“There is a vitality, a life force, an energy, a quickening that is translated through you into action; and because there is only one of you in all time, this expression is unique. If you block it, it will never exist through any other medium and it will be lost. The world will not have it. You must keep that channel open. It is not for you to determine how good it is, nor how valuable, nor how it compares with other expressions. It is for you to keep it yours, clearly and directly.”

Martha Graham
You can learn ballet by coming into the classroom and just doing the steps, but you will understand and learn this form of dance much more easily if you actually have seen a performance. If you've watched a ballet, you will have a reference point. Then, when you come into class, you and your teacher can talk effectively about the lines dancers make in space, and how their arms and legs need to be held in order to have the energy move all the way through their bodies. And when you do the steps yourself and move your body into different positions, you will know how your physical form is supposed to look. If you haven't seen a performance, if you haven't seen how the dancers move and hold themselves, then the conversations with your teacher will have no context and the learning and understanding could come more slowly.

So, I am going to share the story and the pictures of what I call the “natural rhythms” with you first, to provide the visual reference point, as a ballet would for a dancer. On the written page, stories and illustrations seem to be the closest things to an actual live experience of the subject at hand. After that, we will come back to work with all the parts I have described and learn why each of them is important to you and the dance of your life.

The telling of any story can be done in many ways. Often many different versions of the same story exist. The perspective of the storyteller and the perspective of the one hearing the story each impact the story as well. When it comes to this particular story, it is not for me to determine if the story is good or has value. I simply offer it to you as one of the expressions of Spirit moving through me. As you read it, please notice how the story feels to you. Then feel free to use the parts of the story that work for your development at this time, and simply set aside the rest.
People familiar with the natural rhythm energies of the earth, sun, moon, and stars may feel they turn or flow in a different way. Some put the elemental archetypes in other directions. Regardless of where or how you place them, they all have lessons and energies to share. I have located the energies based on the Northern Hemisphere where I live. Placement may need to be different depending on the part of the world you live in. Allow your own inner wisdom to guide you to discover which energies you would like to work with and when.

The story I am about to tell you evolved out of my years of facilitation with presenting these concepts in classes. In my various workshops, I lay out several presentations on the floor using an Accelerated Learning format. As mentioned in the Introduction, Accelerated Learning is a teaching and facilitation method which engages the student in the learning process in ways they can more easily and immediately integrate and access the subject matter. Over the years, I realized how these separate presentations were more deeply connected to each other than I had previously known. That’s when this story evolved and came to life before my eyes.

So settle in. Center yourself for a moment by taking a deep breath, and let the story begin...
Once upon a blue fold time...

in the dark center of the void, a quiet and subtle hum vibrated across the waters of the cosmos, and movement began. The substance that stirred in the time before time began its gentle sway, to and fro.

The source energy continued its movement, until two separate but connected energies emerged, an inward flowing receptive energy (yin-dark) and an active outer moving energy (yang-light). They loved dancing together and they stayed close in their movement for as long as they could evolve in that manner.

When they reached the end of their capacity to move together, they separated
making room for each to grow and express. They chose in their separation to stay as connected as possible by taking both the energies of yin and yang with them. In their separation, the polarities of masculine and feminine were created. After their division, they decided that any future separation and expansion would always include both the energies previously expressed. Later these two energies would be called Great Mother and Holy Father, Goddess and God, Divine Feminine and Divine Masculine as well as many other names, yet both retained the yin and yang energies. Each took certain jobs in creation. The Divine Masculine brought forth his distinct function, his yin and yang expression, and proclaimed, “My masculine yin energy creates the seeds of any creation. I contain and protect the seeds until they are ready for sowing and planting. I hold the seedling energy until my masculine yang time comes to expand, penetrate, and ejaculate the seeds for planting. I use my yang masculine, goal-oriented energy to help bring any endeavor into focus and completion.”

The Divine Feminine declared her receptive and active expression in creation, and stated, “As the feminine receptive yin energy, I open to receive the seed and then to nurture and gestate it until the right time for its birth into the outer world of form.”
I then ride the wave of the organic timing of my feminine yang energy so I know when to birth the creation. At the right time, I mightily push forth that new life from my nurturing womb space in which it grew.”

They sang the song of their love while dancing across the cosmos, and universes were born from their great union.

As they had agreed, all their creations contained the essence of the energies from which they were created. Each creation had at its core receptive and active qualities and carried with it the essence of its divine nature.

