

The Law of Rhythm

Energy Ebbs and Flows,
All Energy Vibrates According to It's Own Rhythm

**Lesson 9
of the
Universal Law Course
By
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"To everything there is a season, a time for purpose under heaven"

All energy has its own rhythm and frequency. It ebbs and flows. These rhythms establish their own cycles and patterns. Like the seasons of the year, each has its own purpose and function and is a vital part of a larger cycle.

Learn to tune into the higher vibrations and frequencies that you wish to attract. As you become aware of the rhythm of the Universe, you will be able to use this Law in conjunction with the others in order to manifest your desires.

The law of rhythm tells us that there are patterns and rhythms to everything, it ebbs, it flows, it sways, there are patterns of rebirth and death, energy is constantly moving.

You have a rhythm. How does your body react to the seasons or to different times of the day? You have probably come to accept that there are times during the day that you have higher energy and times when you have lower energy. For me, my energy is highest in the morning, so I use that time to be productive, to do chores or meet deadlines. I have meetings on Mondays because I know that I tend to plan my week on Mondays. I don't really do very much after 4 in the afternoon because I know I've spent most of my energy by then. And, after working for years and years in Monday through Friday jobs, I accept that my natural rhythm is to take the weekends off and do things other than work, or work very little.

Our understanding of this Law enables us to contain our excitement when things start to look like they are going south. We can now simply understand that lower energy periods allow for us to prepare for the next cycle. In the fall, we store away food and gather fuel in preparation for winter; during winter we hibernate and save up our energy for the growth of spring; during spring we plant seeds that we will grow during the summer which we will harvest in the fall in preparation for winter and so it goes.

With each season we lean into its gifts in preparation for the next. There is no need to panic. We can again look to our mantra "things are this way now, they will not always be so" or another favorite of mine "all is well in this moment".

Sometimes events are on a long cycle. I have a friend who I have walked with through the break up of her marriage, her separation and eventual divorce. As she has gone through this process, I've continually explained that hers is not a unique situation, that in fact, the stages she has gone through have been predictable. The difference, really, has been the length of time in each stage, but otherwise she has followed a normal pattern. We all do. While our stories and details may be unique, the rhythms of such things are not.

The lesson from the Law of Rhythm is to keep your energy in balance. Don't let seemingly weird stuff freak you out. It's all good. It's all going to be ok. Just wait for it to come around again, because it will.

The following passage is from the Universal Law Love Edition Course...but it bears consideration as you learn about the Law of Rhythm. After all...we are all in relationships with other people, whether they are romantic, familial or friendship...every relationship has a rhythm and a patten.

One would even argue that all relationships are Spiritual Partnerships.

And so in this regard...

As you consider the concepts for the Law of Rhythm, please remember the following:

One of the vitally attractive pieces of a new love relationship is the incredible energy that it contains! At the beginning, your brain is filled with those yummy chemicals, and you are excited by the thought of your new love. You write the little hearts everywhere, you wait in anticipation for the next time you can see them. It seems as though everything is perfect and you are on this wonderful high!

The problem comes when we believe that we can or should sustain this energy!

The reality is...we just can't.

All relationships have a rhythm and stages. Quite frankly, this first stage described above is primarily there so that you can get naked and have sex.

This first stage ends as it is meant to and it's time to move on to the next and more important stages of a Spiritual Partnership; one in which you see your partner for who they are. You accept that they are not perfect and you choose to love them anyway.

The heady days of romance can only last for so long. The deeper and more profound connection of an engaging spiritual partnership is really what you after. You simply must accept that there is something better that lies beyond the romance.

You can only get there if you are willing to reveal yourself and be vulnerable. It takes work and the work is primarily an inside job. It's not about fixing another, it is about fixing yourself.

Take the time to get to know your partner, take the time to get to know and love yourself. It is well worth it.

Journal questions and exercises

Now that you've learned the big ideas behind the Law of Rhythm, find a quiet place, grab your journal and consider the following:

- What is your natural rhythm throughout the day?
 - When do you have higher energy?
 - When is it lower?
 - How do you plan your activities around your natural rhythms?
 - If you don't do so already, what can you do to adapt to your body's natural rhythms?
- Now that you're aware of the Law of Rhythm, you'll begin to notice patterns everywhere.
 - Write down a few that you've observed already.
 - Choose a couple of patterns that you have noticed, how can you use their rhythm to your advantage?
- Is there a project or item on your to do list that is at a lower vibration or energy for you currently?
 - How can you use this time to prepare for the next stage in the cycle?
 - How can you plan to use your energy throughout the day to complete this task?
- Is there any project or item on your to do list that is on a high vibration or energy currently?
 - How can you prepare for the low ebb in the cycle?
 - How can you plan to use your energy throughout the day to complete this task?