

Course Eight: Technologies of Now

Class 1

Welcome to the Synchronicity School of Modern Spirituality ... and to Course 8, Technologies of Now. Let's begin by asking the dominant question for anyone beginning this course. What is a Technology of Now? To answer this question, let's begin with a brief review of our journey together. It began with Master Charles Cannon laying the foundation for this course with his Introduction to Modern Spirituality. And in subsequent courses we learned how we can actualize the Holistic Model of Reality and the Mechanics of Consciousness in our experience, here and now, in our lives, in this world. And through the model, we can understand our experience as multidimensional human beings. In short, we have a structure—a framework for understanding ourselves as much more than just this physical human form with a name and a mind. We understand ourselves as multidimensional forms of consciousness. We also understand that there is constant interaction within our multidimensionality.

Now before we begin the class, let's take a moment to focus on balance. All of our courses and classes have a focus on balance. The evolution of consciousness is based on the principle of balance. You now know many techniques for creating balance. So, let's consider our techniques of balance as Technologies of Now. We will use two in our course together—focused awareness of breathing and the balance position. Let's begin with the balance position. It is simply the awareness of the two polarities of the relative field at the same time—in other words, the two polarities held in simultaneity. As human beings our focus is dominantly outward, to the external, to the objective—to all the forms around us, and that even includes our human body. But there is always another polarity—the opposite of external, of the objective. It is inward, the internal, the subjective.

The two polarities are always simultaneous to each other. But the external—the objective—is dominant. The internal—the subjective—is sub-dominant. To be aware of both at the same time is balance. And this is termed the balance position. And do you know ... it's a "technology of now" for creating balance. Bring your awareness to both the exterior and the interior and hold it. Be aware of my image on the screen of your computer, my words from the speakers. Simultaneously, be aware of your inner stillness ... the emptiness of the interior, of the subjective part of being. Hold this awareness simultaneously. The balance position is a technology of now that delivers holistic awareness and the experience of true reality. Maintain this focus of balance as we continue.

*Let's review an illustration from a previous course (**Illustration 1**). This illustration displays the relative field of experience as a circle. The multidimensionality of*

consciousness within the relative field is shown from subtle to dense. At the bottom of the circle is physical form—the physical dimension. Above it are our emotional and mental dimensions. These three dimensions are termed our dense dimensions. They correspond to our individuated consciousness. The upper three dimensions are our subtle dimensions—the subtle, causal and supracausal. These three dimensions correspond to our universal consciousness. This is a modern way of looking at the classical chakra system. It greatly simplifies the complex language of an Eastern culture into one we can more easily understand.

(close illustration1)

We know, from previous courses, that the dense dimensions are imbalanced in order that consciousness may fully be what it is not through illusion. This necessary process occurs in the involutory cycle of human experience. Again, this is necessary. It must happen in order for consciousness to fulfill its primary intention of fully being itself ... through the experience of itself. It must first fully experience what it is not—not the one consciousness that's all and everything, but rather, everything that it's not through illusion. And, consciousness fully being itself is the experience of what it truthfully is, experiencing itself as a unified, blissful consciousness.

The mechanics of consciousness in the evolutionary cycle emphasize the principle of balance. Balance in human consciousness must begin with our dense dimensions—the physical, emotional and mental corresponding to our individuated consciousness. Balance in these dimensions must be actualized in consistency for our subtle dimensions to actualize. Our focus for creating balance in our dense dimensions has been well presented in Course 4, The Holistic Lifestyle.

To review, in the physical dimension, the primary means of balance is exercise and diet. In the emotional dimension is it emphasizing our non-dominant, positive polarity—the polarity of inclusion as love and life-affirmative feelings. We learned about the power of positive affirmations. In the mental dimension, we utilize meditation and life-affirmative statements to create balance. And in our course on High-Tech Meditation, we understand how Synchronicity approaches meditation through a modern, technology-based system of precision sonic entrainment.

With this background let's return to the subject of this course—'The Technologies of Now'. What do we mean by this term? I preface this explanation with a quotation from the Zen tradition, "Each drifting snowflake falls nowhere but here and now". Muso Soseki. What does Soseki mean? There is only the here and now. There is no past—it is but a memory. There is no future—it is a fantasy projected from our past database. There is no present—by the time you cognize this statement, it is already in the past. Everything that has ever happened, everything that is happening, and everything that

will ever happen only happens here and now. Thus, you should be able to understand why Master Charles refers to the technologies that we utilize to create focus and balance as 'Technologies of Now'. In this understanding, all focusing techniques that have ever been recommended by any master are appropriately technologies of now because they each related to the now of when they were utilized.

So when we speak of 'Technologies of Now', we refer to every possibility of focus, every technique, every technology, every means available to create balance. This may variously be a mantra, an affirmation, a breathing technique, an item of empowered jewelry or object in one's home, the arrangement of one's home or an electronic technology that creates precision balance. It also includes modern technology such as Synchronicity sonic technology—i.e. High-Tech Meditation. All are appropriately included in our 'Technologies of Now' toolbox that we use to assist in focus and balance. In this class, we're going to review Synchronicity's primary Technologies of Now and how they work in our experience. We will also see how they complement our process through the evolutionary cycle of consciousness.

Let's revisit our technology of now technique for this class—the balance position. You are focused on the objective of this presentation. Hold this awareness while you allow the subjective stillness and emptiness to increase. Now you are aware of both polarities—each simultaneous to the other. This is the balance position. Maintain this focus of balance as we continue.

