

Rapid Cycling: The Race to the Bottom

Rapid cycling is a term generally used for people who are bipolar. Bipolar cycles can take place not only over a prolonged period of time, but over a short period of time as well, hence, the term rapid cycling. Rapid cycling consists of severe and close cycles between mania and depression. While this term has traditionally been used to define psychological patterns of behavior, I am noting similar patterns of behavior environmentally and sociologically that are affecting how events are unfolding and how our systems are taking their last breath as all cycles spin out of control.

Our DNA is 99 percent the same for all human forms. It is also the same for sentient beings on the planet as well as for life forms in the cosmos. Thus, as events begin to speed up, so do the systems and life forms that feed into or require sustenance as a result of these events. And since rapid cycling is a form of biochemical illness in which cycles become out of control, it is safe to say that we are currently living in very pathological, out-of-control times, like a roller coaster that no longer has brake pads. There is nothing to hang onto, to gain any semblance of balance, and there is no way to stop to get off the coaster unless you fall off or jump.

That is the situation that the cosmos and the world are in today. We are rapid cycling and all life forms, systems, and the planet at-large are polarized, clashing, and running out-of-control due to an inability to find a sane and stable center. The center has been torn apart due to polarization and it will not mend until the unstable cycles die out.

Much of this is being played out in politics. Politicians are polarized over every major issue that affects the health and wellbeing of the planet and the people. There is no logic involved since bipolarity impacts emotions while at the same time it loses much needed perspective. When battles and disasters happen left and right, and the exchanges get heated and expand, there is no longer a center-of-the-storm since no one and nothing has a chance to gain footing or stabilize to the point of being logical and proactive. Everything becomes emotional, reactive, and explosive.

. Our policies are equally destructive, with lifelines being pulled from every system created in modern times. Our planet is reacting to this stress by erupting and blowing its top more rapidly. There is no longer rhyme or reason for our weather systems either, which are flooding the planet and creating violent winds and tornadoes.

The remedy is not to maintain the old systems or even rebuild the old systems; the remedy is to create new systems. But with everything spinning out of control and forces reacting to last ditched attempts at maintaining the status quo, we are experiencing a rapid cycle to the bottom. We are literally getting ready to hit rock bottom.

Politicians, activists, the planet, and all life that is currently struggling to survive during this wild ride require a major dose of angel dust. We need to be lulled into a deep sleep to break the downward spiral. We need an obverse cycle that spins us to greater good. But that cycle is not linear; the linear cycle is the bipolar cycle that forever repeats and collides or some medication otherwise intervenes. A harmonic cycle is one that rises above the rapid descent and endless loop. Some may call it the ascension or rapture; others may call it the evolution of the species to a higher consciousness.

Rapid cycling interferes with this higher consciousness. It hinders the innate ability to rise above any situation because to ascend you must first stop the rapid-firing of the synapses and find center. As a result, many people who are rapid cycling these days, due to the speeding up of

events, are feeling very ill and very tired. They can no longer focus and perform their daily tasks. Every step is an effort. And those most sensitive are finding themselves sleeping more and more because they can no longer concentrate or are freaking out. This may be a good thing because there will come a point where the only option for sanity is to sleep. And when we sleep, the ability to rise above the mundane can occur; that is, we can spiral harmonically upward rather than chaotically downward.

The cosmos is going through a major cyclical overhaul. Whether this overhaul is a result of man-made disasters, or man-made disasters are a result of insanity induced by cosmic rapid cycles, remains to be seen. We are all connected and, thus, it is difficult to know the source of the extreme insanity that has hit our planet and is making it very unstable.

But other than giving the Earth a major dose of horse tranquilizer, we are not going to be able to come out of this endless-loop linear cycling by putting on the brakes. We are witnessing a train wreck waiting to happen. The only way we can move above this is to go into a dream state and change the energy. Thus, it is important to do shamanic work right now, or to sleep, which may be why so many are beginning to lose focus in their daily lives, finding themselves too weary to stay awake. This is a defense mechanism of the psyche and the spirit, which kicks in when you feel yourself spinning out of control. Shamans, on the other hand, use this spinning to tap into the dream state and create outcomes that move beyond the realms of the physical. And that's really what the ultimate prescription is for a very unstable state of consciousness; to push it into a void so that the energy shifts, reconstitutes, and spirals from the bottom to the top.