

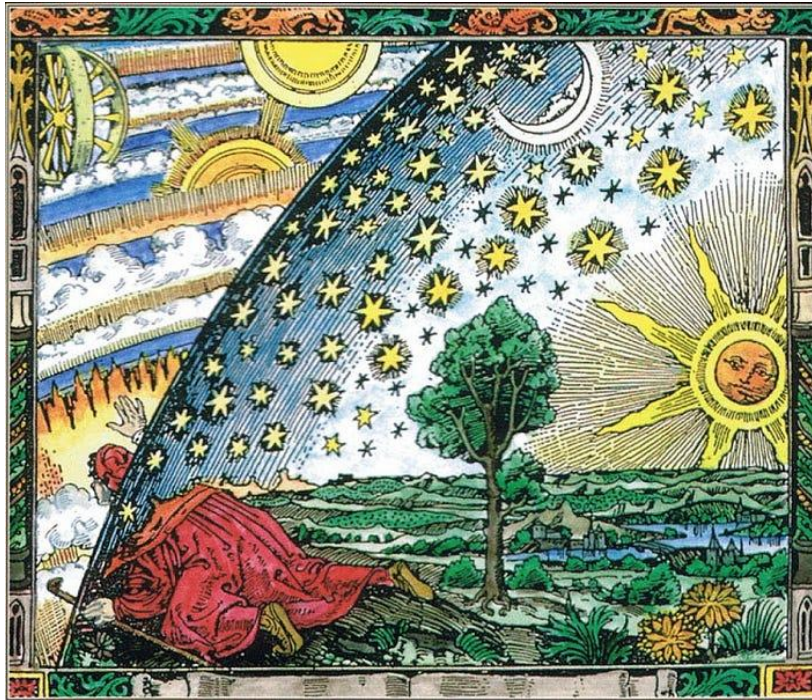


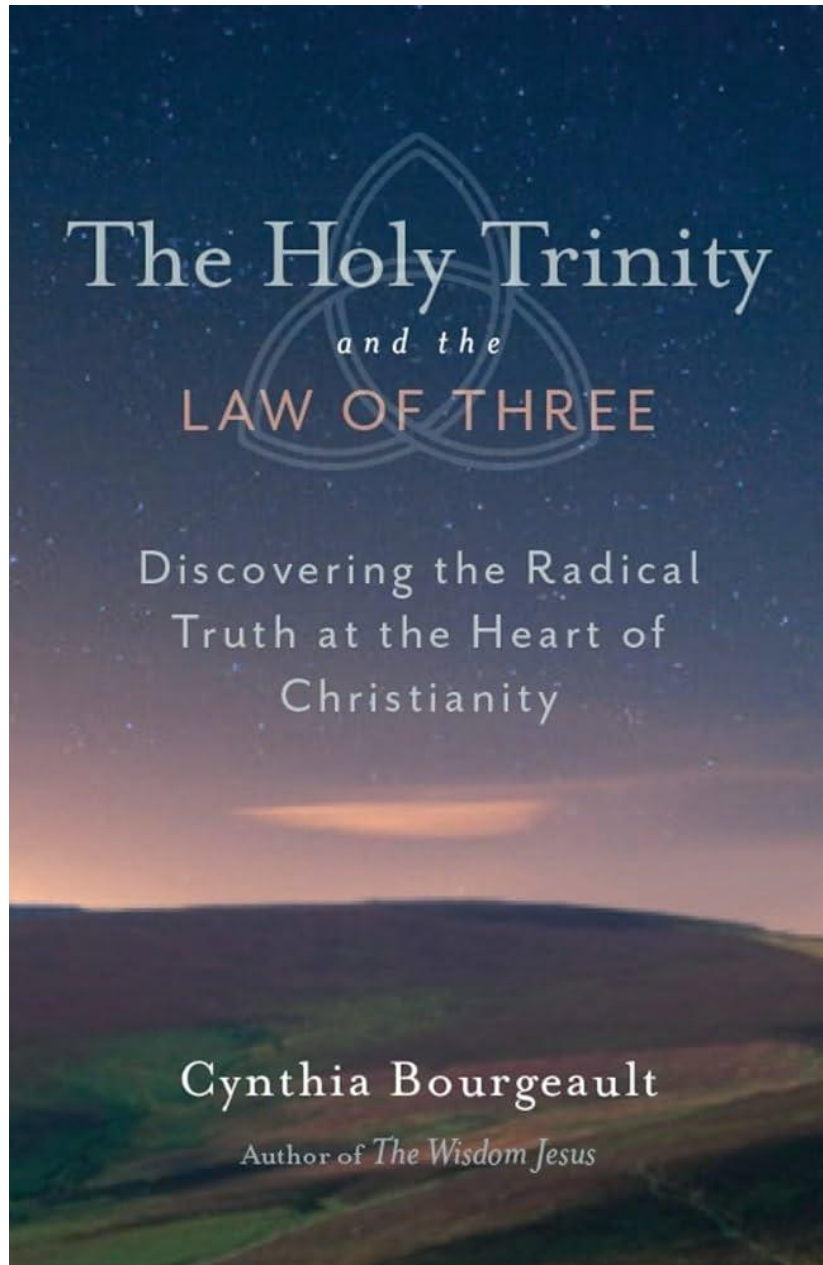
A Trinitarian Structure

The Journey School

February 13, 2025

A Multiplicity of Spiritual Seekers Within





The Arcanum of the Trinity

The Trinity is a prime example of what is sometimes called in sacred tradition an arcanum: a densely encoded symbol (image, sacred gesture, or liturgical formula) that, when read by an illumined heart, conveys objective metaphysical knowledge. In this case, the Trinity, viewed as the primordial manifestation of the ineffable divine Unity, provides the template by which all further manifestation will be known, both as eternal principle and as temporal process. With the Law of Three as its hermeneutical key, the Trinity reveals the knowledge of how God, the hidden, unmanifest, inaccessible light, becomes accessible light, manifesting and creating love; and how love in turn becomes the driveshaft of all creation, bringing things to their fullness not by escaping createdness but by consummating it.”

– Cynthia Bourgeault in *The Holy Trinity and the Law of Three*

**One: Our
Origin and
Destination**





Two: Duality and Binary Systems

Three: The First Real Number



The **Pythagoreans (6th century BCE)** were a mystical-mathematical school that saw numbers as **the fundamental principles of reality**. They believed:

- **One (1)** represents **unity** → The Monad, undifferentiated being.
- **Two (2)** represents **duality** → Opposition, tension, and polarity.
- **Three (3)** represents **harmony** → The resolution of opposition, the emergence of a whole.

For the Pythagoreans, **three was the first "real" number** because:

1. It has a **beginning, middle, and end** → The first number that forms a complete set.
2. It represents **synthesis** → The reconciliation of opposites (thesis + antithesis = synthesis).
3. It is **stable** → Unlike two (which is dualistic and opposing), three can **balance and unify**.

