The Balance Beam & The Dance of Life

Realizing Spiritual Aspirations In the Balancing of Expansion and Manifestation

Rough Draft

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*The Divine Child is at the center of the archetypal cross + And our inner Divine Wise Servant King is at the top We are centered in the Divine Child and utilize which ever archetype serves the greater good in that moment.

Dear Cohearts, Fellow Journeyers, Heart Warriors, Light Workers,

This is the first of many insights on The Sacred Journey. It ws first drafted 25 years ago and updated recently. The intent is to share spiritual themes in any order until they can be edited and woven together in a flow. This 4th part of Life's Journey offers a spiritual perspective on the context and process of Life's Journey

With Will, Light and Love, Douglas

Incarnation/Individuation > Expansion/Manifestation

Involution
Separateness

Spirit seeking to individuate through experienc-ing and expressing itself in an ever more unique form.

***Descent of Spirit** into Form - Individuation and Separation. "All for one."*
'self-centered learning'

Evolution
Synthesis

A soul seeking to actualize its capacities and faculties by expand-ing and Manifesting its uniqueness for the good of the whole.

***Ascent of Soul** Through Form - Synthesis & Fusion "One for All".*
'Self -centered sharing'

Experience and Express = Expand and Manifest
Learn and Apply = Grow and Serve

TABLE OF CONTENTS:

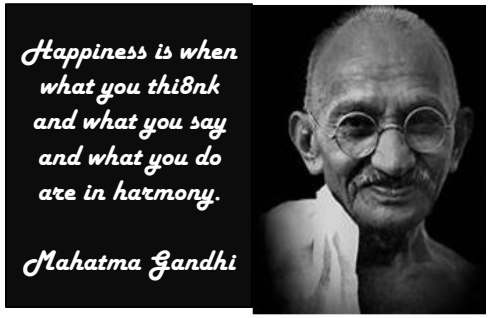
Introduction

1. The Context of Our Individuation as Spirit in Form
This is an overview of the framework for the process of Spirit's incarnation, the Soul's Individuated Expansion and Manifestation Cycles

We Each Are a Unique Expression of Divinity
Essence Precedes Form: Form Follows Essence
Essence Gives Purpose to Form, Form Gives Expression to Essence

II. An Overview of The Process of Expansion & Manifestation
Growing in Experience Leads to Growing in Expression
The Narrow Path, The Dynamic Balance of Opposing Forces
Following Expansion Comes Grounding and in Turn Comes Expansion
Bliss is the Result of Our Experiencing God, Joy Comes From Expressing This Love to Others.
Creating the Balance as a Spiritual Sojourner, Practiced in the World
Experiencing Difficulties In Maintaining Health, Happiness, and Harmony While Manifesting Goals

III. Dancing on the Narrow Path - the Balance of Quality and Quantity, Process and Product.
When Spirit Is The Focus, Process Becomes The Product
Products or Building Form Is Not The Focus
Manifesting as a Spiritual Practice, A Sacred Dance
Manifesting Is Miraculous, When We Are Aligned With God, Divine Providence Is Expressed



The Magi's Journey
Inward & Outward

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Rough Draft

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INTRODUCTION

Expansion = Matters capacity to increasingly experience Spirit.
Matter = Our body, emotions, and unconscious thinking.
Manifestation = Spirit's increasing capacity to express through matter.
Our consciousness is the fulcrum; our thoughts lay in the balance.

A) When Our Cycles of Expansion and Manifestation are Imbalanced the Spiritual Path is as Narrow as a Razor's Edge

"One can be of such heavenly concern one is of no earthly use," preoccupied by one's expansion into the euphoric light. It is thus possible to fall to one side of the narrow path blinded by the light we yearn for. In another phase of life "we may be of such earthly distraction of 'no' heavenly use," lost in dark. We may then wander off the other edge of the path, unconsciously absorbed in the producing manifestations, i.e. projects, surving. Eventually, our quest for knowledge is heard and wisdom responds.

B) When Aspiring and Applying Are in Balance the Path Broadens and a Dance Begins.

