

## Toward a Geometry of Integrative Networks

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Across many systems—biological, computational, and social—patterns of organization tend to fall into familiar forms: linear chains, distributed networks, and closed cycles. Each of these structures carries strengths, but also limitations. Linear systems lack resilience. Distributed systems can lose coherence. Cycles preserve flow, but without direction.

This work began as an attempt to understand whether a more stable form of organization might exist—one that preserves local continuity while maintaining global coordination.

The result was a recurring structure: a network of twelve interconnected nodes arranged in a closed loop, coupled to a central integrative point. This “13-node” configuration appeared not merely as a geometric curiosity, but as a pattern capable of balancing two fundamental forces—distribution and integration.

In its technical form, this structure can be studied as a hybrid network topology. But beyond its formal properties, it also suggests something more intuitive: a way of understanding how parts relate to a whole, and how coherence emerges from complexity.

A 13-node geometric form consisting of a 12-fold circular symmetry with a central integrative point, combining local cyclic continuity with radial global connectivity. This structure models systems that balance distributed flow with centralized coordination.

What follows is not a claim of biological activation or hidden mechanism, but an exploration of this pattern as both **structure and experience**. If the model describes a system that integrates around a center, then the natural question becomes:

*What does it mean to experience such a state from within?*

Here is a symbolic and experiential interpretation of the model, and practices inspired by it.

The following practices explore this structure not as a mechanism, but as a shift in how attention organizes itself. Rather than activating something new, they invite a change in perception—from fragmentation toward integration.

### **First Practice (The Right Tone)**

We're not “activating a 13th node.”

We're letting someone *feel what integration is like*.

Rather than activating something new, these practices explore a shift in how attention organizes itself

### **Practice 1: Returning to Center**

This practice is not intended to change the body, but to explore a simple question:

What does it feel like when attention is gathered rather than scattered?

#### **Step 1 — Stillness**

Sit comfortably. Allow your body to settle without forcing it into a rigid posture. There is nothing to achieve here—only to notice.

#### **Step 2 — Breath as Anchor**

Bring attention to your breathing.

Do not control it at first—just observe it.

- inhale through the nose
- exhale slightly longer than the inhale

Let the rhythm become smooth and continuous.

After a few moments, gently slow the breath.

Allow the exhale to become slightly longer than the inhale.

If it feels natural, you may begin to notice a quiet rhythm forming.

### **Step 3 — Sensing the “Many”**

Now expand your awareness to the body:

Notice:

- your hands
- your feet
- your chest
- your face

Each sensation is like a “node”—a local point of experience.

Don’t analyze them. Just notice their presence.

### **Step 4 — Finding the Center**

Now, instead of focusing on any one point, shift attention to the *whole body at once*.

Not as separate parts—but as a single field. At first this may feel vague. That’s fine.

If attention fragments again, gently return—not to a location, but to a sense of **wholeness**.

### **Step 5 — Resting in Integration**

Stay here for a few minutes.

You may notice:

- thoughts pulling attention outward
- sensations competing for focus

Each time, return—not by force, but by remembering the whole.

## Closing Thought

This practice does not create a center.  
It reveals what attention feels like when it is no longer divided.

## Seeing What Was Felt

In the previous practice, attention was guided from many points toward a unified field of awareness. At first, experience appeared as separate sensations—hands, breath, thoughts—each arising independently. Over time, these separate points could be held together, not by force, but by a shift in attention toward the whole.

This movement—from fragmentation to coherence—is not unique to subjective experience. It reflects a broader principle found across many systems: local elements interacting within a larger structure that allows integration without erasing individuality.

The geometric forms that follow are not presented as mystical symbols or hidden codes, but as **visual representations of this same principle**.

A ring of twelve nodes represents continuity—each element connected to its neighbors, sustaining flow and relational balance. By itself, such a structure can circulate information, but it lacks a point of coordination.

The introduction of a central node changes the nature of the system. Each peripheral node remains locally connected, but now also relates to a shared center. This creates a dual structure:

- **local continuity (the ring)**
- **global integration (the center)**

Together, these form a system capable of both stability and adaptability.

What was experienced internally as “many sensations becoming one field” can be seen here as “many nodes relating through a center.”

## The Meaning of the Center

It is important to approach the idea of a “center” carefully.

The center is not a controlling force, nor a dominant point that overrides the rest. Instead, it serves as a point of **integration**—a place where information from the many can converge and redistribute.