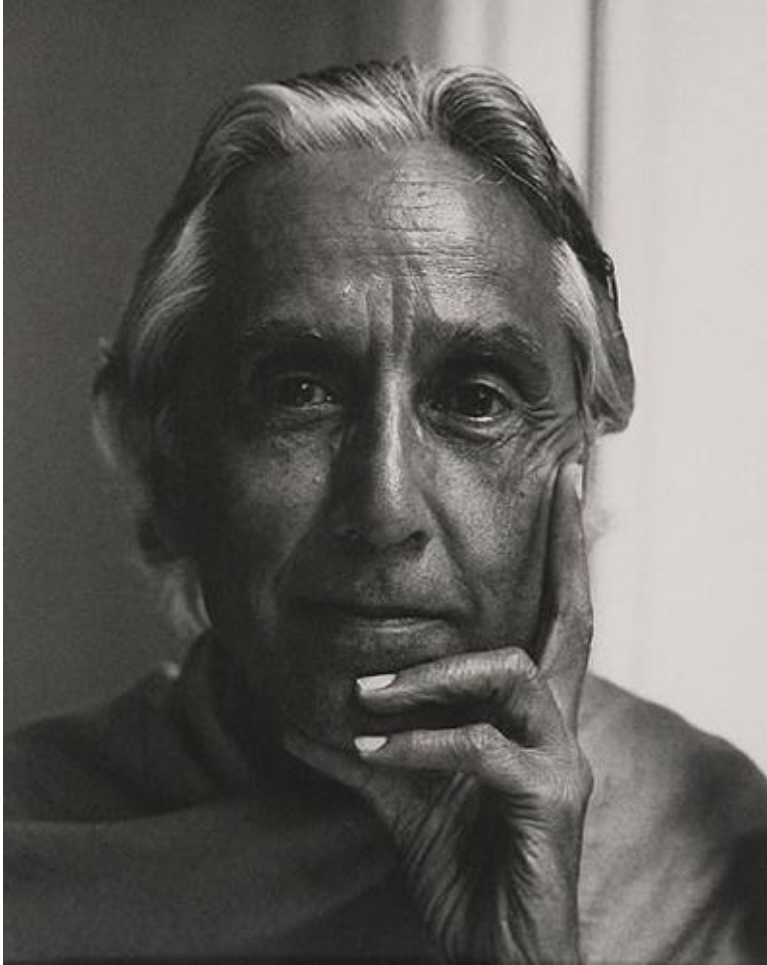
They saw the **triangle as the perfect shape** because it was the first figure that:

- **Could fully enclose space** (unlike a line).
- **Created balance** through equal distribution of forces.



Gurdjieff's Law of Three

Raimon Panikkar's *Cosmotheandric Vision*

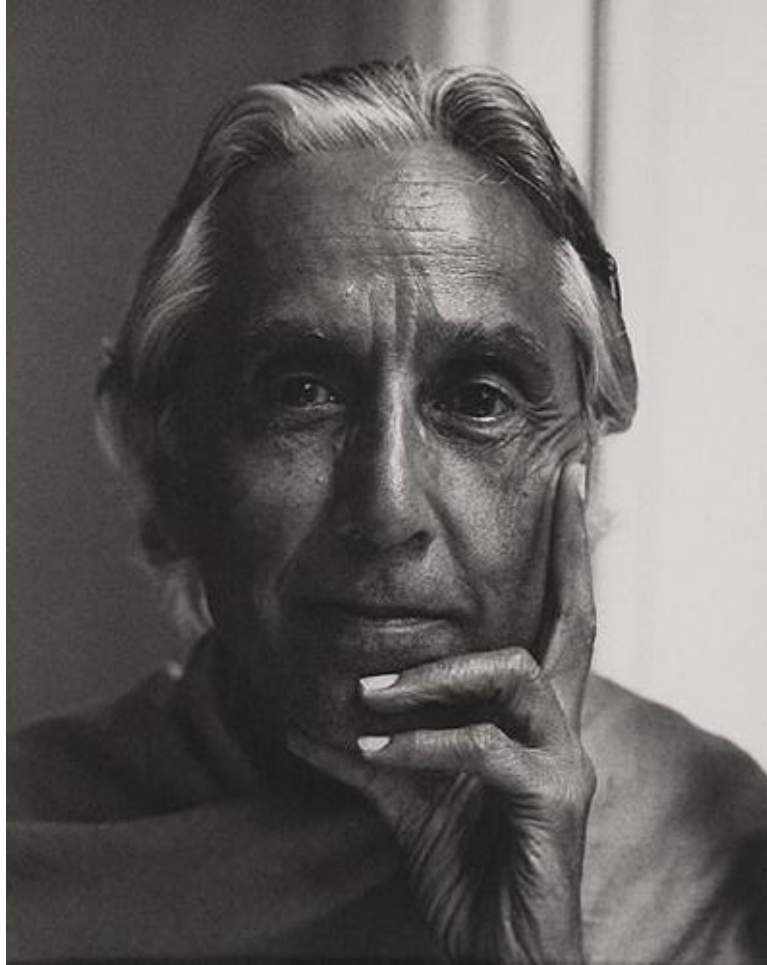


God (*Theos*) – The divine source and foundation of existence.