The journey is then more like a flowing dance between two partners in harmonic equilibrium - alternating expanding capabilities and manifesting new abilities.

Learning and applying; growing and serving.

C) Growing and Giving Meld as One

In this sacred dance our hands may begin raised up to Source Transcendent, in aspiration for and oblation of, the external Spirit. When in time we experience this union with Source our hands stretch out to others so that the divine may flow out through us in loving service. We give more as we grow, we grow more as we give.

A living organism is either in re-generation or degeneration.
If we are not expanding, we are contracting and decaying.
If we are not manifesting, the fruits of our spirit will wither.

I. THE CONTEXT OF OUR INDIVIDUATION AS SPIRIT IN FORM

This is an overview of the Framework for the Process of Spirit's Incar-nation, Our Soul's Individual Expansion and Manifestation Cycles



WE EACH ARE A UNIQUE EXPRESSION OF DIVINITY

The one divinity expands through expresses itself through a myriad of forms. We are unique individuations each with an eternal soul which uses the form of a personality, (comprised of body, emotions, & mind). As in the metaphor of Source as the ocean and we the separate waves, each made up of the One ocean. The ocean is in the wave, the wave is representative of the ocean. The ocean is all that a wave is, but a wave is not all an ocean is.

A. Each Being (spirit-soul-human consciousness) is learning to appre-ciate the one divinity it was created from and helps uniquely expand.
One way to begin is by first appreciating ones' own uniqueness.
This leads to appreciating others uniqueness.
Then the wonder of the whole, the unity that created this diversity.

B. Souls learn to increase their capacities to experience and express divinity by being distracted from their experience of divinity in the separateness of form. Thus truly in time we understand our inherent divinity, as we see we are made in Source's image and learn to experience the oneness while expressing our uniqueness.
This original separation from our experience of Oneness and the process of return - learning to choose and expres Spirit - produces powerful vehicles for Spirit's evolving creation.

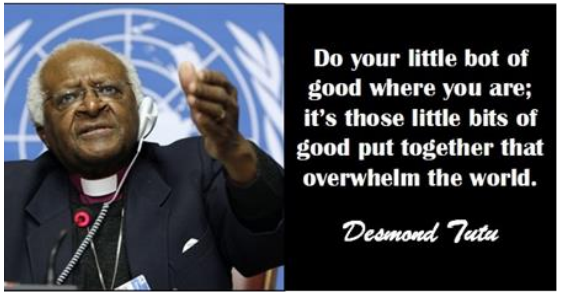
We have tasted separateness and we choose our divinity, align our ego, the personality's separate identity and now powerfully express 'he one divinity, through an empowered personality.

The Magi's Journey
Inward & Outward

The Balance Beam & The Dance of Life

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C. The process of spirits seeming separation and its exploring individuation uniquely is accomplished through cycles of expansion and manifestation. The soul is the bridge between Universal Spirit and it's expression in form as a personality (thoughts-feelings-sensations or mind-heart-body). The soul/personality is a unique expression of the one divinity thus adding to the magnificent array of unfolding divinity.

> *A garden would of course be beautiful if the one divinity expressed itself as all roses. But how wonderful that we have a process where divinity manifesting through nature has created thousands of mountain valley flowers to express manifold qualities of spirit.*

The same with the personalities that grow in the garden of life. How beautiful the individual flowering of each unique personality. Praise be to the Divine Gardeners.

Divine Spirit is working through the individuated Soul with its expression as a Personality (Body, Emotions, Mind) in order to:
> Explore a Unique Aspect of Divinity and
> Transform Our World Into a Heaven on Earth.

ESSENCE PRECEDES FORM; FORM FOLLOWS ESSENCE
Our humanness, our personality is the vehicle our spirit manifests its divinity through. A human being, a soul is much like an electric power transformer. A transformer steps up or steps down voltage. The human being is composed of seemingly real gradations of matter: real tissue, real emotions, real thoughts. While in actuality we are comprised of dynamic energies. It is this composite force field, our humanness, which implements a heavenly plan - creation's unfolding.

