

On the Loom of Time

We are
as a gathering of stones
among the trees...
ancient voices of our cosmos
speak to us
through “people of the Earth”
We breathe their breath,
we share their essence,
we weave our stories
on the loom of time...
We will return to silence
from which all things are born
and release our three cloaks.
touched by the apple tree wand,
we become the music of what happens...

One of the newest frontiers of science deals with an “integral theory of everything.” When one contemplates the “one river, many wells” viewpoint regarding world religions put forward by Matthew Fox, one is curious about the source from which these holy waters flow. What exactly is the Godhead? The “integral theory of everything” hypothesizes a plenum similar to the “nothingness” associated with zen Buddhist meditation. Ervin Laszlo speaks of this primordial entity,

Imagine, if you will, a lightless, soundless, formless plenum. It is filled both with primeval consciousness that is the womb of all mind and spirit in the cosmos and with the fluctuating energies out of which all things come to exist in space and time. There is no-thing in this cosmic fullness, yet there is every-thing, in potential.¹

We might identify this plenum from which all flows as “Wisdom.” As we read in Psalms 104:24, “*You have made all your works in wisdom.*”²

In the words of Matthew Fox, “*What I call “original blessing” can also be named “original goodness” or “original grace” or “original wisdom.”*”³

Pema Chodron muses, “*This is our birthright- the wisdom with which we were born, the vast unfolding display of primordial richness, primordial openness, primordial wisdom itself.*”⁴

Turning again to Laszlo,

After an infinity of cosmic eons, a sudden explosion, untold magnitudes greater than any turbulence ever witnessed or even imagined by human beings, penetrates the formless turbulence; a shaft of light rises from the center... In the course of innumerable universes, the pulsating Metaverse realizes all that the primeval plenum held in potential... (it) becomes a fully

*articulated cosmic consciousness—it becomes, and henceforth eternally is, the self-realized mind of God.*⁵

Hildegard of Bingen paints these divine waters as “*an abyss from which Wisdom arises and the Christ arises...*”⁶

The integral theory of everything hypothesizes the existence of a zero-point field containing the Akashic records, referred to simply as “the A-field.” Rupert Sheldrake offers the following commentary on energy and fields:

*One point that strikes me on the theological side concerns the nature of energy and fields. Nature as it is currently portrayed in science consists of energy, which can take any form, and fields, which are the formative principles in all realms of Nature.*⁷

The A-field is a space in the dark matter, a *via negativa* of sorts, which comprises much of our Universe, and is home to all energy that ever has or ever will exist. This is the home of the collective consciousness of our cosmos.

*This “missing mass” or “dark matter” turns out to constitute 99% of the matter in the Universe. Through the discovery of dark matter cosmology has, as it were, recognized the existence of the cosmic unconscious.*⁸

Carl Jung addressed the existence of a collective unconscious in his works,

*Jung went further than Freud in saying that it’s not just a personal unconscious but a collective unconscious. All humans are part of a collective memory on which we all draw. We’re unconsciously connected with everybody else.*⁹

When working with the A-field, we are working in hallowed space. We may enter the field by means of achieving a vibratory harmonic resonance and passing through a gateway, often through a deep

meditative practice or in the resonance of particular sounds. Matthew Fox sees fields as sacred,

*There's a patience to a field. Fields are also invisible, and these are the fields I think Rupert likes to talk about: these invisible fields that we enter, the sacred spaces"*¹⁰

When I studied with Chogyi Nyima Rinpoche in Nepal, he reminded us that *"between the last thought and the next thought, that is when you can receive the true teachings."* This reminded me of the teachings of the Essenes regarding our breath.

*...the Essenes made similar references to the breath of our lives and the breath of the cosmos. In the Essene Gospel of Peace, for example, we are reminded that "in the moment betwixt the breathing in and the breathing out is hidden all the mysteries..."*¹¹

I also had the privilege of studying with shamans in Nepal, practitioners of the first religion of the Himalayas, known as "patterns of heaven and earth" or "sacred conventions," who believe one can travel energy waves across space and time, on what in the later Bon tradition is known as the *dmu-tag*, or sky-rope, similar to what scientists reference now as the zero-point field, the frictionless realm of A-field information. One can journey energetically to this A-field and one has the ability to access Akashic Records on these journeys.