Out of the Divine Feminine and Divine Masculine’s deep love for each other, our physical world was born. As this world moved into form, four fundamental energetic forces -- Earth, Water, Air, and Fire -- were birthed to hold its creational matrix. They were known from that time on as the elements or Elemental Forces and they agreed to work together to hold our world in form. After their birth, the Elemental Forces sat in council together and discussed the best way to shape the container of our world. They determined that they would work together as a unified field, with each having their own function and job.

The elements chose to become nature’s foundation, and to express themselves as archetypal energies. They agreed to carry their archetypal energies in all expressions, even though their states would vary. For example, the element of Fire established that he would bring warmth and heat whether he shows up as the sun, a candle flame, a roaring fire, a chili pepper, or warm food heated on the stove. Each element felt the uniqueness of its expression and the great importance of working together with the other elements. Since they held the creational matrix of this world together, the elements decided they would gladly share their wisdom both individually and collectively with any future creations that wanted to learn and to grow from their knowledge.

To keep the matrix in balance, it was agreed that two of the four forces would carry a more feminine essence and the other two a more masculine energy. They also established that they would all carry both receptive and active qualities as well. Additionally, the Elemental Forces chose that their work together as a unified field would be accomplished in the same vibrational pattern that began the dance of creation – the yin and yang. They created that sacred light-dark pattern of balance as they positioned themselves in the four directions and established the solstice and equinox points.

As they came forth and moved into position, each force expressed its function in creation...
“Earth spoke with solid groundedness when she took her place. “I am Earth, the physical realm of matter and your physical body. I create structure and form. My yin/yang expression shows in the need for rest and activity, my fallow and growing seasons, and the process of death and birth. According to the great wheel in the Northern Hemisphere, I take my home in the North and in the time when the greatest darkness gives birth to the light at Winter Solstice.”

A river of words flowed from Water as she moved into position. “I am Water, the emotional realm. I run through the bloodstream as the rivers run across the earth. My yin/yang energies are connected to the cycles of the moon. My rhythm dances the tides in and out from the shore and sways your feelings from calm to intense. I take my home in the South, at the time of the greatest light, Summer Solstice. With Earth, together we form the feminine elemental axis – Earth contains me with her banks and shorelines and physical bodies and I nurture her. Together we connect to the deep inner terrain of beingness.”
Air bellowed with a huge gust of wind as he found his location. “I am Air, the mental, vibrational and archetypal realm. I am the ability to think and to perceive the world. I work with the movement of the stars and the planets, bringing forth astrology and round table consciousness. My yin/yang movement is the breath going in and out of the body and the dance of vibration and sound. I take my home in the West, the balance point of light and dark, and the time of the Autumnal Equinox. I connect with Fire to form the masculine axis of the mental and the action realms, which are connected to the outer world of doing.”

Fire heatedly expressed himself as he moved into place. “I am Fire, the action realm and the light realm. I am the life force that warms the earth and the crops for growth. I create the excitement and energy for any endeavor, and I am the spark needed to activate desire. I am the solar force, and I show my yin/yang expression in the turning of day into night and night into day. I take my home in the East at the Spring Equinox, one of the balance points of light and dark. At my time of year, the active growing cycle begins.”

In their council meeting, they determined that the equal arm cross with a circle around it would be a symbolic reminder of how they hold our world in form.
The circle represents our world and the cross represents the four elements, the four directions (North, South, East, and West), and the four seasonal points. The four seasonal points - the two solstices and two equinoxes - contained their own energies as well - and began a cyclic rotation perceived as time. The movement through all the solstice and equinox points is called “the turning of The Wheel of the Year,” and with each full cycle another year passes and a new one begins. At Winter Solstice, the light is birthed from darkness for the new cycle and it grows until it reaches its height at Summer Solstice. It then begins the subtle movement back into the darkness. The equinoxes mark the complete balance points of light and dark that the wheel passes through each spring and autumn. Standing in their places they honored one another, as well as their unified energies that combine to hold this world in form.

The solstices and equinoxes then began to notice the point halfway between each, when the energies started to turn toward the next season. Thus, they
began to honor those points and their energetic portals. They called them the “cross-quarter days.” Each cross-quarter day marked the start of the energy for the new season, while the solstice or equinox days marked the height of that energy.

The cross-quarter days each gave voice to their energy as they stepped into place...