In experiential terms, the center is not something added to the system. It is what becomes noticeable when fragmentation decreases.

In structural terms, the center enables coherence without eliminating diversity.

This distinction matters. A system that collapses into a single point loses richness. A system with no center loses coordination. The geometry presented here suggests a third possibility: **unity without loss of multiplicity**.

## Recursive Structure and Scaling

The pattern does not stop at a single level.

What appears at first as a single structure—a ring of interconnected elements organized around a center—reveals itself, upon closer inspection, as something more fundamental: a pattern that can repeat across scales.

Each node within the larger structure is not merely a point of connection. It can also function as a center in its own right—organizing its own local relationships while remaining part of the larger whole.

In this way, the system becomes recursive:

- each part reflects the structure of the whole
- each level maintains both local identity and global connection

This is not replication for its own sake, but a form of structural continuity. The same organizing principle operates at multiple levels without losing coherence.

A local node can:

- relate to its immediate neighbors (preserving continuity)
- connect to a central integrative point (maintaining coherence)
- and simultaneously serve as a center for its own substructure

This creates a layered system in which:

- integration is not confined to a single point
- coordination emerges across scales
- and no level is isolated from the whole

As complexity increases, this structure does not collapse into fragmentation, nor does it require rigid central control. Instead, coherence is distributed through repetition of the same relational pattern.

What appears as a single system is, in effect, a network of nested systems—each complete at its own level, yet inseparable from the larger structure.

This is why the geometry that follows does not represent a static form, but a living one. It is not only organized—it is *self-similar*.

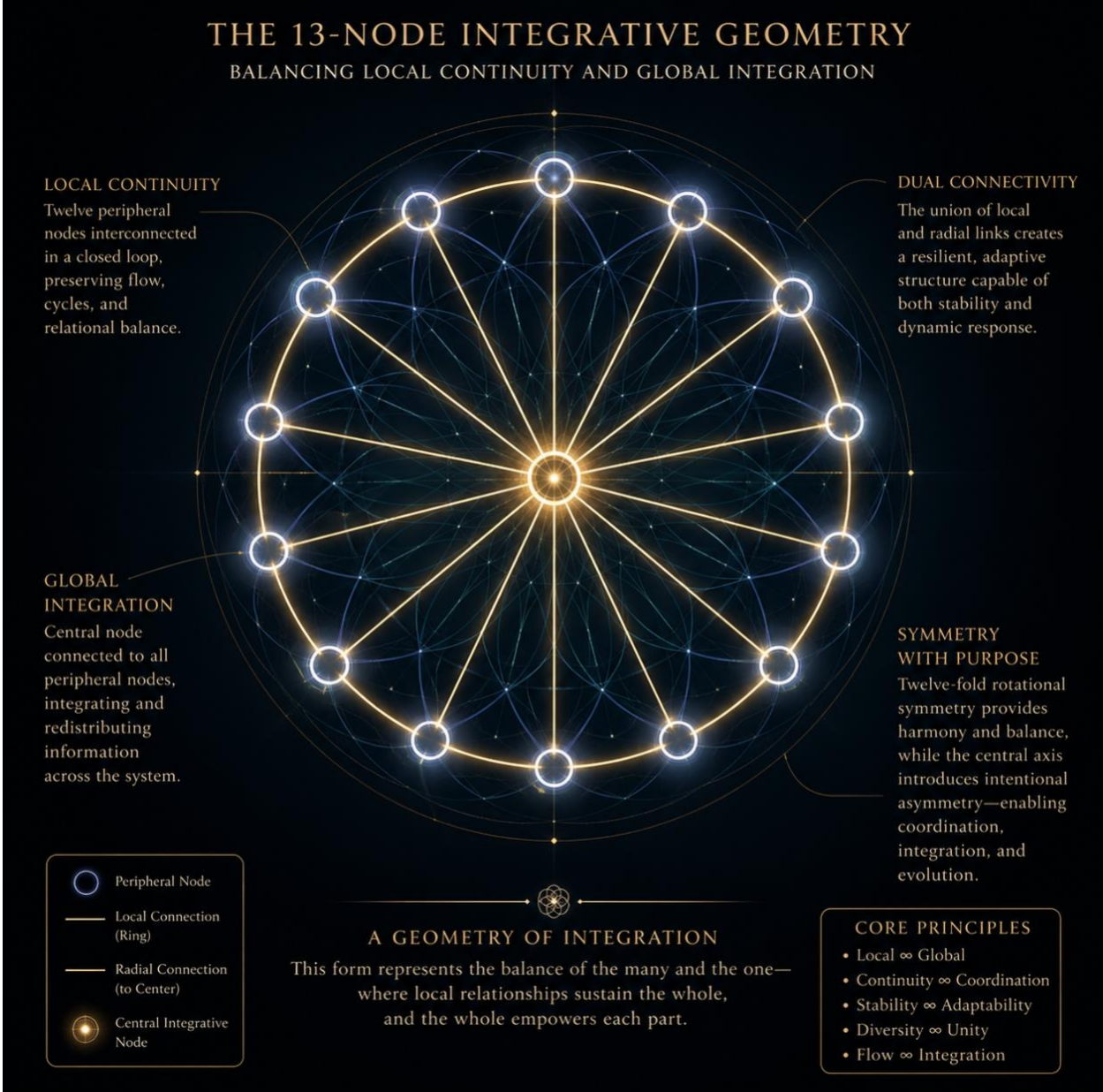
And it is this property that allows the system to remain stable while continuously expanding.

