



Graham Brown: The Reciprocal Frame - Timeless Wisdom Embodied in Structural Form



Graham Brown is the founder of the Peacebuildings project. He is an architectural designer, craftsman and inner journeyman who began meditating at age twelve, and has worked with the Reciprocal Frame since 1987. In this session we are invited to discover the interconnected natural world that arises out of formlessness, demonstrated through a structure of nine sticks which can teach us a new way to interact with our living planet, and offer us a path with which to return to harmony within and without.

TOP EMBODIMENT TIP: When our mind quietens, we reside in a knowing of that which has always been, that which is unborn, and yet gave birth to all form through all time; That within which and by which all experience is known. When we know ourselves to be the embodiment of that... We recognise how sacred is our life on this earth, and everything changes. We become a cell in the body of world peace and sustainability, and peace and happiness occupy heart and mind.

Current World Structure: We don't have to go far in today's world to see what is not supportive within our system

- The question to ask ourselves is: **Who or what is embodying what?**
- Our world system is currently demonstrating polarity and separation by dividing things into *this* and *that*.
- The natural world, however, is completely interconnected and everything in it is dynamically supporting the other.

If we are the Problem, we are also the Solution: The Process of perception

- 3.8 billion years ago life on Earth became animate. Small single-celled creatures became aware of the 'other'.
- As our consciousness changes it becomes more complex, and as that happens, it adds more weight to the primordial model structure of the natural world.
- As a result of this we will see extinction, global warming, and other imbalances occurring.
- The paradigm shift is fundamentally with us and within us, and to get there **it is necessary for us to explore the development of our own consciousness.** We need to be willing to attend to our actions.

We Live Driven by our Sense of Separation:

Within our current system and polarised world view, our minds are a whirlwind of constant activity

- In our dance of constant mental activity, **we miss the space.**
- We are a constant arising of formlessness into form. Formlessness permeates all things.
- When we discontinue constant mental activity, it brings happiness to the heart and peace to the mind.
- Willingness and openness to receive what's there, courage to accept, the ability to reflect on what we see, discrimination between that which is true and false, compassion, humor, and the trust to release, are all qualities which can support us to **inhabit our being in resonanace with and respect for all beings.**

Resources

- ❖ **Website:** grahambrown.earth



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