

Nature's Tri-Verse of Life



The Tri-Verse is a variation of the Celtic Triple Spiral [derived from the three approaches within the Universe to help us reconnect back into nature – The Slowing, The Joining and the Resonating] and which has a wide variety of meanings:- birth, growth and death; fire, air and water; childhood, adolescence and adulthood, and, self-inquiry; self-belief and self-actualization.

It is in essence a representation of the individual Journey or sacred path we all need to tread from the moment we enter this complex and ever changing world until we leave it but which we rarely do for a plethora of reasons, some financial, others personal, yet others because we are blind to what we pass through and by, on our life's sometimes lonely journey.

If there is one thing that can be said for human existence, we all have one thing in common no matter our material wealth, intellectual ability or capacity to be artistic or sporting, and that is, that to have existed at all, we were first created then born and we will all without any shadow of a doubt, die and return back to whatever it was or is, that dictates human existence in the first place. In this respect, the value of a life surely must be on the journey between the two points in time!

Within Nature's Tri-verse representation of life, the small centre circle surrounded by the three spirals represents the inner self, our true spiritual essence at the time of our birth, that point in time when we are a clean slate where knowledge, learning and experience has the opportunity to imprint itself and to influence our journey. Here we know no sin but revel in the innocence of new growth. Unfortunately, we soon become influenced by those around us and barriers form as we get tugged, pushed, pulled, forced and tempted away from the true path of who and what we are but which so often gets lost amid the chaotic demands of an ever materialistic uncertain world as we grow and develop.

This is the central chakra of our soul, our spiritual essence which *is* the real us as a human being. It is therefore untainted with lies, untruths, negativity, distortions

and without any understanding of discriminatory practices. Such a spiritual place is where we struggle daily throughout our lives to get back to and whilst some of us manage to arrive at our destination, most of humanity fall short of it, some by such margins of distance that they are considered to be at the 'anti-centre' of the Tri-Verse and which in effect destroys all that that they internally seek it is just that they have no realization of what it is they should be seeking along their life's journey.

Many of those who find themselves distanced from their true centre often find that power in all its forms to be a far better destination to travel to than true spiritual awareness. In essence, they are blind to their own Tri-Verse centre and accept the brevity of their own pseudo spirituality as being their destination. Such individuals may be rich in material and monetary wealth, even to the point that they adopt and follow a religious faith that they believe justifies their lifestyle of 'spiritual ignorance' in that it gives them a mask behind which to live what is in effect a false life.

It is possible that many will not even be aware of this mask behind which they live their lives and in reality this may not be such a bad thing although I would contest their internal true belief system to be nothing more than an illusion.

There can be no doubt that once we start out on our journey of life we inevitable move away physically and emotionally from the centre of the Tri-Verse and that once we come into contact with the outside world, we become contaminated on many levels. It is this contamination that leads us away from the true inner self and which we struggle sometimes unconsciously, to get back to – the state of innocence and the true self which is in integral living part of Nature, the essence of cosmic dust that makes up the entire universe.

This contamination can be best represented by the three open ended spiral arms which represents the paths we travel in whilst competing to live in this ever changing demanding materialistic world. Many of us just continue to move off from one of the three end swirls to places which do not exist or leads to nowhere but into nothingness. When we discover that the path we are Journeying on leads to nowhere, we can become depressed, anxious and stressed as well as feeling emotionally and psychologically 'lost'.

However, as the '*whole*' is interconnected, we are able to reverse many of these dead end Journeys and whilst we may leave behind a plethora of 'trails' relating to both positive and negative interactions and experiences we have encountered along the way, we none the less can return back to the centre of the Triskjney where it all began.

In such circumstances, being able to start out on our own sacred path once again in spite of the many wrong paths we have taken, is without doubt of immense intrinsic value to eventual self-discovery and understanding of true spirituality within the context of our individual humanity.

It is having the knowledge and understanding that we do have the power and ability to return to the Tri-Verse centre time and time again until we finally make the right journey which feeds our inner soul and keeps awake our true spirituality and sense of self.

Maslow once said that all human beings make an unconscious journey through five stages throughout our lives and that whilst we look for fundamental things

such as physical needs, safety needs, love and friendship needs, many of us aim for the penultimate level – self esteem and feelings of self-worth. However, whether we acknowledge it or not, we consciously or subconsciously seek the ultimate level – self-fulfillment and self-actualization. What I feel he means by this statement, is that we finally understand and recognise our place in the living world within the confines of what we understand Nature to be.