Essence envisions form, form flows from essence.

ESSENCE GIVES PURPOSE TO FORM,
FORM GIVES EXPRESSION TO ESSENCE

The soul infused personality can amplify its capacity to implement the soul's will in transforming matter. The spiritual kingdom utilizes the aligned personal will and steps its voltage up to create through it what was purposed for one's incarnation. Yet while the potency, or real power is in the soul realm the dynamic power is in the atomic nature of matter. So there is a paradox here about which way the transformer of the personality/soul is operating -

matter amplified by spirit, or
spirit amplified by a dynamic potency within matter.

The spiritual kingdom chooses not to interfere with the free will of this individuating personality. Eventually, the personality chooses by its free will to align to the inherent divinity within and omnipresent, immanent and transcendent. The personality then proceeds to quiet itself, letting go busyness, restless emotions and thoughts to release the soul and fully align with Spirit. This is the individual souls success in matter, a pliant, supple vehicle - the personality.

This is Creation replicated in the microcosm - in you, as you. Our spirit-imbued-humanness, surrendered and intentional, allowing and focused as it consciously participates in creating a new aspect of divinity. Through the soul-infused personality the components are aligned with and increasingly serve the purpose of the Spirit within:

The body & its sensations become transmuted;
The heart & its feelings become transformed;
The mind & its thoughts become transcended.

All Paths Knock On Knowledge's Door. Walking the Narrow Path Balancing Expansion and Manifestation Invites Wisdom In.

The Magi's Journey
Inward & Outward

The Balance Beam & The Dance of Life

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II. AN OVERVIEW OF THE PROCESS OF EXPANSION AND MANIFESTATION

GROWING IN EXPERIENCE LEADS TO GROWING IN EXPRESSION

1) First we *expand our experience* through personal growth experimentation and spiritual exploration
2) Then *ground our new expansion* in consciousness through expression, manifesting our new capacities into new capabilities.
3) *This cycle brings new experiences which, in turn bring new expansions*, which we ground through manifesting: exemplary behavior, directed activity, service projects, tangible goal achievement, etc.

Expansion and expression follow each other in cyclic growth raises us upward to a divine experience and correspondingly pulls us inward into our heavenly center. This growth cycle spirals us outward into our next level of optimizing spirit's ability in form to create.

As we expand our capacity to ***love***, we follow with an expressive outpouring manifested in service to others (& vis-a-versa).

We expand in awareness of and knowledge in the divine, its metaphysical laws and cosmological mechanisms. We express this as ***wisdom*** guiding our love.

We demonstrate this wisdom which guides our love, in a ***will*** committed to releasing love, even in adversity, even for an adversary.

We thus cyclically, experience and express, expand and manifest as we learn to cooperate more consciously with the plan unfolding within and around us.

THE NARROW PATH — THE DYNAMIC BALANCE OF OPPOSING FORCES: EXPANSION & MANIFESTATION

Illumination is the balance point between opposites - expansion and manifestation. Beyond this, an ascension lies in the synthesis of opposites - the fusion that beckons us closer to our Spirit's most beneficent outcome, to Source's best and highest.

Expansion without expression pulls us up beyond earthly use - lost in euphoric dreams. Manifestation without expansion pulls us down to our most driven nature. Expansion must always be followed by expression.

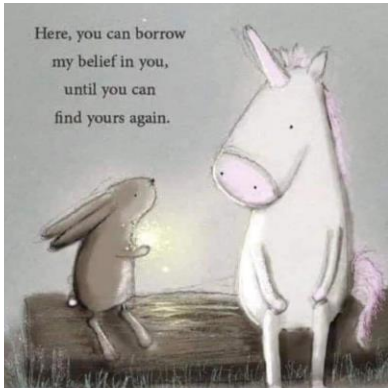
If we expand upward without grounding it in manifestation there is an imbalance. If we expand inward and do not balance it with expression outwards there is an imbalance. This imbalance leads to the disequilibrium and discord and like an unstable gyro this disharmony can tear itself apart.

Experiencing some aspect of divinity is the essence of an expansion, loving others more completely is its expression.