Humanity (*Anthropos*) – The conscious bridge between divinity and the world.

The World (*Cosmos*) – The living matrix where the divine and human interweave.

Raimon Panikkar's *Cosmotheandric Vision*



“The cosmotheandric ‘structure’ of reality is neither a monarchic constitution laid down by a supreme theos nor an anarchic disorder of the three disconnected dimensions of the real. The three are connected by an ontonomic connection that is neither causal nor logical but constitutive of the very order of the real—of Being. This is the very Rhythm of Being...”

- **Reality is not “monarchic”** → Meaning it is not dictated from above by a separate, ruling divine entity (*Theos* as a distant power).
- **Reality is not “anarchic”** → Meaning it is not chaotic, random, or made up of disconnected pieces (*Kosmos, Anthropos, and Theos* are not separate entities).
- Instead, it is **structured by an “ontonomic” connection** → Meaning that the interrelation between **God, Humanity, and the World is not imposed but is the very fabric of reality itself.**

This **flow of interdependence** is what he calls the **Rhythm of Being**—the dynamic movement through which reality **unfolds, relates, and transforms.**

The Cosmotheandric Jazz Trio



This is how the Divine (Theos), the Human (Anthropos), and the Cosmic (Cosmos) relate:

- They are not rigidly controlled by a single force.
- They are not separate entities acting independently.
- They move together in an ongoing improvisation of being.

"For an exclusively rational mind this is difficult to grasp. In fact, it cannot be comprehended by reason."

It requires participatory knowing—not just intellectual analysis.

It's not something we "figure out"—it's something we live in harmony with.

