

☸ THE LAW OF THREE ☸

When I am present (←the first force) with my shadow (←the second force), it allows in a mysterious grace (←the third force) that can transmute the opposites and the incongruities that I carry about myself. This holding of opposites allows the third force – Light or Source or Grace – to have a small space to enter.

There's a crack in everything. That's how the Light gets in.
Leonard Cohen

When these three forces – *affirming*, *denying* and *reconciling* – are all present together, they become a vehicle through which Grace can move through us. With them, we can tenderly hold the contradictions of the polished images we carry of ourselves and the painful shadows we reject about ourselves, and surrender everything that is no longer serving us – anything that is not love or gratitude. And then, through this process, another force spontaneously emerges: a fourth force which creates something else new altogether – a spark of something potentially valuable and helpful.



A seed (the 1st force) hits the dry ground (the 2nd force), and nothing happens until water flows (the 3rd force) to nourish the seed and bring forth nourishment from the dry earth. Then with presence of the miraculous 4th force, a tiny new plant emerges, blossoming with abundant flowers. And at some point those flowers become ripe with seeds, and the cycle – the spiral of Life – continues on.

☸ THE LAW OF SEVEN ☸

The Law of Seven is about how situations – processes – occur in real time. It's about change, development, and growth. When we stop to think about it, life is infinite layers upon infinite layers of processes happening all the time, not the least of which is the foundational process of breathing that literally keeps us alive.

So what is meant by processes, and how do they happen? Let's take the example of wanting to learn how to watercolor. I sign up for classes and learn a few basic techniques. I feel excited about learning and creating art. As time passes, though, I start to feel bored, and my interest plateaus. If I want to continue learning and enjoying my new craft, I need some new energy to motivate me – a shock of sorts, such as the desire to learn more advanced techniques. So next, and this is the key: I continue the first process of attending classes, and at the same time, I start the second process of learning advanced techniques, which runs concurrently with the first process.

Time passes again, and I'm feeling proud of my new level of expertise and what I'm creating. But I start to feel stuck again. I plateau and need yet another motivational shock to keep me going. So I decide to share my artwork with my friends or my

community. Now, when I share my art, I have three processes running simultaneously: I'm still attending my classes, and I'm still learning advanced techniques, and in addition, I'm now sharing my creations with others.

But this isn't all that my watercoloring adventure entails. There are also endless processes from the past that have already been running which brought me to what was my initial inspiration of taking the art classes. For example, maybe last week I saw a family member's art work, or I visited a museum with a friend whose mom told her how great the current exhibit was. Or maybe I'll never know what aroused my interest to actually buy supplies and sign up for classes.

Further, there are also a multitude of seemingly mundane processes supporting my efforts; for one, having an income that provides me with the money to participate in the classes. And there are the people who manufacture the paint supplies so I can purchase them. There is also my art teacher who went to school to learn her craft and be able to teach me and others. *And* (a big *AND*), there will be endless processes going forward that I may or may not ever be aware of, such as unknowingly inspiring a friend to take up painting, who then teaches her child how to watercolor, who then talks her little friends into having a paint party, and on and on it goes.

Everything is relational.

No process ever stands separate and alone. We – you and I – never, ever stand separate and alone. Everything is relational. Everything is moving and bumping into each other, creating change – from tiny electrons to conscious human beings to the stars and galaxies crashing into one another. As A.H. Almaas says, we're all a symphony of processes and forces.



So how are the Law of Seven and the Law of Three related? The Law of Three is about the tiny openings in the stuck areas of our processes. These stuck areas are called *shock points*. There is a first shock point and later a second shock point – which are all opportunities for awareness and surrender.

The first shock point is often somewhat obvious; for example, being bored with my art classes. The second shock point is often less obvious, going deeper into the core of our being and opening us to the awareness that our lives are in service of something much bigger than just ourselves. This second shock point can provide us with the opportunity to understand and embrace the *wonder and awe* of a more expansive and inclusive vision – that we – all of us – are part of something beyond ourselves and also part of ourselves, helping us to evolve our souls, individually and collectively, even when the initial impetus is a simple art class.

**Radical amazement is the response to the
transcendental aliveness of all things –
the utter wonder and mystery of Reality.**

