

Transformation Through the Expressions and Interconnection of Force

For this final paper, I wanted present the interconnectivity of movement, symbol, sound, and the transformative quality they offer. When I say the transformative quality, I refer to the change they may trigger in which we describe as healing, growth, ascension or any vocabulary that connotes such as shift. And it is not the individual element that I refer to as the one with transformative potential. Rather, it is the moving and weaving through the different elements that hold great power.

The whole inspiration came from the weekend class with Randy. In one of the sessions, he talked a movement sequence called the golden movement, which was developed by Universal White Healing. Randy showed a set of symbols, which formed the basis of the golden movement. The symbols are said to be divine characters that represented a face of truth in the universe. And through the embody of the movements, we are activating these sacred energies through our body.

At that moment, something was moving and connecting inside of me. Every piece slowly fell into it's places when he added the idea that the characters were said to be derived from The Secret of the Golden Flower. This work is not something that is unfamiliar. Being a therapist and exposed to works of Jung, founder of analytical psychology, I knew about Jung's exploration of the text. The Secret of the Golden Flower was an important text which is believed to be where Jung drew his inspiration from when formulating his whole framework of archetypes, unconscious, and collective unconscious. Plus, I also had the opportunity of reading The Secret of the Golden Flower in its original language

So when all these collided in my consciousness, I began to see a thread. The thread that connected sacred order, characters, forms, and healing. I am seeing how all these were not independent of one another and how they can be co-created and manifested.

In Sacred Geometry, we talked about different patterns that were manifested in nature such as the Fibonacci sequence/number. It is as if there was a force in the universe that influenced or gravitated elements and formation of beings. This force is invisible yet deeply play a role in the existence of things. Therefore, when this force is followed as if going with the flow of rivers, things align, and positivity occurs. Similarly, if the force is worked against, often negative consequences would befall.

Many of our disciplines are tasking itself with exploring this force behind all the manifestation. That gave birth to laws and theories. And major disciplines from the Science are using what they have gathered from the glimpses of this force to control and take command on some of the elements. This gave birth to technology, medicine, and inventions. Though Sciences has become a bit problematic due to the involvement of arrogance, greek, and some other unpleasant energies, we cannot deny the benefit the gifts they have given us.

Besides the Sciences, Philosophy and humanistic studies have also embarked the same journey through a different route. They explored elements through the angle of the human being and human experience. Their application, then naturally fall into the realm of ethics, health practices, consciousness transformation, and many more. That gave birth to religion, psychotherapy, healing arts, and many more.

One, the sciences, explored the sacred order through an observer stance and the other, humanities, through an experiencer, subjective angle, but both are trying to understand the same

universe. So in other words, we could say that ultimately the discovery is of the same essence. If that is the case, I then ask the questions, could the interconnectivity of the findings happen? This, I believe has been the movement of new age and the core of a lot of holistic disciplines such as Vajrayana Buddhism and Shri Aurobindo's Integral yoga.

Branching off from this connection and bringing back the golden movement, it allowed me to see that the text, movement, and consciousness are not separate elements. The Secret of the Golden Flower is written by someone who had a transcendental experience and peeks into the face of the force. Then from his experience, he has tried to express this knowledge through writing with the possible intention of offering materials or opportunity for others to assimilate such as encounter. Therefore, from it, the text of the Golden Flower is formed.

Jung and his colleagues read through it and viewed it as a psychological model or consciousness framework. But for the Daoist esoteric schools, it contains an actual practice that could enable one to attain the state of transcendence or one with the Dao. On one side it is a model of psychological and consciousness makeup. On the other hand, it is a description of the truth itself, which also contained a method.

So the golden movement that was developed is also in a sense a truth of reality itself and a vehicle that supports us in getting closer to that reality. It is simply another form of what is written in the text and could also showcase the consciousness map of an individual. Therefore, no matter what formation, it is but another expression of the force behind. And what is most interesting is that the different expressions of the truth are interconnected and could hold in itself a potential to give birth to another form. No matter which forms it enters, the force still holds and could be experienced. And when this force is known through intellectual, experiential, energetic,

or subtle, the knower moves infinitely close to the source. This movement is healing and transcendental.

I believe this is the same with sound and vibration. All forms of music could open doors to another expression, such as movement, texts, images, etc., and allow the force to be made available. And all these could be integrated or streamed to permit a multi-faceted journey into the truth of the universe, which can also be seen as alignment with the Dao, healthy mind-body, raise of consciousness, and enlightenment.

Final Experiment/Exploration

Therefore, at the end of this Sound Healing Certification, I am holding this treasure and would be curious to test this theory that I hold. Why do I term it as a theory? It is exactly because it has not been tested or verified. It is a hypothesis arrived through reflection, logic, and personal experience. Once it is tested, it would hold even a greater grounding.

So the experiment I would want to conduct will be leading participants into an explorative journey. The journey starts with a piece of music about love. When listening to the music, invite them to draw a symbol or series of symbols. After, participants would be invited to select a particular symbol, create a movement that includes visualization and breathing. Lastly, observe the impact that it has on the participants' body and mind.