

Pulse Listening

Pulse whispers the secrets of the Universe,
expressing creation of Being in this breath.
Listen to invisible energy with the hand,
through manifestation. The silent pulse of perfection
is a 0, spiraling head to toe, toe to head,
surface to core and back again. Listen at the radius.

Listening is the act of drawing surface to core, a radius.
Within 1 is the 10,000 Universe.
To say that Earth resides in body, Heaven the head
is to remember the months in the womb unfolding, breath
elongating, separating, segmenting, building perfection
as primitive streak, spine, armbud, then fingers splay to being a hand

which receives and gives. What a pleasure to touch a hand.
At dawn of the Vernal Equinox the radius
of light expands, likewise is the midnight of winter perfection.
Before my simple touch even starts a universe
of duality blends to 3: inspire, expire, breath
is life, death, transformation: Trinity. Head

towards another and all I know evaporates. Face your head
to follow your senses: gates weaving mind to hand
the princess, locked to the impossible task, her breath
of prayer that wakes the animal knowing the radius
of flax to gold. 4 corners unfold a universe,
times Trinity's Breath they're 12, Left and Right mirroring perfection

as 72,000. I'm new here. Who's to name perfection?
Muriel says the first voice through hand to heart to head
sings the mysteries of the Universe:
go with that. Make a unit of 3 fingers on each hand
and listen on the bone below the head of the radius,
not in the flesh where blood is loud, on the bone where breath

rises to meet you. Symphony no one's ever heard, each breath
unique — tin bell in an icy cave, an infant's perfection
destroying grief, fire tumbling out the radius
of Atom For Peace Galaxy, slippery sidewalk, mashed potatoes, horses racing ahead
of a dank gale on a full moon calling lightly into your hand
the 144,000 expressions birthing the Universe.

In this Breath we meet the Head
of Perfection, wordless Hand
your Radius I am O Universe.

This poem is a sestina, a form popular amongst the troubadours of Medieval and early Renaissance France and Italy. The six end words, or teleutons of the first stanza are repeated in a specific order as end words in each of the five succeeding stanzas and in the final short stanza, the envoy.

If the end words of Stanza 1 are designated 1 - 2 - 3 - 4 - 5 - 6, then Stanza 2 folds them: 6 - 1 - 5 - 2 - 4 - 3. Stanza 3 folds the end words of Stanza 2 in the same manner: 6 - 1 - 5 - 2 - 4 - 3. And so on, through Stanza 6, so the teleutons are folded five times in this manner. The order of repetition in the three lines of the envoy is 2, 5 - 4, 3 - 6, 1.

The sestina form acts like a Diagonal Mediator, blending surface and core, above and below, energies of Generation and Regeneration. The winding repetitions set up waves of breath and image. I find it invigorating to the imagination and that it naturally unfolds within itself an expression of the simple, ever-deepening, ever-expanding Art of Jin Shin Jyutsu. When I read that its roots are said to be in numerology, "but what the significance of the pattern was originally is now unknown" (Lewis Turco, An Exaltation of Forms).

Sestina Numerology by Carlo Gutierrez

In the 12th century began an artistic movement to rescue the ancient wisdom, for example: Parsifal from Wolfram von Eschenbach.

The sestina is made by 6 stanzas of 6 lines,
it means we have a deep relation with the number 36.

36 is the magic square of the Sun:

| | | | | | |
|----|----|----|----|----|----|
| 6 | 32 | 3 | 34 | 35 | 1 |
| 7 | 11 | 27 | 28 | 8 | 30 |
| 19 | 14 | 16 | 15 | 23 | 24 |
| 18 | 20 | 22 | 21 | 17 | 13 |
| 25 | 29 | 10 | 9 | 26 | 12 |
| 36 | 5 | 33 | 4 | 2 | 31 |

They believed this magic square had the power to manifest in this world the qualities of the Sun (Light and Vitality).

NOTE: I believe this a good reason for Mary to indicate the 36 breaths.

