

The point of equilibrium

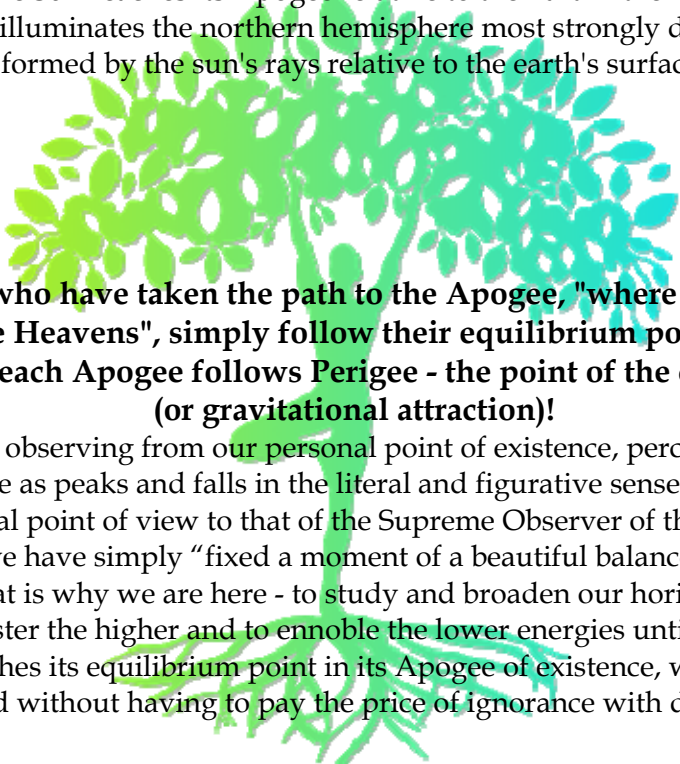
You must have admired and asked at least once in your life:
How do ballerinas and gymnasts manage to make such perfect and beautiful movements while spinning in a pirouette, for example?
You've probably noticed that they don't look up or down, while they describe with their bodies the incredible circles.

In fact, they choose the farthest point on their horizon, and regardless of the speed of rotation and the complexity of the movement, their gaze always falls at this point ,
at the end of each turn.

However, if we carefully observe the figure skaters as they spin, we will find that they project this point somewhere inside themselves and make beautiful circles on the ice, with their eyes closed

Just as the Earth, orbiting the Sun, revolves around itself to maintain its equilibrium -
the equilibrium point of Earth's existence.

When on July 4 the Earth reaches its farthest orbital point from the Sun - its point of Apohelix, then the Sun reaches its Apogee relative to the Earth - the highest point in the northern sky, and illuminates the northern hemisphere most strongly due to the right angle formed by the sun's rays relative to the earth's surface.



All of them, who have taken the path to the Apogee, "where they will shine brightest in the Heavens", simply follow their equilibrium point, because they know that after each Apogee follows Perigee - the point of the closest interaction (or gravitational attraction)!

We, the earthlings, observing from our personal point of existence, perceive the points of the Apogee and Perigee as peaks and falls in the literal and figurative sense of our life. And if we elevate our personal point of view to that of the Supreme Observer of the process, we would find that we have simply "fixed a moment of a beautiful balance in motion."

That is why we are here - to study and broaden our horizons.

To learn to master the higher and to ennoble the lower energies until one day human civilization reaches its equilibrium point in its Apogee of existence, without allowing a subsequent fall and without having to pay the price of ignorance with disease and suffering.

Repeat the meditation from the previous two pages (*pages 1 and 2*),
until you reach your equilibrium point,
or when you lose it in the chaos of events.

Your balance point will help you to find the answers and solutions within yourself!

When making the observations and meditations on *page 2*,
try to feel how **chaos creates feelings of order and harmony**, somewhere inside you.
Keep the "organized" feelings and apply them in your daily life!