

ACTIVE HARMONIZING

by Stewart Blackburn

As we seek to understand energy, how it works, and how best to manipulate it, we encounter several things that need our focused attention. Love is obviously one of them, as are imagination, feelings, and hope. But one use of energy that often seems to get overlooked is harmonizing.

Harmonizing is the intention that the focus of the harmonizing be in a pleasant relationship with whatever is around it. Naturally, harmonizing is a subjective experience and the word pleasant describes one's reaction to that experience. We recognize harmony in things like music and art where we like what we hear and see. We recognize disharmony by how distasteful and jarring it feels to us.

But there are plenty of situations where we don't necessarily recognize the disharmony in our ordinary lives. For some people a messy house is acceptable when they are tired or depressed. Messy relationships are often tolerated when people don't know how to take responsibility for their own experiences. Contentious political realities seem natural in a society with a wide variety of needs and backgrounds.

The desire for harmony in a disharmonious situation may seem like a fantasy, but anything will help. And it's helpful to remember that each of us contributes to any given problem. We also need to remember that harmony is about the relationship between two or more entities. Changing one end of a relationship will affect the other end, but we are looking to change the pattern of how these entities interact with each other.

Here are four approaches to harmonizing a situation.

1) Intend that some pervasive force or energy magically change the overall pattern to one of harmony. The magic resides in the intention. Intentions are specific patterns that are designed to be different from what has preceded them. If I intend to brush my teeth, that is a change of the status of my teeth.

The use of a metaphor for this works well. A heavy fog of a harmonious color is a favorite. A field of harmony works as well, as one might do with a *La'a Kea* if you are familiar with that. An imagined fragrance can be a powerful metaphor as can a healing sound, real or imagined.

2) Forgiveness. A lot of disharmony comes from holding on to blame. Someone did something that was "wrong" and something needs to be done to rectify that. A blanket forgiveness goes a long way to helping the situation and all other similar situations. "I now forgive everybody for everything, including myself." If you can mean it when you say it, the energy will shift dramatically, and you will have effected a profound harmonization.

3) Adopting a higher or greater perspective. We naturally look at the circumstances and events of our lives from our own point of view. It's important that we do. But we have the ability to look at things from a different perspective as well.

For instance, we can pretend that we're sitting on the moon or some place high above the Earth's surface and we can look down and see all the players and their motivations in whatever situation we want to look at. We can see our own motivations in relation to other's motivations and see similarities and differences in the light of personal values, goals, and fears.

The very act of mentally stepping back and intentionally looking at a "bigger picture" can be very useful. We can see the context of whatever disharmony we're experiencing and thus we can work to change that context in some way. For instance, we may see a fellow employee who is consistently late and tired, annoying us by forcing us to take up the slack. When we can see from a greater perspective that this person is trying to balance single-parenthood and another job to make ends meet, our perspective changes and our natural empathy can kick in.

4) Valuing harmony in general. Most of our entertainment is in the form of some kind of drama. This drama is humorous or tragic based on how we choose to look at it, but it always involves disharmony and some kind of effort to resolve that disharmony. Most often we approve of that reestablishment of harmony, and we feel good.

But the level of harmony around us and in our own lives is generally a reflection of the state of harmony inside of us. We can easily see our personal level of harmony when we look at our relationships, our living spaces, and how we use our time. When we hold conflicting beliefs or values, when we resist feeling certain things, when we allow resentments, angers, and fears to run our lives, we are experiencing inner disharmony, and we will see it reflected in the experiences of our lives.

By noting to ourselves that we prefer harmony we can make choices that reduce our disharmony. When we can say that harmony is important to us and that we will work to increase the harmony both within us and around us, we begin changing our world.

Harmonizing is a gift we can give to the world ... and to ourselves. Let us all be generous benefactors of this magnificent gift!