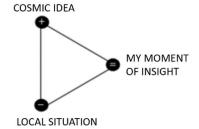
## **WORKING WITH COSMIC ECOLOGY IDEAS**

To work with cosmic ideas, it is helpful to practice a visualisation discipline which links three aspects into a dynamic triad. The *cosmic idea* [1] is the affirming force which states 'this is how it is'. The *local situation* [2] is the specific existential area of interest and the moment of insight is the *reconciling force* [3] or spontaneous grace of an insight.

Insight is an outcome of creative energy and cannot be planned or logically arrived at. However the kind of practice described here can increase the possibility (even the probability ) of it happening.



The triad has six variations of its dynamic (laws of the triad) where one term is initiating, another moderating and the third resultant. There is no need to understand this for the method to work. Just focus your mind through the six questions, one at a time. Maybe only one of them will "fire up" but that's fine. So the procedure is

- 1. Choose a cosmic idea to work with
- 2. Choose a situation you are keen on understanding
- 3. Spend a few moments taking the idea into your mind especially by visualisation if you can
- 4. Work through the six questions making headline notes if you if something comes up
- 5. The questions can be done in any order and doing only one will start the process.

My Chosen Idea is : \_\_\_\_\_

Question	Inquiry triad	Formal triadic law
What does this idea say to me?	Idea as guidance	1-2-3 Expansion
Notes		
Why is the situation like this?	Situation as provocation	2-1-3 Concentration
Notes		
What is really going on here?	Idea as interpretation	1-3-2 Interaction
Notes		
What does this point to?	Situation as indicator	2-3-1 Identity
Notes		
What does this situation mean?	Insight as illumination	3-1-2 Order
Notes		
What new meaning emerges?	Insight as creation	3-2-1 Freedom
Notes		

## A SELECTION OF COSMIC IDEAS