The more we sow love - the more we grow wisdom and harvest consciousness. Consciousness is applied knowledge about Life (the way things are); It is experiential knowledge about "how we create our own reality." We gain consciousness in contemplating our actions before and after we act. Eventually, we become the Observer, when action becomes meditation. Appre-ciative acceptance comes from our consciousness. Contemplative peace follows and bliss ensues. Love/wisdom is the fused result.

Life invites us to enjoy exploring creation where we journey from —

- *Learning* about what Life really is;
- *Discovering* our uniquely, appreciate insights about reality;
- *Creating* our own beautiful Reality.



Bliss Is The Result Of Our Experience-ing God, Joy Comes From Expressing This Love To Others

Over the last years of retreats, I've expanded deeply inward and blissfully upwards, yet I wondered what it would be like to be back in the city responsibilities. Well this is my practice period, this is time for grounding. Expansion has been timely followed by expression for me and for close to you expression may now be followed by an expansion interlude.

Source's joy filled experience in us, is the loving service expressed through us, for and with the divinely grateful in others. The more we experience God the more we are empowered to express Spirit in us, to others.

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Inward & Outward

The Balance Beam & The Dance of Life

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CREATING THE BALANCE AS A SPIRITUAL SOJOURNER, PRACTICED IN THE WORLD

Once I was reacting to the dilemma of having lost a lot of the spiritually highs when leaving a retreat and going back to 'normal life, the 'real world'. In this challenge, I mused, "retreat centers are a rarefied spiritual atmosphere where we are focused on one goal - our spiritual experiences and its' expression in the fruits of Spirit, the qualities of Being. We are in a safe supportive environment, predictable, with shared agendas. We have a common routine to follow so it is easy to know what to do and how. Thus it is easier to fulfill our intentions, possibly like the monk in the cave.

The goal of life is to maintain this mastery outside of the monks cave (retreat), in the streets where Spirit expresses caring through loving, even if weary souls. When we leave the retreat we bring it with us, in us and help create equanimity around us, not comparing what is in our lives at present with what was in the retreat. The calling is just to Be, to be present to what is and express the joy, contentment, reverence and appreciation in this moment. Not compare one scene with another.

The goal is to express these qualities of love and reverence for the immediate not compare it to the past, the retreat, or a dreamed for future. Live in love now with what is around you, now. The path is simple. It's not about imposing austere disciplines. It's simply doing what gives us the experience of joy, contentment, appreciation and reverence. Our spiritual path is what elicits our innate experience of the divine, and expresses itself as love.

In my journal the guidance came, "Be happy, from this you can create bliss. You cannot create bliss from disciplining discontentment. You cannot be loving to others if your are not so with yourself. Compassion begins at home and then abundantly flows to others. Discipline is used as a means not an end. The goal isn't to be disciplined, it's to be loving. So start with love and balanced intentionality will follow. Begin with joy and disciplined endeavor will effortlessly follow."

One Experience is through:

Consciousness = thoughts aligned with Spirit = heavenly
Unconsciousness = thoughts unaligned with spirit = hellish

EXPERIENCING DIFFICULTIES IN MAINTAINING HEALTH, HAPPINESS, & HARMONY WHILE MANIFESTING GOALS



One morning in meditation I asked: "Lord are you supporting me through difficult circumstances to be unconditional love, or give up my needs and desires, or give up my personality? All?"

The answer came (from the Higher Self): "None of the above, yet all the above. I want you to be happy, foremost. I want for you what you have wanted for yourself. I seek to fulfill your request. These "circumstances" are apart of that process. How you choose to reason is what makes you happy or not and the very release of unhappiness, is your release and the fulfillment of your requests (vows & invocations)."

"I love you as my dearest child yet it would be error in the long run to keep you happy at home. To further your growth as divine child into a god-man you get to go to school (earth) and must study and takes tests. The tests are not meant to punish you, or to think you are flunking aspects of your personality as in competitive schooling. They are given as opportunities to practice your studies. They are opportunities to re-examine your capacities in areas you were weak in past schooling. They are tests not to grade you, but to point out where your study/practice is strong and weak. Pointing to where you need further opening to the innate divinity seeking full expression."