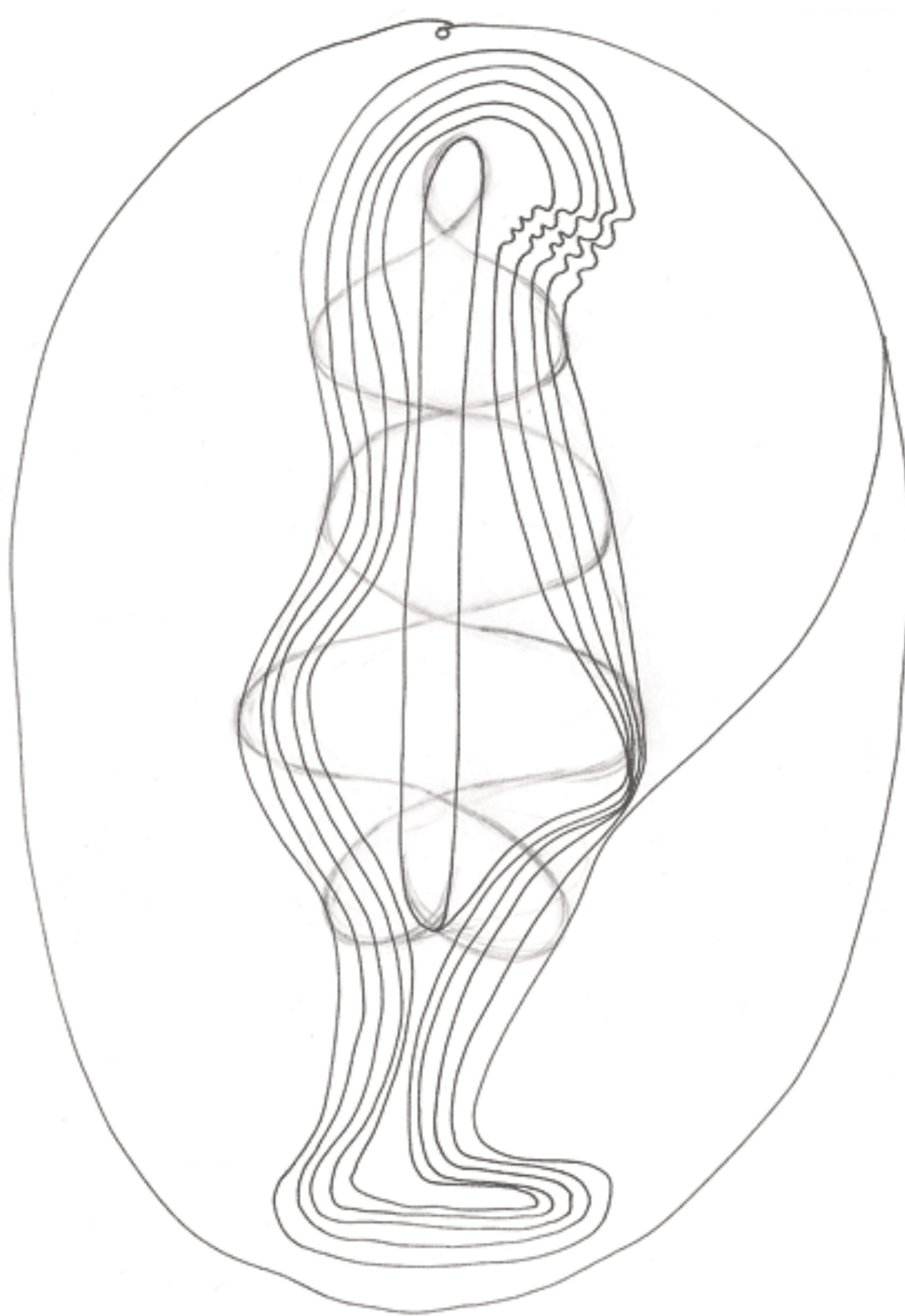
The final stanza of 3 lines indicates where we want to manifest those qualities: spirit (1), mind (1) and body (1).

If you add the numbers of any line, column or diagonal of the magic square you always will find: 1 1 1.

The sequence: 6 - 1, 5 - 2 and 4 - 3, is related to another very important manifestation of the 6, the cube.
The opposite faces of any dice always will be:

**6 and 1,
5 and 2,
4 and 3.**

If you add the numbers expressed in the opposite faces of a dice you always will find 7, the number of the Depth ruled by the Sun.



“In Mathematics is contained all knowledge. Body is built on musical harmony.”

- Mary Burmeister