

The Silence, The Pause and The Space in Between

Pat Moore 11/18/20

I wanted to write this paper because I need to learn about this subject. The power of nothingness, the silence, the pause, and the space in between.

I also wanted to learn a little something about Sacred Geometry...and these are just a few ideas:

There are vibrations that exist that we cannot see and we cannot hear, they can't be detected with human senses, but they still exist. Those vibrations are us.

“Every word, every thought, every motion, every feeling is a sacred geometry.” (Homaya Amar)

When we look out into the night sky we see the moon, stars and planets. We only see them because of the space in between. If there wasn't the space in between, there wouldn't be the cosmos or the planet Earth. There wouldn't be a you, or me (as we are).

I guess this means that the space in between you and me, **is you and me**. We are not skin and bones. We are pure consciousness. There is more of us in the space in between our physical bodies than in the physical body itself, thus the phrase “There is only One of Us”.

Another kind of space in between is that which in Buddhism is called the Bardo, meaning the place between death and rebirth. It can be death and rebirth of the physical body, a life event, or even an emotion or pattern. It refers to any transitional state.

“It is an open space filled with an atmosphere of suspension and uncertainty, neither this or that. In such a state, one may feel confused and frightened, or one may feel surprisingly liberated and open to new possibilities where anything might happen.” (1)

I remember hearing the actor Jeff Bridges (who is a Buddhist) talking about making “mistakes” in his acting. When he discovered Buddhism he

learned that those so-called “mistakes”, those awkward or potentially embarrassing moments were really opportunities to do something you never would have thought of consciously. Instead of premeditating his action, he was allowing himself to be at peace in those moments, and when he did some of his best acting was performed. He learned to welcome the Bardo, space in between.

Watercolor painting is quite different from other mediums, like oils or acrylics. Instead of drawing an outline of the object you want to paint and then filling it in, the paint in the water on the paper takes on a life of its own and you have to just be present to what is happening. The geometries in the paint in the water is “speaking” to us. It’s a moment where you have little or no control over what the paint will do. You do your thing and put some paint on the paper but then something just takes over and you get to wait, and see what happens, then the paint is going to tell **you** what the picture is going to look like. It’s a wonderful practice of surrendering (actually co-Creating with pauses). We can’t always be in control and this is one way that Spirit can show us how much fun it can be not having control, but having faith and the willingness to surrender instead. In the end, the places in the final painting where we did not have complete control turn out to be the most beautiful and interesting aspects of the painting. (Something to think about)

The Great Pause: “What has COVID-19 done for us? (There are many people experiencing terrible hardships, but) What blessings and opportunities has it given us? In the year 2020, the world has taken a collective pause. Some people held their breath. Others exhaled and leaned in for new experiences. Some faced new demons, and some faced new adventure. While each journey is unique, the collective wisdom we can gain from our experiences is infinite”. (2)

Music: When the music “pauses” for a short period of time, or longer, it gives the listener a chance to take in the beautiful or moving words or melodies. When the music stops, is no longer doing “anything” (but vibrating), the music or lyrics can be taken in, in a much deeper way that can have a physical, emotional and even spiritual response. It can be absorbed into every cell of the body and every part of consciousness.

Prayer

In doing New Thought Prayer Treatment we use carefully chosen words of affirmation and declaration. We were taught to leave plenty of spaces between the words because this is where the REAL work is being done... in the silence... This is where the creation of the fulfillment of the prayer takes place. After a declaration or affirmation has been made, you wait, and let it seep into your consciousness, then you make another and wait, enough time for it to take hold as truth, and sometime or someday to be made manifest. Spirit (God) is busy in the silence, the pause, in the space in between. You just have to hold the faith and be patient.

Silence (in Relationships)

For me personally, some of my favorite times with significant others were spent in the silence, not the angry, resentful "silent treatment", but being present, without words. Sometimes, it's nice to just sit with your loved one in complete silence. Silence is a non-verbal communication. So much is being said in that silence. Taking a walk in nature and let to Nature speak to you, or going for a drive together, in the silence, and let our surroundings speak to us.

"It is often said that a healthy relationship will have plenty of comfortable silences".(3)

There numerous ways to experience the space in between, the Pause or the silence

Of course we know that there are geometries in the physical world, buildings, art, nature the physical body

Sacred Geometries always speaking to us, especially, from space in between.

I wanted to write a paper on sacred geometry, the geometries in the space in between, something I know nothing about. I do see them, not with my physical eyes but with my mind's eye (as many people do). I see magnificent, color-filled geometric shapes of light enfolding and unfolding, to and through dimensions that are Infinite, in a way that my words cannot truly explain. I know now that they are not just beautiful and powerful images but that they are speaking to us, alive and intelligent. and creating

in and more importantly around us. They are us. Geometries, with a language of their own.

To be in the pause we can fully receive the download of these sacred geometries.

To be in the profound language of silence, where your heart's desire can be made manifest,

In the space in between, is to be the space in between, at One with the infinite goodness by Divine Design.

If we can learn more often to pause, to be silent, to be in the space in between, we can become **Conscious Creators** in Union with the Divine, Divine Creation, and the Sacred Geometries...

(1) Francesca Freemantle, "Luminous Emptiness"

(2) Elizabeth B. Hill

(3) Chad Burrows

Prayer Treatment:

I invite you to get comfortable and close your eyes if you would like...

I acknowledge the Power and Presence that is right here, right now....

One Power, One Presence, that is All....Eternal Life, Unconditional Love...

I am ever one with this One Power, One Presence...

Made in the perfect and Divine image of my Creator, pure Divine Consciousness, Pure Divine Love, I Am....

I choose, right now, in this moment to release any fears or limiting beliefs about myself, my work, or my life at this time....

I let go of self criticism and old patterns that do not serve in the utmost highest of who I am today and why I am here at this time....

And I release them into the nothingness from where they came....

I know that Spirit has a purpose for my life right now...

I expect only good things to come my way...

The Sacred Geometries in and around me, are always working for mine and everyone's Highest Good...

I am ready...I am open...I am grateful...I am expecting only good..., and enjoy the greatest expectations for the fulfillment of my Highest Good, and the Highest Good of others....

I give thanks to Universal Spirit, Universal Love... knowing that it is already done and made manifest in my life right now...So Be It..and so It Is....

