things have been.

*I want the change that changes the whole.*

- 36 Given that the nature of the universe is un-ending movement, how is it that bones are so hard? Movement, frozen in the midst of its pulsatory expression, appears unchanging. Mind, constrained by the pressures of society, accepts limits to its freedom.

*All buildings have a foundation stone.*

- 37 There is a seed of solidity that lies at the primal core of the persona. The boundary function that distinguishes the "I AM" from the Tao represents a resistance. Around the particle of dust, the oyster creates the pearl.

*All that is is movement.*

- 38 WHAT IF the experiences of resistance (also known as limitation or barriers or constraints) were not to be considered as the enemy?

What if resistance was a much more profound concept than we ordinarily consider?

What if we could recognize the differences between necessary, healthy, and appropriate resistance and unnecessary, unhealthy and inappropriate resistance?

*How would I act differently if I viewed the world differently?*

- 39 I am this, and that is that. Separating "I" from "that" is the role of resistance. The constraint upon Open-ness that allows It to appear as just this, is a resistance to the Universal Flow.

Without resistance, there would be neither objects nor subjects to appreciate them.

*An instrument of expression is a particular shape of the forces of resistance.*

- 40 Resistance is the stone. Resistance is the tool. Resistance is the idea. Resistance is the user of the tool, who with the idea, carves the stone.

*What we call "resistance" is a fundamental quality of movement.*

- 41 It is easy to feel that the body locks us in. Open up - come on out - express yourself. It is just as easy to feel that the body locks us out. Open up - come back in - be yourself. In or out is a distinction we draw.

This distinction creates the resistance that serves as the wall that appears to stop the movement of our desire.

*To be Open is to permit in and out to turn one into the other.*

- 42 The Dance of Becoming is the study of our relationship to the Movement of Life. The language of movement is both poetic and logical. It speaks through both the actions of the body and the experiences of the mind. The quality of movement in one's life has effects that reverberate throughout the whole of one's life.

*Experiencing the intimate connection with all of life, I move as a flowing whole.*

- 43 The Heart-Mind is the organ of relationship. It perceives and acts in accordance with the universal principles of movement. I use the heart-mind to understand the majesty of life. I use the heart-mind to complete the purpose that set this particular life into being.

*With the heart-mind as my guide, the way is clear.*

- 44 What is easy for "I" is more difficult for "me". I am the one who has always been. "Me" is the product of this particular physical existence. In "my" world, heart and mind are separated. Linking these two poles is the world of personal experience.

*My personal experience is not the same as the heart-mind's experience.*

- 45 There is nothing wrong with speaking from one's own experience. However, it is only your experience. It is too easy to feel that no one else goes through what you do, that no one else is like you, that no one else understands you.

While it is true that what is perceived through your unique blending of the qualities of life is unique to you, we are all human beings. We all partake of the same universal body of qualities and principles.

*As long as one prefers one's separate truth, the deep and profound connection to all of human life is closed or distorted.*

- 46 The heart-mind perceives through the alterations of the boundary function of its movement. Reading the patterns of the interplay of pulses and reflections, I perceive the larger picture. In the realm of personal experience, the process is similar but just more complex.

If the pattern cannot be recognized through the simpleness of the movement, then recognize it by its primordial feeling. If not recognized as feeling, then as thought. If not as thought, then as action. If not as action, then by the worldly effects.

**The deepest truth reveals itself in every event, in every realm.**

- 47 I embrace the Dance. I accept its rules. The joy of dancing the dance from the center of my being, far outweighs the satisfactions gained from seeking to satisfy my surface wants.

*Dancing together, we move with the Cosmic Dancer.*