Next, it is important to revisit the principle of entrainment because, in its simplest understanding, everything in the relative field is conscious ... or consciousness ... everything vibrating ... oscillating at its own frequency, and that includes our human bodies. The world in which we live is an energy form—a form of consciousness. It is alive and made up of infinite energy forms, each of which is also alive and vibrating at its unique frequency and with its unique amplitude of power. In other words, we are energy forms immersed in a sea of energy. And all energy forms relate to each other through the principle of entrainment.

Our dense dimensions are characterized by vibrational frequencies that are slower and more imbalanced. Furthermore, the amplitude of the waveforms, sometimes called the strength or power of the waveforms, is low. In other words, low frequency and low amplitude. Conversely, our subtle dimensions are characterized by greatly accelerated vibrational frequencies with high amplitudes of power. Furthermore, the vibrational frequencies and amplitudes of the subtle dimensions are progressively more and more accelerated and more and more powerful with progressive subtle dimensional actualization. They are also balanced and harmonic.

Refreshing our memory, a simple definition of entrainment is a ‘pulling toward or drawing along after’. The vibrational frequency and amplitude of energy forms effect each other ... other energy forms. The more powerful energy forms draw or pull the lesser energy forms to their frequency through the principle of entrainment.

So what’s the energetic experience of the humanity of this planet? Most of humanity has a dense dimensional dominant experience—limited to the physical, emotional and mental dimensions. Subtle dimensional experience is uncommon. Thus, the world in which we live is configured to be very dense. The vibrational frequency and amplitude corresponds—low and slow. Consider the vibrational frequencies of the almost seven billion human beings on the planet—their thoughts and emotions and the energies of the physical form. One would expect the energetic experience of humanity—thus, the entrainment of humanity upon itself—to be chaotic, imbalanced and disharmonic, and this is the case. Thus, the individual and collective energies of the planet earth have the effect of producing the same in us. The effect is imbalancing, retarding and limiting.

Also consider the disharmonic, chaotic energetic frequencies produced by the technologies of our planet, by the highly populated cities and by the effect of pollution and modern technology on our environment. It is a correct metaphor to say the world is a very powerful negative tide always pulling us out to sea through its negative entrainment, which is imbalancing and fragmenting. This illustrates the principle of negative energetic entrainment—the default dominant negative polarity overwhelming the non-dominant positive.

So we look to the Holistic Lifestyle that addresses the physical, emotional and mental dimensions of our experience for balancing strategies to allow us to swim against this tide. They are the foundations of balance that allow us to swim against this tide, and balance in them must be consistently actualized, for without balance we cannot access our subtle dimensions—our universal consciousness—and we cannot have a truthful holistic experience of reality.

Illustration 2. Now let’s begin in the physical dimension, work our way up and understand the mechanics of energy and harmonic coherence. Imagine your physical dimension as a large mix of different energetic frequencies, all interacting and competing with each other. This is an energetic way of looking at imbalance. When there is energetic imbalance, the energies can be described as dissonant or disharmonic. When we bring balance to the physical dimension, the different energetic frequencies become less imbalanced. Eventually, with balance in the dimension there is harmony of the energies within it, termed harmonic coherence. When balance occurs within a dimension, such as the physical dimension we are describing, and when the balance is sustained, the dimension above actualizes. In the example of the physical dimension it is the dimension above it that opens—the emotional dimension. The

emotional dimensional is not as dense as the physical dimension. It is said to “nest” energetically in the physical dimension. The mechanics correspond to the principle of harmonic coherence in which all the dimensions are harmonically configured according to Phi Ratio, the vibrational frequency in nature in an unstressed state.

So if the energetic frequencies of the physical dimension vibrate coherently and consistently in Phi Ratio, the emotional dimension also begins similarly vibrating because all the dimensions are harmonically configured according to Phi Ratio. This can also be demonstrated in the example of a piano keyboard. Striking middle C on a piano results in vibration of the middle C string ... and also all of the C notes. Thus, actualizing balance in the physical dimension causes a corresponding vibration in the emotional dimension, and it opens to balance through this principle. Maintaining balance in the physical and emotional dimensions creates the same principle in the mental dimension.

Maintaining consistent balance in our dense dimensions—the physical, emotional and mental –allows the process of actualization to continue into our subtle dimensions. We begin to experience subtle dimensional reality, first described as the experience of witness consciousness—the one consciousness that we truly are simply watching its experience in our individual human form.

Throughout it all, the principles of entrainment are operative, first dense dimensional and then subtle dimensional.

So far, we have reviewed our multidimensional nature as consciousness. We have reviewed the principle of entrainment. We have defined what we mean by “Technologies of Now”. Now it is time to learn about the many Technologies of Now that are here and now, fully applicable and available to assist us in creating and maintaining the ongoing balance we need in order to reverse polarized dominance from the negative polarity and create positive polarity dominance and the experience of wholeness.

Meditation is the primary balancing technique in human experience. However, meditation alone is not enough to deliver the holistic power to evolve our wholeness and experience the fulfillment we all seek. A complete Holistic Lifestyle is required. You now understand the mechanics of balance in each of the dense dimensions. To this must be added everything that can be brought to bear in creating and supporting balance in duration—the Technologies of Now. The remainder of our course will focus on many of these so that you will be well acquainted with what is available. Then it’s up to you to incorporate them in your daily experience.

As we bring this class to completion, bring your holistic focus back to the balance position that we’ve been addressing together. Remember the balance position is an

important technology of now that is part of your toolbox of applications. Focus on the balance position assists in maintaining the now of your experience. It's always a part of you. It never leaves. Keep it in your focus.

In our second class we will begin to understand the Synchronicity Technologies of Now—available right now, applicable to life here and now, important, indispensable, necessary for the times in which we live. See you then.