In other words, if we explore deeper into what is really meant by the terminology self-fulfillment and self-actualization, we note that it is in essence the centre of our own Tri-Verse, the one place where we existed without life's 'baggage' and contamination-our initial true spiritual being where we were connected to all that is, all that ever will be and all that has yet to come.

The Tri-Verse approach is used during our Wilderness Forest Journeys in order to help and assist individuals make this reverse Journey so that they can make an informed choice to set out once again, on their own sacred path to connect with their true inner self in the hope it leads to true spirituality and self-actualization.

In order to do this, we follow the following three approaches [The Slowing; The Joining and The Resonating] when we acknowledge and freely enter the Wilderness of Nature, of our own minds and within all that we believe in, in relation to who we are, what we are and why we are but more importantly, what we can be.

The Slowing:

In to-days demanding ever changing chaotic uncertain world, many find it impossible to connect with their inner self, their very essence of humanity, their spirit if you wish to call it that, through many internal and external distractions.

Those internal distractions come out of a human desire for influence, power, money, material goods, housing, art, new car, lavish holidays, designer clothes and a myriad of other items that we feel we either need to live a full and worthy life or just want because the adverts tell us we are not tuned in to reality if we do not have them or use them. In addition, we are told from an early age that we need to achieve educationally and academically so that in our adult life we can get those careers that will put us on 'easy street' for life' Sadly in to days financial uncertainty, this is no longer the case and having degrees by the dozen does little to ensure you get a 'job for life'.

Those days are gone but unfortunately we have not yet shed off the cultural contamination. How many of us still hear those words of our parents "do better at school – get good exam results, go to University, get degrees, masters or even PhD's to ensure you have a place in society. What place I ask! In that long every growing queue of graduates intermingled with non graduates, those with several degrees, those who also had a dream but never knew how to realise it!

Who wants to be a sheep all their lives. Where has individuality gone? Where has the sense of adventure and I don't mean going exploring wild places although that in itself would not be a bad thing, no, I mean where has the urge to be different gone, to try something new something that appeals to you rather to someone else say a parent or some other adult who thinks they know best what is good for you/us?

How many of you reading this have heard that to do well at school, study hard, going to university will give you opportunities to get a well paid career so you can save hard so that when you retire you can live the 'good life'? The reality today is that you can do all these things except that when you reach that age when you think you would like to lead the good life promised you for all your hard work, it has gone down the drain along with a great majority of life savings others have stored for their old age. You are left with nothing but questions 'why has this happened to me?' as if the Universe has selected you and you alone for this treatment.

Wake up to reality. Nothing is ever certain anymore in these uncertain times we live in. Working hard is all very well just as following the age old tradition of studying hard at a school, going to University getting a degree (or two) moving into a career, buying that big house and so on but just stop for a minute, take time out and see what you are missing, see how poor you really are.

When did you last go into Nature alone to be in harmony with the songs and tunes of life? When did you last sit and watch the majesty of the sunset on a calm and starlight night? When did you last hear your own breathing your own heartbeat above the cacophony of the modern world?

Have you ever had the privilege of listening to a tree as its life giving sap is sucked into its trunk? Have you ever slept out under the summer skies watching the shooting stars create a timeless Universal tune that makes you dream of what if, what else can I be? And even if you have done all these things, can you really say that at the very moment of any felt or thought 'connection' to the experience, you felt at that unique moment in your life of being an intricate part of all that there is even that which is not yet known and that the truth of reality is, is that we are all Nature, we are all cosmic dust, we are all energy from the same source and we all must take responsibility for what we do and what effect our actions has on others which of course, means the Natural Environment and Nature in all its wonderful inventions.

What I am getting around to saying, is that it is vitally important if we as individuals and as a collective body of creatures strive to understand the reason of human existence we need to slow down our thinking, our breathing, our wanting, our needing, our desires, our very life styles to a pace that at some point becomes in sync with the breathing of the very Universe we are an intricate part of. We need to hear the life's breath of all things in Nature to realise our own duplicity of raping natural resources for no other reason than for our own comfort and to satisfy our own greed, desires needs and wants even though we can live honourable and worthy lives without them. We need to accept that Nature has the answer, we have chosen over the centuries to ignore it, at our peril!