"Your lessons are not adding on knowledge like programming a blank computer disk. But rather practicing the formula techniques of meeting life with discrimination and detachment, contentment and appreciation. This is how you use the knowledge to develop wisdom to enter the universal soul/mind and draw on your boundless illumination. It is within, just have patience, tolerance, and trust in the Divine. You will always do your best and the Divine will advance all your efforts manifold. Love Source." (With that salutation I felt a little wink.)

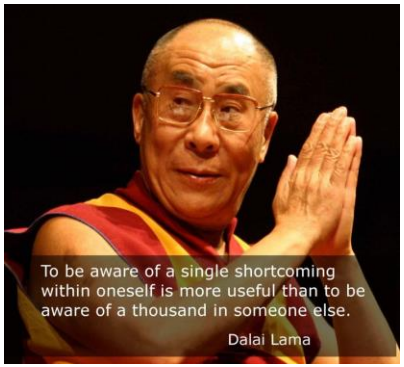
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III. MANIFESTATION - DANCING ON THE NARROW PATH BALANCING:
> QUALITY AND QUANTITY
> PROCESS AND PRODUCT



Process - How we reach our goals
Product - What tangible result our goals seek to produce.

WHEN SPIRIT IS THE FOCUS
PROCESS BECOMES THE PRODUCT

The opportunities for focused expansion, spiritual discipline, are always tested in the manifestation/expression cycle. These qualities have been:
rhythmic life and its deep inner peace,
consistent spiritual awareness focused between the brows and felt in the heart with its expression in love.

In grounding one level, you then aspire to the next.
Successive waves aligned in devotion
you now seek to be the ocean.
One in the same, you know it
to experience and "live from it"
until there is no it.

Remember it is this Process that is the True Product. It seems like a luxury to take time for spiritual practices while the work waits in piles of discord. But this is only the work. The product of life is not the work. The product is illumination and enlightenment, the product is love, wisdom, and will. The product is peace, harmlessness, right action, truthfulness, the product is bliss.

The work is being present to this. The work is not the plethora of projects and myriad of tasks. They are just that, projects and tasks. The work and its results are the same, being loving and being a lovely Being. The process and the product are the same, being divinely reverent, being reverentially divine. THIS IS THE WORK. The projects and tasks flow out of this love, through this bliss, as this reverence.

MANIFESTATION AS A SPIRITUAL PRACTICE, A SACRED DANCE, AN ARTISAN'S MASTERPIECE

MANIFESTING YOUR MISSION IS LIKE —
Birthing an Immaculately Conceived Purpose,
Manifesting an Inspired Vision,
Unfolding a Divine Dream, and
Raising This Divinely Conceived Project like a Divine Child

Create Your Vision Like an Artist:
Spiritual art portrays by content and conveys by medium. You get a vision of divinity and an experience of divinity from the art of manifesting one's vision for self and other.
An alignment of purpose and function is the result:

- An expression of one's own divinity, bringing glory and its gratitude back to Source.
- A heavenly representation of divinity in form - the artist releases the essence like the lion in Michelangelo's rock.
- You become an artistic vehicle for Spirit to manifest form and a form to express Spirit.

When you express your purpose, manifest your vision, create your vision you are a divine artist in the creating in the image of the Creator.

This is a delicate balance of inspiration and function. We have to trust in the divine to inspire our service and its artistic expressions as what is needed in each moment. Creating something heavenly is like birthing a child - don't impose - it has a life of own, a manifesting presence.

In manifesting a mission or project, our responsibility is -
to create the context for maintaining the original intention
by being the space of integrity and purity
for what is intended to come through in full freedom of expression.

MANIFESTING IS MIRACULOUS
When We Are Aligned with Source, Divine Providence Is Expressed
I start this day in commitment to divinity within me, as me, through me, around me. I offer my appreciation, my gratitude for this training by being what it intended for me. My Divinity! Loving joy.