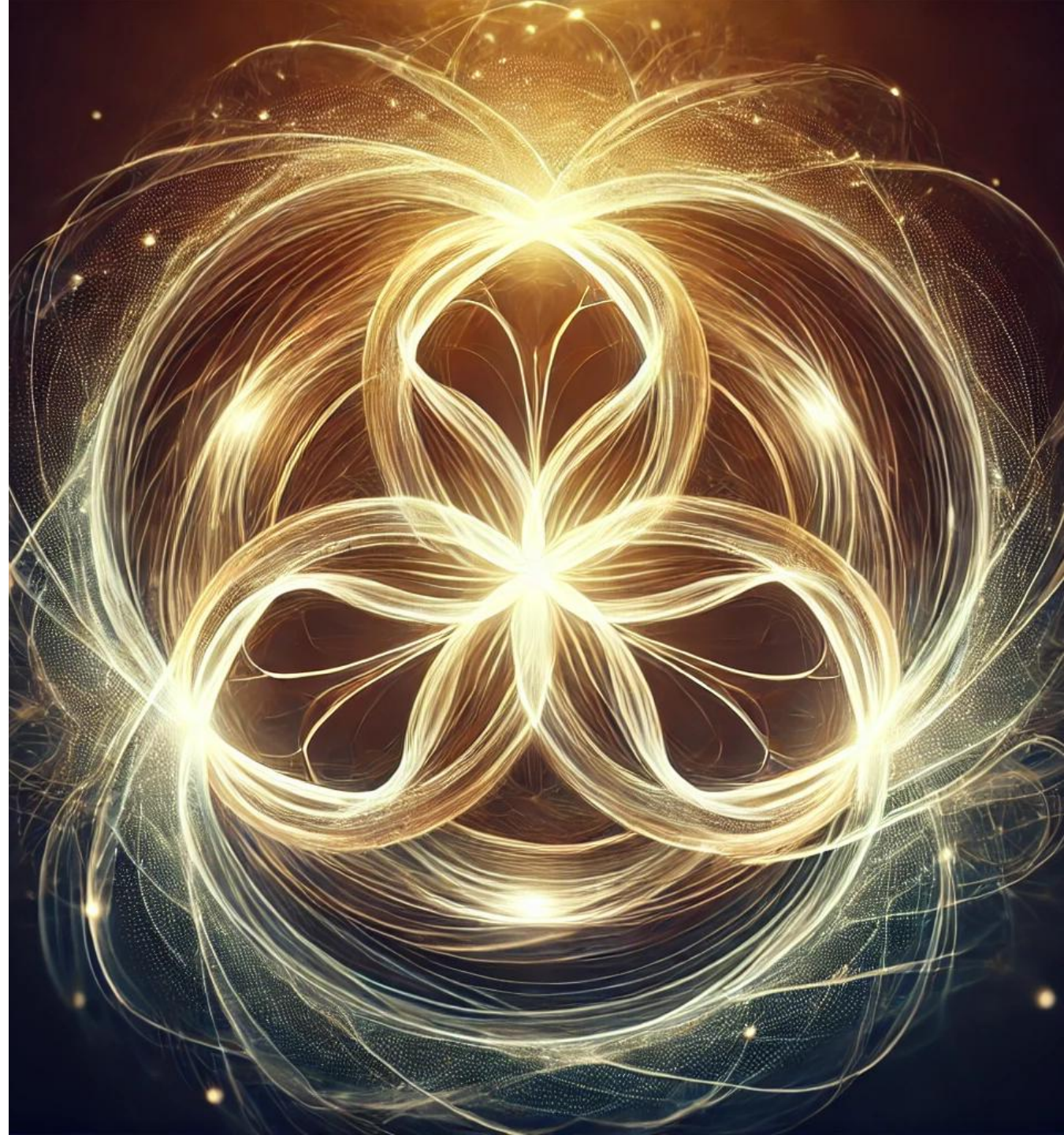


Theological Emergence of the Trinity

Perichoresis

“The Trinity, understood in a wisdom sense, is really an icon of self-emptying love. The three persons go round and round like buckets on a watermill, constantly overflowing into one another. As they do so, the mill turns and the energy of love becomes manifest and accessible. The Cappadocians called this complete intercirculation of love *perichoresis*, which literally means 'the dance around.' Their wonderful and profound insight is that God reveals his innermost nature through a continuous round dance of self-emptying. On the great watermill of the Trinity, the statement 'God is love' brings itself into reality.”

- Cynthia Bourgeault





The Trinity as Dynamic Flow



Visio Divina:
*Icon of the
Holy Trinity*



Christ at the Center



Trinitarian Kenosis in Practice

- “I am one with the source insofar as I act as a source by making everything I have received flow again – just like Jesus.” – Raimon Panikkar, *Christophany*
- "The Trinitarian impulse ... is both the icon of divine reality within us and the means by which that reality brings itself to fullness. As we learn not to harden and brace even in the face of what appears to be ultimate darkness, but to let all things flow in that great river of kenosis and perichoresis, we come to know – and finally *become* – the river itself, which circulates through all things as the hidden dynamism of love. This, I believe, is the path that Jesus taught and walked, the path he called us to, the path he still calls us to." - Cynthia Bourgeault, *The Wisdom Jesus*



**Polishing the
Mirror,
Purifying the
Heart**



Trisagion Prayer (*Hagios o Theos*)

- **Holy God - Head**
(*Hagios O Theos*)
- **Holy & Mighty - Spine**
(*Hagios Ischyros*)
- **Holy & Immortal - Solar Plexus**
(*Hagios Athanatos*)
- **Have Mercy Upon Us**
(*Eleison Imas*)

*With thanks to Cynthia Bourgeault
and Wisdom Waypoints*

Questions for Reflection



How has your understanding of cosmology enriched your spirituality?



How have you experienced the Law of Three at work in your everyday life?



How do you understand and relate to the Holy Trinity?