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## Contraction Expansion

The most evident rhythms to create life are contraction and expansion, two polar forces: one that belongs to the cosmos and the other to the earth. What is created between them is the in-between space where the human has its participation, the heart as middle space in the human must be also contemplated in the life of this two forces.

Two forces that work together, that move.

NIGHT- DAY  
IN- OUT  
SKY-EARTH  
HAPPY-SAD  
LIFE-DEATH  
LIUCIFER- ARIMAN  
MAN- WOMEN

To cry and to laugh must be studied deeply to understand what happens in the soul and bodies; while we laugh we are expanding and acquiring liberty and while we contract we achieve force. The study of the process in the bodies is going to show us why we must visit both polarities as a pendulum that goes forth and back never staying in only one extreme. This moving is giving liberty and strength to the human soul and connecting with the in between : the heart.

