



The Cosmology of Health

“From the beginning of time rhythm and life have been inseparable. The breathing in and breathing out, the movement of tides, the beating of the heart, nothing that is life or supportive of life escapes this cyclic movement. The universe is a field of energetic cycles powering the expression of infinite intelligence.”

Darryl Francis Hobson

There is a core rhythm observed by ancient healers to be fundamental to life for the human and is said to orchestrate all other cycles in the being rooted in and governed by the Great Cosmic Rhythm. The cosmic rhythm is inherent in human growth and development and in every aspect of its regulation.

Understanding what blocks, inhibits, or gets in the way of this intelligent expression has been our life long professional study and application in the healing arts. As practitioners we are trained to sense this movement. We have developed the skill set to encourage movement in areas that are inhibited. As practitioners we have become seated in the great work of the natural healing arts – to remove interference so the body can heal itself.

Rhythmic bodily processes:

Digestion: Ingested food moves from the mouth to the stomach to the intestines to the toilet via a phenomenon known as peristalsis. A circumferential muscular tube extends from the mouth to the anus rhythmically contracting and relaxing to move the food ingested along with precise timing so it can be processed of its vital life giving nutrients. Without this peristaltic rhythm there would be no continuation of life. Yet, this is an example of one of trillions of such masterful cyclic expressions within the body.





Respiration: All tissues move in a “Primary Respiratory” cycle. Not to be confused with lung respiration, this specific movement originates with the developing fetus and ceases within minutes after death – thus it is “primary” to life and fundamental to the coordinated myriad of life processes in the body.

The endocrine system produces hormones in a cyclic ebb and flow. Thyroid hormone, male and female hormones, and adrenal hormones are examples. These hormones are all tuned to the core rhythm, which is in turn tuned to the great cosmic rhythm. Ask any female about how she is affected by the cycles of the moon.

The human heart has intelligence. Understanding its intelligence is indelibly connected to the understanding of the messages given in its specific rhythms. The study of Heart rate variability (HRV) is a relatively new science that focuses on the patterns of rhythm of the heart. Heart activity correlates to our emotions, stress, motivational levels, personality and social factors and at every living moment, there is implicit conditioning and interaction between the heart and the brain.

Therapies that Facilitate the Movement:

Dynamic Cranial Sacral Therapy uses the modern term “Primary Respiratory Mechanism” to define how this core rhythm is responsible for the cycle of movement in the head (cranium) and pelvis (sacrum). This movement is the “pump” that circulates the vital fluid bathing the brain and spinal cord – the system that commands, coordinates and governs all bodily activity.

Acupuncture is an energetic science. An axiom in modern physics is that energy precedes form, meaning behind all form is the formless - the intangible. It is the intangible (formless) that gives birth to the tangible (form). From the origins of acupuncture, some five thousand years ago, life force or chi, described as an intangible force, provided the energetic matrix for form (the human body). Chi or life force has rhythm, ebb and flow in its constant circulation through energy channels in the body. Each channel expresses peak energy throughout a 24 hour cycle and a rhythmic sedation and excitation every 20 minutes. It is said that the inhibition of these cycles is



the determinant of disease. The ancients described the importance of connection to the cosmic rhythm as the basis of human health.

We have educated ourselves and practice the following disciplines to encourage a deeper understanding of the Cosmology of Health:

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