

Nature's Clocks & Bio Time

by Ariel Bar Tzadok

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Question: What does one do with a broken clock? Answer: We fix it, don't we? When something we need to use breaks down, common sense dictates to us to get it fixed so that we can continue using it.

A clock enables us to tell time. Without one, we lose track of time. When this happens we can really mess up even the most forgiving of schedules. We live in a world governed by time. When we lose track of time, we can also lose control of our environment. If we do not properly anchor ourselves in time, we will soon find ourselves out of time. When we run out of time, the game of life is over and we lose! Keeping the clock running properly thus enables us to keep track of time and track of ourselves in time. When the clock doesn't work, neither do we.

Now, in case you haven't guessed it yet, I am not talking here about any kind of mechanical clock. And no, I am not speaking about a digital one, either! Rather, I am speaking about the biological clock that is hardwired into the anatomy and psychology of every human being. Today, science calls this the body clock, or more technically the circadian rhythm.

*"A **circadian rhythm**, popularly referred to as **body clock**, is an endogenously driven (non-reliant on environmental cues), roughly 24-hour cycle in biochemical, physiological, or behavioral processes. A study by Czeisler et al. at Harvard found the range for normal, healthy adults of all ages to be quite narrow: 24 hours and 11 minutes ± 16 minutes. The "clock" resets itself daily to the 24-hour cycle of the Earth's rotation." (Wikipedia)*

The Bible uses the metaphor that God formed man (and thus all humanity) out of the dust of the earth. This means that our bodies, the receptacles for our souls, are essentially created out of physical matter and are thus subject to the natural laws that dominate this space/time continuum. God created both time and space and placed everything in this universe under their domain. Everything in this universe is subject to time, including us. Therefore, when we human beings live in a way that places us out of sync with the natural flow of time within us, we are by definition equally out of sync with the Creator who was the One who started our biological clocks in the first place.

Everything has its own "body" clock. The planet Earth has its own clock and rotates and revolves in accordance to it. The moon has its own clock as do all the other planets, moons and stars in the universe. Every species of life has its own clock. And so too do we humans. All existence is therefore in sync with everything else. This is not an opinion, this

is a measurable scientific fact. Therefore, damaging any part of the time sync anywhere, by anything, can have repercussions that are universal in nature. Who would have ever thought that what appears to be our insignificant individual actions and behaviors could create such disruptions beyond ourselves and our immediate environment.

Our souls may come from Heaven, but our bodies come from the earth. We are subject to natural law. When we live in accordance to the natural law that God created, we enable our physical bodies to become the strongest that they can become. When our bodies are strong they can then best manifest the powers of the soul that are inherent within them. Therefore, having a strong and healthy physical body and living a healthy, natural life style are two essentials in the soul's service to its Creator.

The reason why so many souls are today so far away from God is because the bodies that they inhabit are living lifestyles that are very unnatural. Unnatural and nonspiritual go hand in hand. If the vessel cannot properly shine the light within it, the light eventually dims and lies in danger of being extinguished. Just as the planet Earth cannot stop its natural rotations without absolute disaster for all involved, so too our individual human bodies cannot suffer disruptions to our natural cycles without there being equal personal devastation, materializing as all kinds of emotional, mental and physical health problems.

Living unnaturally is the source of all human ailments and spiritual detachments. There is no greater disconnection from the natural order than for human beings to live detached from nature and the natural world. In nature, time is measured by the movement of natural forces, be it the rotation of the Earth or the revolution of planets, moons and stars. It seems that our physical bodies are hardwired in sync with these natural laws of movement. Yet, when we chose a lifestyle that puts us in contradiction with nature, such a lifestyle also puts us in contradiction with our very selves. Human beings are part and parcel of the natural world. When anyone tries to remove themselves from nature, nature's Creator and natural law, they do so at great peril to themselves. This is not a moral statement, it is a statement of nature. Natural law requires human beings to live naturally or to face the consequences of their lack of vision.

When human beings live unnaturally we break our body clocks. Thus, I began this essay with the question, what do you do with a broken clock? If we do not fix our body clocks and realign them with the natural order, then everything we touch and create turns out to be as unnatural as we have become. And, in a conflict between the natural and the unnatural, nature will win, every single time. We either fix our clocks and realign them with nature, or nature is going to fix us! And, if "mother" nature turns against us, we can rest assured she knows darn well how to fix things, and get things right and natural again.

In Hebrew, "mother" nature is called the Shekhina, the living "female" Divine presence of God. In Hebrew, this corresponds to the Biblical Name for the Creator, Elohim. It is no coincidence that the Hebrew Name for God, Elohim, has the same numerical value as the Hebrew term for nature, HaTeva. According to those who believe this to be significant, it means that the two are intimately connected in meaning.

One cannot get close to nature's Creator all the while living disconnected from nature. This is why the Children of Israel, once exiled from their land in Biblical times, and forced to live in urban settings in foreign lands, were in a constant unsettled state, coupled with a growing loss of sincere spirituality.

In modern times, the State of Israel began with a strong tie to its land. The nation was as strong as was its tie to its land. As modern Israel shifted to a more urbanized society, it lost its connection to its land and equally lost the love for its land. This led to their continued loss of spiritual connection to God. It is also undermining the security of the nation and will most likely lead to its downfall.

People and land are intricately connected. Once people are removed from the land, they are removed from themselves and thus equally removed from God. Exile is a psychological condition when human beings disconnect from living in harmony with nature and in turn adopt unnatural lifestyles. Psychological redemption begins and exile ends with a return to natural living and living right with nature's God.

Legend tells us that in the beginning God gazed into His Word, the Torah, and from it created the universe. Thus we learn that the entire universe came forth from the Word of God. Everything in existence thus came forth from the Word of God. Therefore, the Word of God can be found in absolutely everything, everywhere. The Word of God can be found in a book, but this is just an abstract. The true Word of God is to be found in everything and every place that God has made. There comes a time when one has to close the books and learn to find God outside of them. When one closes the books and instead open one's heart and one's eyes, one can come to see God. As the Bible says, "M'lo Kol HaAretz K'vodo," the whole world is full of His glory.

When we realign our lives and return to a natural lifestyle, we will only then see that which is right now invisible to us. We had better do it quick because our Heavenly Father will indeed direct "mother" nature to soon do some house cleaning. We are running out of time. Those in touch with nature and nature's God know this and are doing something about it. As for everyone else, well, what can we say, either they are part of the solution or they are part of the problem. Nature will soon fix the problem and fix whatever is out of sync. Those who refuse to be "fixed" will simply be tossed in the trash with the rest of the broken garbage.

I know, people do not like hearing the truth. But, if we do not speak the truth, what shall we speak, more distracting lies? There are far too many already doing this. We know what is going to happen to them, just as it did 70 years ago. Like the old saying goes, "those who do not learn the lessons from history are destined to repeat it."