## **Reading the Geometry**

The 13-node system can be represented in multiple geometric forms—radial, networked, and hierarchical. The hierarchical ('tree') representation reveals directional flow, recursion, and feedback structures that are less visible in radial symmetry.

The images that follow can be approached in two ways:

- **Structurally** — as diagrams of connectivity and flow
- **Experientially** — as reflections of how integration may be felt internally. Neither interpretation is required. They are offered as parallel ways of engaging the same underlying idea.



**Figure 1**

*Figure 1. The 13-node integrative geometry: a closed ring of twelve nodes connected through a central integrative point, balancing local continuity with global coordination.*

## **Practice 2: Flow Between Center and Edge.**

After sensing what it is like to rest in a unified field, the next step is to explore how attention moves *within* that field.

If the previous practice revealed a sense of center, this one explores the relationship between **center and movement**.

### **Step 1 — Return to Center**

Begin as before.

Sit comfortably and bring awareness to the breath.  
Allow attention to settle into a sense of the whole body.

Do not rush this step.  
The practice begins from coherence, not from effort.

### **Step 2 — Establish a Gentle Rhythm**

Now bring a subtle structure to the breath:

- inhale slowly
- pause briefly
- exhale slowly
- pause briefly

Let the breath form a soft, repeating cycle.

This rhythm will serve as the “ring”—a continuous flow.

When this feels comfortable you can try advancing your breathing technique.

Replace the above breathing with the one below in your daily practice only when you are ready.

Now bring a subtle structure to the breath:

- inhale slowly (about 4–5 seconds)
- pause briefly (1–2 seconds)
- exhale slowly (about 4–5 seconds)
- pause briefly (1–2 seconds)

Let the breath form a soft, repeating cycle.

The timing does not need to be exact—what matters is smoothness and continuity.

This rhythm will serve as the “ring”—a continuous flow.

For experienced breathing practitioners you can use 5555 box breathing techniques here in your daily practice.

### **Step 3 — Move from Center to Edge**

As you inhale, gently let attention expand outward:

- from the center of the body
- toward the edges—arms, legs, skin

Not in a forced way—more like awareness spreading.

### **Step 4 — Return from Edge to Center**

As you exhale, allow attention to gather back inward:

- from the edges
- toward a sense of central presence

No need to locate a precise point.

Just a felt sense of inward coherence.

## **Step 5 — Establish the Cycle**

Continue this pattern:

- inhale → expansion (center to many)
- exhale → integration (many to center)

Let it become smooth and continuous.

Not mechanical—alive.

## **Step 6 — Notice the System**

After a few minutes, begin to observe:

- the outward movement is not fragmentation
- the inward movement is not collapse

Instead, they form a cycle:

