

# Balanced Living in All Centers

The Natural Order Process, Vol II

As Interpreted by Dennis Reuter

Organized life includes spontaneous living, well-rounded expression of natural desires, and maintaining an even flow of force through all the psychic centers. For those who wish to live an organized life, nothing compares to concentrating on the creative life currents of the psychic-nature until control over them has been obtained.

Beginning exercises such as alternate breathing, the full breath, focusing on the force centers, etc. help reach that goal. As an individual practices these concentration exercises, healthy co-ordination among these various levels eventuates. The forces of the higher psyche, lower psyche and configuration all align in natural order harmony. Etheric forces and the vital dynamism adjust to their proper function.

If bodily activities are over expressed, if the emotional self is too strong and out of control, or if the cortical functions are too active, then the harmonic balance and alignment of the whole person is thrown out of its orderly rhythm. Imbalanced and disorganized living interferes with one's health and happiness. Complications then develop on many levels, resulting in inappropriate expression of desires, physical ailments and so forth.

New students often have un-organized psychic-natures and do not understand the process of controlling it. They grasp the concept of "regeneration" well enough to lift the life currents of the psychic-nature from the 'lower' to the 'higher' centers. But under the unconscious influence of long-held puritan ideals, they strive to keep the currents out of the 'lower' centers.

This results in the intensification of the currents in the head centers which, if not understood and controlled, will tend to produce withdrawal from the physical body and a 'flight from reality.' Vital dynamism and etheric forces required by the organs of the body get drawn off, becoming insufficient for the digestion and assimilation of food. This in turn creates many other complications and end-products.

We need not ignore or suppress desires relating to the lower centers of the psychic-nature. When those desires are normal to the basic point of development of the individual, then using personal will to dominate and restrain those desires results in repression. This leads to compensatory and substituted forms of expression. When the desires of the psychic-nature have been over cultivated, then restraint and the exercise of will to raise the forces to the higher centers does not lead to repression but acts as a decided help in starving out these entities.

Please note the delicate balance respecting the use of will: if used upon normal desires a repression of natural forces will result, but when used in respect to over-cultivated and accentuated desires, a definite benefit is obtained. With a bit of self-reflection it is not difficult to determine which use is appropriate.

Much of the harm surrounding repressed forces results from the uneven concentration of those forces, such as when the psychic currents are predominately localized in one or two centers. Of course, forces may be temporarily localized in one center for a specific task. However, the currents should not remain primarily in one center, but should be equally diffused throughout all centers, or kept flowing in a figure-eight pattern which characterizes their pathways.

We do not try to leave behind or transcend the real conditions of this earthly life in which we are integrated. Instead, we reorient our consciousness toward the energy nature of this world and control the forces of the psychic-nature by practicing the exercises given in our teaching.