“I am the cross-quarter day of **Samhain**, also known as Halloween. I am both the ending point of the old year and the starting point for the next turning of the great wheel. I stand between Autumnal Equinox and the birthing of the light for the new growing cycle at Winter Solstice. From this point, I connect easily to the past and to the future as I stand between the two. Here the veil between the worlds, of what has gone before and what will come next, is the thinnest. I start the turning toward winter, with Winter Solstice being its fullest point. Harvest festivals will mark this time of year and mine will be the last. It will honor the old growing cycle before the beginning of the dark germination period prior to the next cycle. I can be celebrated at this mid-point, on October 31st.”

“I am **Imbolc**, also called Brighid’s day or Candlemas by some, and I come between Winter Solstice and Spring Equinox. I start the journey toward spring as the seeds begin to warm and stir from their slumber with the growing light. I bring the start of new life as the sun begins to gently heat the sweet earth. I am a time of creativity, purification, and regeneration. I provide a good opportunity for initiations or beginning any creative endeavor. I shall be celebrated on February first or second each year.”

“I am **Beltane**, also known as May Day. I mark the point between Spring Equinox and Summer Solstice and begin the turning toward summer. I am the time of the year when we shall celebrate the union of the Goddess and God, the great sacred marriage. The sun is actively heating up the earth now, and their union creates the fertility for an abundant growing season. Performing ceremonies at this time will help to ensure the fertility of the land. I shall be celebrated on May 1st, halfway round the wheel from Samhain.”
“I am Lughnasad or Lammas. I shall be celebrated as the first of three harvest festivals beginning the quiet turn toward fall. I come at the mid-way point between Summer Solstice and Autumnal Equinox and can be celebrated on August 1st or 2nd. Just as grain will now be harvested, transformed into bread and then used as fuel for the body, harvest and transformation are the core teachings of my time of year. I stand halfway around the year from Imbolc. The energy that stirred then ripens now.”

All four of the solstice and equinox points, along with the four cross-quarter days formed the eight points of the Wheel of the Year. When all the points of the Wheel met together for the first time, they decided that they each would be one of the great teachers of change. The turning from point to point happened approximately every six weeks, thus naturally keeping the energy of change constantly in motion. The points determined this would teach those who work with them to learn to honor the cycles and rhythms of change and motion.
Wheel of the Year provided a wonderful organic teacher of the natural process of life and death. Since the Wheel of the Year formed over the course of a year through the relationship of the earth and the sun, it was decided that Earth would claim the Wheel as one of her teachings.

Water decided that, since the moon had such a pull on her rhythms, she would take the monthly cycle it creates as one of her teachings. The moon makes the same yin/yang pattern in its journey each month that the sun makes with the Wheel of the Year as it grows and recedes. “For those attuned to the workings of these energies,” Water said, “working with the moon will create a shorter rhythm of expansion and release for manifestation and creation.”
longer needed, and preparing for what is next. They shall also help those who work with them to know the sacred time or natural rhythm for doing something in their lives, which will help them line up with the natural flow of energy instead of working against it.”

Air then suggested to the group an additional division of archetypal energies that both the sun and the moon could move through each month and year. He explained, “If the elements are sub-divided by three, they could create twelve astrological gates of awareness.”

“These twelve gates of awareness would teach those who worked with them to have “round table consciousness.” By passing through these gates with conscious attention, the archetypes would teach people who acknowledge them to achieve a large enough perspective on life to honor all twelve viewpoints, and all the ways in which those viewpoints might be combined.”

“This would be my teaching,” Air said, “as I am the one who brings the capacity to see things from all sides. Working with these astrologically related archetypes would allow different energies to better understand one another. They could learn to have compassion for the different ways things in this world need to be experienced. Thus, everything in this world would have an inner knowing of the twelve archetypal energies and would experience them during the course of each year as the sun passes through them and each month as the moon moves through each energy.”

Air began giving directions to the elements to move into their three different archetypal expressions: “Fire, please place your energy in the archetypes of Aries, Leo, and Sagittarius. Water, be so kind as to move your energy into Cancer, Scorpio, and Pisces. Earth, please send yours into Taurus, Virgo, and Capricorn. And I will move into Gemini, Libra and Aquarius. These divisions will make it easier for others to understand some of our energetic subtleties,” Air explained. The other elements thought Air’s idea expanded the teachings in a beautiful way, so they divided into the archetypes as he suggested.