Further they believe in the need to work with energy resonances in cosmo-telluric chimneys, referred to by my Druid teacher as *"people of the earth,"* to facilitate human physical, mental and spiritual well-being. This is the essence of my spiritual journey, to listen and understand the

language of cosmic energies and use them to heal. It is important that one deals with both cosmic and telluric energies in this work. Mahatma Ghandi tells us that *“earth and heaven are in us,”*¹² and Marimba Ani speaks of African spirituality,

*When we call the spirits and they enter our bodies we symbolize in our being the joining of, and therefore communication between, two spheres of the universe; “heaven” and “earth.”*¹³

Vibration is the basis of life. Every sound ever made echoes still. Sound waves never entirely disappear, and in these waves is imbedded information that can bring new meaning to our lives in this present moment. Matthew Fox tells us, *“meaning can be rediscovered through science; wisdom is imbedded in cycles of existence and cannot be random.”* In the A-field rests these cycles of existence.

From a Hindu perspective, our universe is said to have evolved from pure Consciousness through the sacred sound of Aum (Om). Sri Chakra, most holy symbol of Hindu tantric tradition, manifests from the mantric sound pattern of Aum. Anahata-Shabda, the *“unstruck sound,”* is a mystic sound, often also referred to as the music of the spheres, which can be perceived during the practice of meditation at a certain stage of spiritual development. When I work with people to move them in to the zero-point field of the A-field with my Himalayan singing bowl, I often invite this *“unstruck sound,”* making use of *“stillness between the sounds.”* Occasionally om is also referred to as *anahata-shabda*, and Matthew Fox believes that *“OM takes you to primal vibration to experience*

all of inherent music.” And all of this inherent music that in-forms us in the A-field is the continuing vibration of “original wisdom.”

This premise is not exclusive to Tibetan or Hindu tantric traditions. It is universal...This sacred Aum vibration, the resonance of primordial wisdom, emitted and divided itself into infinite patterns of sound frequencies and conscious light. Consciousness moved from subtle frequencies to more dense patterns that culminated in the creation of our physical world- stars, planets, and all life forms on Earth. A central doctrine of Tantra is that every thought or idea originates in sound and is manifested as patterns of light, giving to the phenomenal world a sense of solid form. Illumined consciousness is this sacred vibrating pattern of light and sound.

We don't exist in the way we think we do. We are (vibrating) energy that appears and disappears only to reappear and disappear yet again. When energy is no longer there, it returns to silence. When it appears again, we are not the same person, because in some ways we have changed. And that is the key to our evolution, everything continually evolving from something else to what it is now.

From time to time, through visualization of the “sky-cord”, we are able to connect with primordial energy. There is an indentation on this cord which symbolically identifies a person's universal placement on his or her path. Resonating energy is simply universal intelligence descending

onto its own understanding of the vast greatness of its own greater, inner self. We need to learn and listen to this language of energy.

When one understands that everything is metaphor and is a resonating energy of the Great Unknown, then all life is sacred. We are a people who come from Infinite Void, from zero, from one's sense that we do not exist. We live our moments inside resonance, and once this sacred vibration is discovered, we begin to open to ancient wisdom. We are created out of a continuum of rapidly moving light that is timeless in nature, and we are, above all, a moment in eternity.

We are Spirit foremost, and we are music. With each inhalation we identify our purpose to be alive, vibrations of here and now, and our universe is created... and with each exhalation, our universe is given new life... this is how we create the future; what we choose to live in each and every moment resonates outward in our breath. Accessing the energy of information stored in the A-field is a meditative pursuit.

in essence philosophy, the spaces between quantum bursts may be viewed as small expressions of the stillness between each breath. It is in the spaces between, in the silence between the pulses of creation, that we have the opportunity to "jump" from one possibility to the next. This space is where miracles occur.¹⁴

Following our breath gives us direct sensory connection with memory, so that past memory, the future, and the present stay together as one resonance. Equally important is our listening ability. When we listen, we are able to come to an understanding of the mystery of vibration because

listening has to do with the inner vibration of the descending intelligence of each moment...

Each moment is awakened from silence. A moment manifests, is actualized, and then returns to the Infinite Void, our A-field as it were. It emerges from nothingness and returns to nothingness. It remains for us to harmonize with vibration emanating from this Infinite Void and embrace this same nothingness.

The richness of a moment comes when it's both full and empty at the same time. We live simultaneously in time and timelessness. And our means of worship is a mystery within us reaching out to the mystery beyond, the mystery inherent in each moment. Every religion is a product of the conceptual mind trying to describe this Mystery. But regardless of our religious path, nothing is as it seems, is it?