The Joining:

Being in Nature and the Natural Environment is not satisfied by going camping either to a camp site or into the wilderness just as paddling your canoe or kayak up a Norwegian Fjord or around Alaskan islands or climbing a mountain in the Himalaya alone or with a group. Such activities are just that, activities and nothing more. Pity the explorer who treks for days on end through steamy hot life sapping jungle who spends all their time looking out for wild animals, poisonous spiders, snakes and such like and arrives at their destination safe and sound without knowing that at one point they were a few feet from a wild orchid that only blooms once every five years or that above their heads at one point a rare and unknown

species of monkey sat quietly as they passed beneath looking this way and that way for things that may attack them on their journey through the jungle.

What was the point of it all? Yes they arrived at their destination but saw nothing, felt nothing, experienced nothing but fear and was not IN Nature but passing through it as fast as they could to complete their intended journey.

And what of the mountaineer who fights their way to the summit of a much sought after prize who on their return revels in the publicity of their achievement and is seen and a modern day adventurer 'hero'! can he recall the harmony of the wind as it sung its way up and through the ice field or the ice flutes that had to be negotiated? And what can he remember about the beauty of the clouds, or the ice crystals that sparkled in the sunlight! Did they really feel a connection with the geological aspect of the mountain or did they just seek the easiest and quickest way to the summit!

Being in Nature or the Wilderness of the Natural Environment has its superficial rewards but it does not connect you to the mystical power or potency that is nature very essence this can only be done by joining with the flow of Nature in any given situation.

For example, the hiker who sets out to visit a specific place but does not arrive due to their sensual involvement of looking and being with Nature along their journey is far richer and more enjoined with their soul or spirit of essence than the jungle traveller who fears for their safety as they travel their chosen journey to a set destination.

We need to allow ourselves to truly be a part of nature rather than be in Nature.

The Resonance:

To achieve true and equal resonance with Nature and our internal self, we have to work hard at seeing and understanding the true essence of Nature and what we see and experience within it.

For example, how many of us see the sun wax as it moves across the sky during the day to see it finally waning to make way for the waxing of the moon? How many of us even pay attention to this visual movement and just how many actually allow themselves to think and understand that the sun and moon is not moving at all, in fact it is the world that revolves around the sun so that when it leaves our hemisphere at night time, we get to see the moon which like the sun is not that which moves.

Similarly, when we are bothered by swarms of annoying midges or mosquitoes and curse them for keeping us awake at night, how many give it a second thought that in Nature, the midges and mosquito lives as larvae until it is time to hatch, fly endlessly around until it mates then dies all within a twenty four hour cycle. Do the midges and mosquitoes know anything about the inconvenience it causes campers and walkers! I think not.

When you go out into the wilderness for an adventure of some sort, do you ever consider that we like all domesticated animals, we are utterly and completely unprepared for the wildness of the Natural Environment and that fear is what drives us. It drives us to cope, overcome, defeat and usurp 'fear' as an emotion

rather than encompass it, absorb it, live with it, allow it to be a unique part of the overall experience.

In this respect, when we truly and unconditionally resonate with The experience, we come to realise that We are the experience who becomes the experiencer before becoming the commentator of the experience, possibly a little bit of the controller of it until finally we find ourselves 'gone' from all that defines us as a human being and we once again become that centre point of the Tri-Verse – a part of the Universe that IS nature.

It is only when you are in this wonderful magical, mystical reality of experience, that everything resonates together in universal harmony – the experience, the beauty, the wonder, concept of who you are, the reality of real truth, senses and thoughts, ideas and dreams, responses and comments, beliefs and understanding, primal being and innocent spirit, all become one being, one experience, one appreciation, one bright sparkle in the radiance of being alive.

Seeking the way towards truth requires acceptance by the individual that truth is something that is in itself flawed with contamination of existence and that there are a multitude of human emotions and feelings waiting in the sidelines to steer you away from this path, this journey into the Universal light that is truth.

We are all no less no more than a small insignificant part of the natural order of Nature which allows us the opportunity to connect with 'her' through our wilderness experiences either individually or collectively. The answer is there, we have to want to find it!

'floating stone' k/a *fg*
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