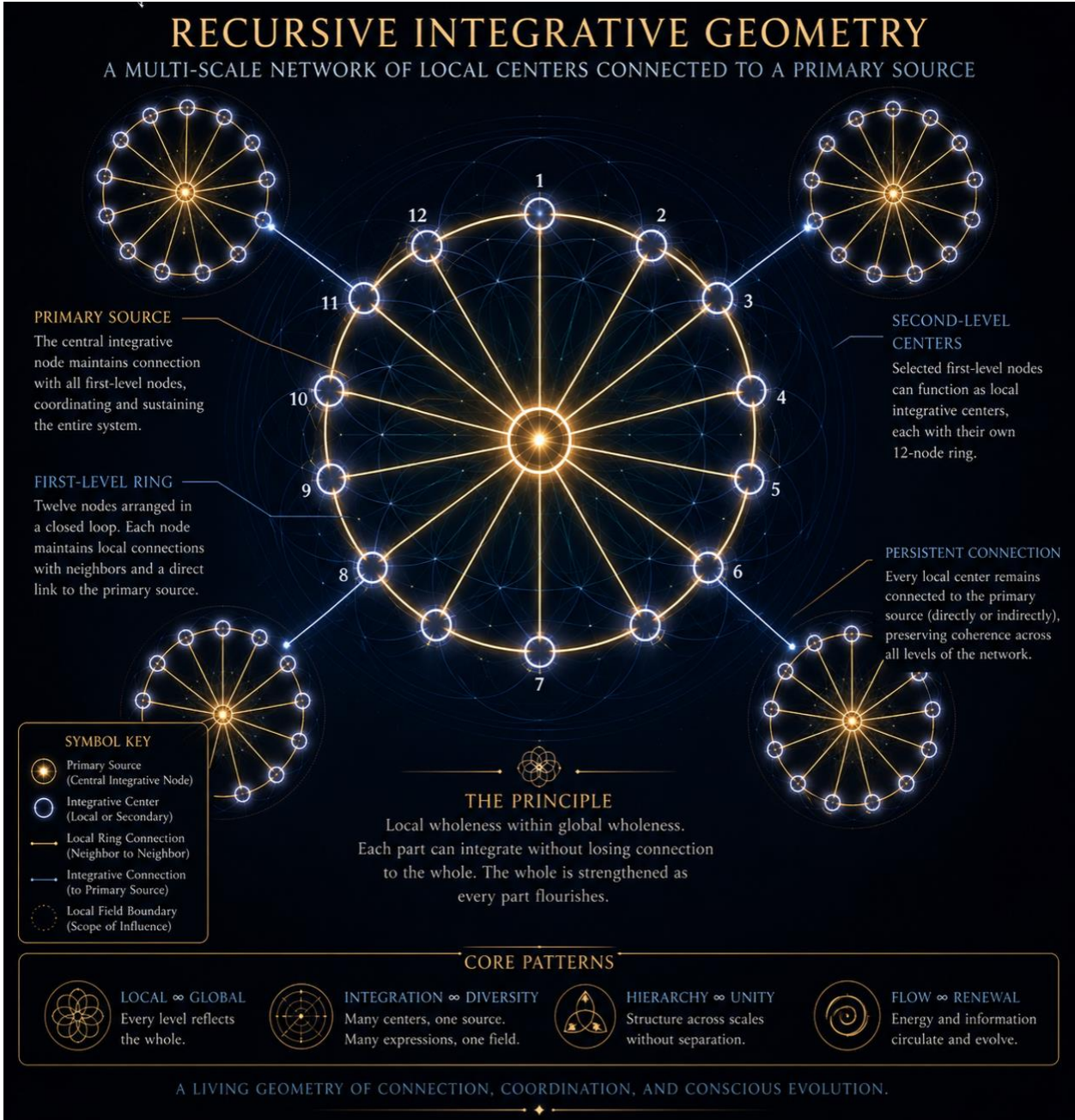
- expression and return
- distribution and integration

Both are necessary.

## **Closing Thought**

A system is not defined only by its center, but by its ability to move between center and multiplicity without losing coherence.

This practice does not create that movement—it reveals it



**Figure 2**

*Figure 2. Recursive integrative structure: each node can function as a local center, forming nested layers of coherence across scales.*

## **The Missing Bridge**

What has been explored so far can be understood not only as a single experience, but as a pattern that can repeat.

The movement between center and edge is not confined to one level of awareness. It can occur within smaller moments of attention, and across larger scales of experience.

In this sense, integration is not something achieved once. It is something that can be maintained and re-established continuously, across changing conditions.

The next practice explores this idea directly—not in stillness, but within activity.

What follows is not a new structure, but the continuation of the same pattern—now within action.

### **Practice 3: Integration in Motion**

The previous practices explored stillness and internal movement.

This practice explores something different:

What happens when integration is maintained while engaging with the world?

Rather than withdrawing attention inward, this practice invites you to remain connected to both the center and the environment at the same time.