Therein lies our conundrum... the burden of knowledge versus the mystique of wonder. We must loosen our grasp on phenomena we perceive to be our own and through meditation and following our breath habituate our mind to a new way of being... Our breath is the key to all mysteries. Breath is the infinite void from which all creativity is first given life, then its purpose...

We should remain open to the possibility that the full spectrum of living forms—plants, animals and human beings, may be part of an ongoing flow of life energy, which is fundamentally without boundaries or constriction, a life flow that has no clear beginning and no foreseeable

end, born of silence. This ongoing flow of energy is the A-field. We move from our normal state in *via positiva* to the dark matter that is the A-field. Here we access the shared knowledge in a state of *via negativa* one might posit, and return “*in-formed,*” better able to move toward *via transformativa* through a newly accessible and realized creative process. Matthew Fox believes that “*inspiration comes from our shared silence.*”

We must become still and enter this “*shared silence*” through meditation and then access the flowing waters of wisdom and allow its waves to in-form us via the A-field.

*Learn to breathe again; don't take breath for granted. Hildegard of Bingen says that prayer is nothing but inhaling and exhaling the one breath of the universe. The one ruah, the one Spirit. Let us cease taking breath for granted. Let us learn to breathe again.*¹⁵

Then we will be able to enter the zero-point field and be free to move energetically to become whole again in the present moment. “*Silence is the answer,*” Howard Thurman teaches, “*becoming still within.*” There “*the individual becomes conscious of what is there all the time.*”¹⁶ And in this silence, we resonate with primordial wisdom...

And as for that solitary sound of wisdom that manifested our entire cosmos... it still reverberates today. Hear the music before this song is over, and visualize its energy, for even though your spiritual path at times may seem dark and difficult, remember that there are no secrets, only hidden answers, and you may just need more illumination on your path. Our minds are often focused on memories of our past or worry about our future. What gets missed is the present, and right here in this

moment is our doorway into timelessness.

When my bowl is “invited to sound,” at times it resonates with silence. This is the silence from which Wisdom was birthed in the Beginning, still “speaking” to us through harmonic resonance. When asked about silence, Rumi responded: “*secretly we spoke, that wise one and me. I said, ‘Tell me the secrets of the world.’ He said, ‘Ssssh, let silence tell you the secrets of the world.’*”¹⁷ This is why meditation is so important, to follow our breath and allow resonance to bring us to harmony. And as Matthew Fox reminds us, with meditation, “*We learn the stillness and the silence that is behind all things.*”¹⁸

Working with my Himalayan sound instruments, I seek to facilitate the movement of information in the A-field through sound. In the words of Hafiz,

*I am
A hole in a flute
That the Christ’s breath moves through—
Listen to this
Music.
I am the concert
From the mouth of every creature
Singing with the myriad
Chords.*¹⁹

- ¹ Laszlo, E. (2004). Science and the Akashic Field: The Integral Theory of Everything. Rochester, Vermont, Inner Traditions, P. 164
- ² Fox, M. (2000). Original Blessing, P. 35.
- ³ Ibid., P. 5.
- ⁴ Ibid., P. 6.
- ⁵ Laszlo, P.167.
- ⁶ Fox, M. (2003). Wrestling With The Prophets: Essays on Creation Spirituality and Everyday Life. New York, New York, Jeremy P. Tarcher / Putnam, P. 13.
- ⁷ Fox, M. and R. Sheldrake (1997). Natural Grace, P. 37.
- ⁸ Ibid. P. 137.
- ⁹ Ibid. P. 93-94.
- ¹⁰ Ibid. P. 36.36
- ¹¹ Braden, G. (2000). The Isaiah Effect, P. 101.
- ¹² Fox, M. (2000), Original Blessing. P. 68.
- ¹³ Ani, M. (1980, 1997). Let the Circle Be Unbroken. New York, New York, Nkonimfo Publications, P. 9.
- ¹⁴ Braden, G. (2000), The Isaiah Effect., P. 101.
- ¹⁵ Fox, M. (2003). Wrestling With The Prophets, P. 284.
- ¹⁶ Ibid., P. 148.
- ¹⁷ Fox, M. and R. Sheldrake (1997), Natural Grace, P. 88.
- ¹⁸ Ibid., P. 117.
- ¹⁹ Ladinsky, D. (1999). The Gift: Poems by Hafiz. New York, New York, Penguin Group.

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