Air continued directing the others. “Let’s have the masculine axis start the energy off here, since it is our turn next to express. Also, one astrological archetype associated with each of the four elements needs to fall directly in alignment with The Wheel of the Year, and we can call these Cardinal Points. Fire, why don’t you start by positioning your first archetype of Aries at Spring Equinox. Cancer can take the Water point at Summer Solstice. Libra will take my Air point at Autumnal Equinox, and Capricorn can go into the Earth
position at Winter Solstice. As we position ourselves around the wheel, we will place ourselves in this order -- Fire, Earth, Air, Water -- that way we will have a masculine archetype followed by a feminine archetype, all the way around.” The archetypes took their places on the wheel.

Once in place, the first group that Air assigned to the elemental astrological archetypes talked among themselves and decided to work personally with their element, through their individual experience of the particular element.
influencing them. They would notice their constant relationship to their primary element, and so began to speak about themselves from this perspective...³

“I am **Aries**, a fire sign. I create the first gate of awareness, through which I teach the meaning of individuation. I am active, high spirited, and energetic. I love excitement, adventure, play, and competition. As a sacred warrior, I will fight to defend my beliefs and protect what I value in life. I like to go first, birth the new, get something started, and lead the way. I am courageous, trusting, decisive, inspired, and spontaneous. I am the Fire point of the cross at Spring Equinox.”

“I am **Taurus**, an earth sign. I create the second gate of awareness, through which I teach the importance of enjoying the earthly realm of matter. I delight in all that looks beautiful, tastes delicious, and feels pleasurable. I love receiving the exquisite things and gratifications the physical realm has to offer. I also know how to take solid steps to fulfill my desires for possessions, wealth, and security. I connect to the Divine when I savor and enjoy intimacy through my body.”

“I am **Gemini**, an air sign. I create the third gate of awareness, through which I teach the importance of the mind and ideas. I crave fresh experiences, change, fun, games, and imagination. I am versatile and curious and often play the comedian and perpetual youth. I am self-expressive through writing, speaking, or connecting to the divine muse through my many creative pursuits. I like to communicate, network, and bring news and information.”

“I am **Cancer**, a water sign. I create the fourth gate of awareness, through which I teach the meaning of nurturing. I am the devoted caregiver to my family, friends, and projects. I love my home and comfort in all aspects of my life. I connect to those around me much like the loyal and caring mother/father. I am sympathetic to the vulnerability of others, and I create safe emotional space for what is tender, young, and growing. I am the water point of the cross at Summer Solstice.”
The next group of the astrological archetypes decided their work with the elemental energies would expand to the next level. They would notice what happens when they express their particular elemental energy in relation to the world around them.
“I am **Leo**, a fire sign. I create the fifth gate of awareness, through which I teach the value of radiance. I use the key of self-love to turn up my light, and the brighter I radiate, the more I inspire others. I am a natural leader, performer, star, director, and celebrity. I am self-confident, dramatic, regal, open-hearted, generous, creative, expansive, powerful, and outgoing. I love to be center-stage, a leading player celebrating and sharing my zest for life.”

“I am **Virgo**, an earth sign. I create the sixth gate of awareness, through which I teach the significance of dedicated work. I understand and honor patterns, timings, rhythms, and cycles. I access the Priest/ess within me to honor the sacred in the natural world through ceremony and ritual. I am organized, practical, dependable, productive, and a hard worker with a tremendous capacity for handling the details of the earthly realm. I am committed to doing my sacred work by being in service to the world around me.”

“I am **Libra**, an air sign. I create the seventh gate of awareness, through which I teach the importance of balanced relationships. I have the capacity to see things from all sides, honor each person’s point of view, balance opposites, consider options, and mediate well. I create safe space for all the gates of awareness to be valued. My cooperative social skills make me a good partner, hostess, and companion. Relationship is my spiritual path. I am the Air point of the cross at Autumnal Equinox.”

“I am **Scorpio**, a water sign. I create the eighth gate of awareness, where I teach the power of feelings. I fully experience the complete range of feelings, from icy and frozen to hot and steamy, and everything in-between. My training is to learn to master my response to them. I am intense and passionate about discovering what lies well beneath the surface of current awareness. I travel deep into my feeling waters to connect to source, and use the treasures I discover there to generate life force in myself and in others. I possess a potent intuition, or sixth sense, and an ability to travel into other realms of consciousness.”
The third division of the astrological archetypes decided their connection to their primary element would be at its most expanded state. They would connect to the collective, the world tribe, all of humanity, and even to the cosmos through their elemental energy.
“I am Sagittarius, a fire sign. I create the ninth gate of awareness, through which I teach the significance of expansion. I am the dynamic, outgoing, truth-seeking explorer. I constantly quest for expansion by physically and energetically seeking out new ideas and territories. I bring my expanded awareness and discoveries back to share with others as a teacher of philosophy and of evolving states of consciousness. I passionately search for the meaning of life through freedom, growth, and development.”

