Harmony is the realization of a beautiful, sacred dance. Harmony is life as it is meant to be. The principles of Harmony show us that everything is seemingly designed with deliberate purpose, precision, and deep care. Life is intimate. It’s not random or haphazard. It is perfectly balanced when it is allowed to function without interference. Life is magnificent. We are part of harmonized life.

Harmony, like many of the principles we are studying is ineffable, yet when seen, felt, and experienced, alters our perception.

Catholic priest Father Richard Rohr outlines his thoughts on harmony as follows:

“Inner and Outer Worlds Converge

The deepest intuition of our poets, mystics, and Holy Writ are aligning with findings on the leading edges of science and empirical discovery. When inner and outer worlds converge like this, something beautiful is afoot—the reversal of a centuries-long lovers’ quarrel between science and spirituality, mind and heart.

Atomic scientists looking through microscopes and astrophysicists looking through telescopes are seeing a similarity of pattern: everything is in relationship with everything else. Scientists and contemplatives alike are confirming that the foundational nature of reality is relational, and everything is indeed a holon, a part that replicates and mimics the whole.”

What we see in the world that surrounds us is harmony expressed in our physical bodies, nature, and the universe, and its patterning is consistent throughout.
Sacred Geometry

In order to fully grasp the profundity of Harmony, it is helpful to understand what is sometimes referred to as 'Sacred Geometry'. Sacred Geometry is the understanding of geometric patterns that are consistent throughout our bodies, nature, and the universe. For the religious and spiritually minded, Sacred Geometry could perhaps be evidence of not only a higher power, but also one that seems to care a great deal.

There are geometric patterns that pervade our bodies, nature, and the universe. We see an attention to detail that is precise, intimate, exemplifying great love and care. This is a picture of the orbits of Venus and Earth over an 8-year period of time.
The pattern is precise, and consistent with a 5-petaled flower as one example. We see this patterning from the minutest life form to universal expression.

The patterning has been seen and utilized in various ways for many years. Many ancient buildings, pyramids, architecture, art, city planning, cathedrals, churches, and all labyrinths throughout Europe, Greece, Egypt, and other parts of the world, are designed with Sacred Geometry.
“The synchronicity of the universe is determined by certain mathematical constants which express themselves in the form of ‘patterns’ and ‘cycles’ in nature. The outcome of this process can be seen throughout the natural world as the following examples illustrate:”

1. The Circle
2. Two Circles, the Vesica Piscis
3. Geometric patterning such as The Golden Ratio, Fibonacci sequence, and Phi are exemplified in

2. “The vesica piscis is a shape that is the intersection of two disks with the same radius, intersecting in such a way that the center of each disk lies on the perimeter of the other.” https://en.wikipedia.org/wiki/Vesica_piscis
3. To simplify, these are some designs represented by Pi - 3.1617 etc., and the golden ratio that is explained as follows:

The golden section exists between measurable quantities of any kind where the ratio between the smallest and the next size up is equal to the ratio of the sum of the first two to the third.
our physical body.

Sacred Geometry is explained in its modern context by the following:

“In nature, we find patterns, designs and structures from the most minuscule particles, to expressions of life discernible by human eyes, to the greater cosmos. These inevitably follow geometrical archetypes, which reveal to us the nature of each form and its vibrational resonances. They are also symbolic of the underlying metaphysical principle of the inseparable relationship of the part to the whole. It is this principle of oneness underlying all geometry that permeates the architecture of all form in its myriad diversity. This principle of interconnectedness, inseparability and union provides Mathematically, the same proportion is generated with the following formula:
\[
\sqrt{5+1} / 2
\]
In numerical terms, the 'Golden ratio' was first popularised by Leonardo Bigollo Fibonacci, the founder of the 'Fibonacci sequence', a numerical series which simply follows the rule that the next number is the sum of the previous two numbers as follows:
1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144 etc...” http://www.ancient-wisdom.com/sacredgeometry.htm
us with a continuous reminder of our relationship to the whole, a blueprint for the mind to the sacred foundation of all things created.”

**Contemplative practice**

When we experience Harmony, or realize the awe that surrounds us each day, we begin to see what is True. Love and care is evidenced in the detail of things...things that surround us each and every day and remain largely unnoticed. Is it possible that things are made to be more benevolent than what we realize?

In the following days notice the sacred that surrounds you throughout the day. It could be a flower or the moon or our eyes or the acknowledgement of the heartbeat of another. Begin noticing what you see that is geometrically designed. Notice what you hear in music, watching birds, the nature that surrounds you.

Once we “see” in this way the world becomes very personal and collaborative. We see how everything is connected and everything has meaning. We see the sphere and Fibonacci sequence in many things that surround us.

We can live in the grand Harmony and with conscious contact with God...truly. By this practice and knowing we become one with Divinity. There is no separate “other” but a tangible connection with something sacred.

Become engaged with your world. You are life itself.

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