“I am Capricorn, an earth sign. I create the tenth gate of awareness, through which I teach the value of structure and form. I am the administrator, the mature and wise one, the disciplined teacher, the hard working leader, the good provider, and the practical business person. I am ambitious, responsible, effective, efficient and goal-oriented as I bring new structures into earthly form. I create organizations and systems designed to last and support the generations to come. I am the Earth point of the cross at Winter Solstice.”

“I am Aquarius, an air sign. I create the eleventh gate of awareness, through which I teach the importance of innovation. I have a cosmic perspective on life and often bring radical new ideas to humanity. I am the detached, free-spirited visionary exploring unconventional territory. I am interested in helping the world become a better place through humanitarian ideals of love and truth. I am unique, inventive, progressive, and original.”

“I am Pisces, a water sign. I create the twelfth gate of awareness, through which I teach the importance of a compassionate heart. I feel the grief and suffering of humanity and respond with a loving caring heart that heals. I am deeply spiritual, intuitive, and psychic. I serve the world by dreaming the visions of a peaceful planet and selflessly helping others to create a better life. I completely merge with humanity and with the Divine.”
After each of the elemental archetypes had spoken, they stood together in their respective positions on the circle. Based on those positions, they realized that when each of the same elemental energies joined, a triangle pattern formed.
When both of the feminine elemental triangles joined together (the earth signs and the water signs) they formed a six-pointed star.
When the masculine elemental triangles joined, they formed another six-pointed star.
As the archetypes discussed their discoveries, they decided to have the six-pointed star be a symbol of balance and union, a reminder of Source from which we all spring.

They went on to connect both six-pointed stars to create a twelve-pointed star; they claimed it as a symbol for round-table consciousness.
As they all expressed their excitement over the discovery of the twelve-pointed star, Fire expressed an interest in adding his fundamental teaching into the mix. He said, “Earth, you work with the yearly cycle, and Water, you work with the monthly cycle. Air, you add the twelve astrological gates of awareness to supplement and integrate both cycles. I want to work with the daily cycle. We will divide the day into twenty-four hours, and I will illuminate half of that time. This will serve as a reminder of the need for balance every day. We will have night and day, a dark time and a light time each daily cycle.”

“I will also create two energetic portals each day,” Fire continued. “One as I change from day to night - dusk, and one when I change from night to day - dawn. These portals will be powerful times to work with both the energies of day and of night and of the sun and of the moon. These portals will serve an especially important role when extra energy is needed for creational work.”

He became extremely excited as he shared his next idea. “We can all work together at our best times to help those who will live on this planet to manifest their own creations effectively. When I am in my dawn or dusk phase, Earth is in a Wheel of the Year point (solstice, equinox or cross-quarter day), and Water is in its new or full moon cycle, together we can add extra energy or creational support to desires ready to come into form. The astrological archetypal energy that Air may be in at any given time will work especially well in these efforts. These will be powerful times to do ceremony on the planet.”

They were all amazed at this wonderful idea of an even more powerful way in which they could work together. They loved thinking up new ways to create a beautiful and peaceful world of form in which balanced lives may be lived.

Eager to get started, they lined up together for the first time and began their work. Later they asked the planets and stars to join them in their duties. What fun they all had working in harmony. They even created beautiful celestial music as they moved together, which they called the music of the spheres.

As the energies continued to expand and to express, beings designed to play with the creational energies came into this world of form. The first people loved to play with creation and to honor the elemental energies. Then came the time of Great Forgetting, when the people of Earth no longer honored their deep connection to nature.

Many cycles later, after mankind had lost its connection with the energies of creation and the elements, people told stories of how the ancient and indigenous
people of the planet had been attuned with those very same energies. The tales described how people had worked with the powerful forces consciously and respectfully, and how they had understood the value of harmony and alignment with the energies forming the very core of creation. They had known that the fundamental forces of the world deeply appreciate those who honor and respectfully connect with them, and that they are eager to share when the people want to listen and to learn from their deep wisdom.

A few people somehow carried their connection to the elemental energies through the Time of the Great Forgetting. Then, during the Period of Remembering, these individuals shared with others what they knew: the forces of nature serve as our teachers and assist anyone who chooses to dance their life and their creations in time to the natural rhythms of the universe.

---


2. Ibid., 18-23.


Discover more about the natural rhythms of your life and the universe by visiting www.naturalrhythms.org