#### **Step 1 — Begin from Coherence**

Before entering activity, take a moment to return to the sense of whole-body awareness established in earlier practices.

There is no need to deepen it—only to recognize it.

The practice begins from integration, not from effort.

## **Step 2 — Introduce Simple Movement**

Begin a light activity:

- standing
- walking slowly
- or using your hands in a simple task

Let the body move naturally.

Do not try to control the movement.

## **Step 3 — Hold the Center While Moving**

As movement continues, notice:

Can awareness remain connected to the whole body?

Not just the moving part—but the entire field.

At first, attention may collapse into the action itself.

When it does, gently expand again:

- from the specific movement
- back into the whole

## **Step 4 — Include the Environment**

Now extend awareness beyond the body:

- sounds
- space
- objects around you

Without losing the sense of internal coherence.

This is not outward distraction.

It is inclusion.

## **Step 5 — Maintain Dual Awareness**

Continue the activity while holding both:

- internal coherence (center)
- external awareness (environment)

Neither should dominate.

The aim is not balance by force, but relationship.

## **Step 6 — Observe the System**

After a few minutes, notice:

- movement does not break coherence
- attention does not need to collapse into a single point
- awareness can remain distributed without becoming fragmented

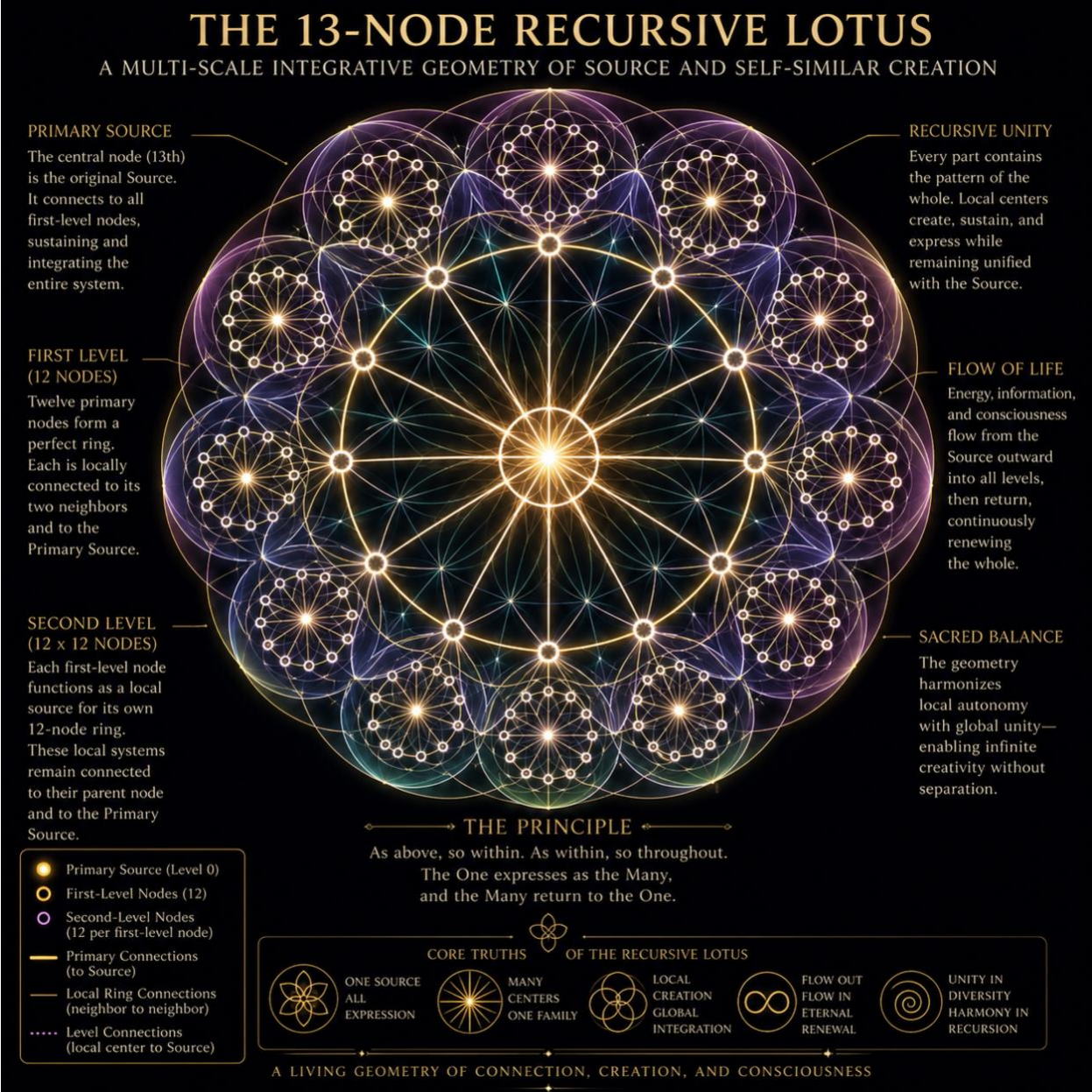
This is the same principle seen in the structure:

- local activity continues
- global integration remains

## **Closing Thought**

Integration is not limited to stillness.

It is the ability to remain whole while in motion.



**Figure 3**

*Figure 3. Multi-scale recursive network: local systems replicate the same integrative pattern, enabling stability and expansion simultaneously.*

## Tree Representation: From Unity to Expression

The structures presented so far have emphasized balance—relationships held in symmetry around a center. While this view reveals stability and interconnectedness, it does not fully capture another essential aspect of the system: direction.

The same 13-node configuration can also be represented as a hierarchical structure—a top-down “tree”—in which the center becomes the point of origin rather than the point of balance.

In this representation:

- the central node appears at the top, as a source of integration
- intermediate nodes represent stages of transformation and organization
- lower nodes express distribution, embodiment, and interaction

This does not replace the circular form. It complements it.

Where the radial geometry shows **simultaneity**, the tree reveals **process**.

Where the ring expresses **balance**, the tree expresses **flow**.

From this perspective, the system can be understood as a continuous movement:

- from unity into multiplicity
- from structure into expression
- from experience back into integration

Importantly, this flow is not one-directional.

Just as the structure extends downward into differentiation, it also allows for upward movement—where experience, feedback, and interaction return toward integration.

This bidirectional movement reflects the same principle observed in earlier practices:

- expansion without fragmentation
- return without collapse

Seen in this way, the system is not static geometry, but a living process—one that can be viewed as:

- a structure (in its form)
- a function (in its flow)
- and an experience (in awareness)

The tree representation makes explicit what the circular form implies:

That integration is not only a state to be reached, but a process that unfolds, expresses, and returns.

Some traditions emphasize hierarchical structure, others cyclical balance. The present model explores a configuration that integrates both—allowing directional flow without losing symmetry.

In this form, the structure can also be read as a map of organization rather than a fixed hierarchy. Each level does not represent superiority, but a difference in function—how integration becomes expressed through stages. The upper nodes do not “control” the lower; they provide orientation, while the lower nodes provide realization. Meaning emerges through their relationship, not through separation. In this way, the tree is not a ladder to climb, but a system to participate in—where every level remains connected to the whole. The same pattern that appears as descent into form can equally be experienced as coherence moving through expression.



**Figure 4**

*Figure 4. Hierarchical (tree) representation of the 13-node system: the central node appears as a source, with flow extending downward into structured expression and upward through feedback.*

## **Practice 4: Directional Awareness (Flow Through Levels)**

The previous practices explored stillness, internal movement, and integration within activity. This practice introduces a new dimension: the sense of direction within awareness.

If earlier practices revealed the presence of a center, and the ability to move between center and multiplicity, this one explores how experience may unfold across layers.

### **Step 1 — Begin from Integration**

As before, settle into a sense of whole-body awareness.

There is no need to deepen it—only to recognize it.

Let attention rest in a unified field.

### **Step 2 — Sense an Upward Reference**

Gently bring awareness to a subtle sense of “above”:

Not visually—but intuitively.

A sense of openness, clarity, or origin.

There is no need to define it precisely.

### **Step 3 — Allow Downward Flow**

Now, without forcing anything, allow awareness to move downward through the body:

- from the sense of openness
- through the head
- into the chest
- through the torso
- into the legs and feet

This is not imagination—it is a soft orientation of attention.

## **Step 4 — Feel Expression**

At the lower part of the body, notice:

- contact with the ground
- physical presence
- weight and stability

This represents expression—where the system meets the environment.

## **Step 5 — Return Upward**

Now allow attention to move upward again:

- from physical sensation
- through the body
- back toward the sense of openness

Not as escape—but as integration.

## **Step 6 — Establish the Cycle**

Continue gently:

- downward → expression
- upward → integration

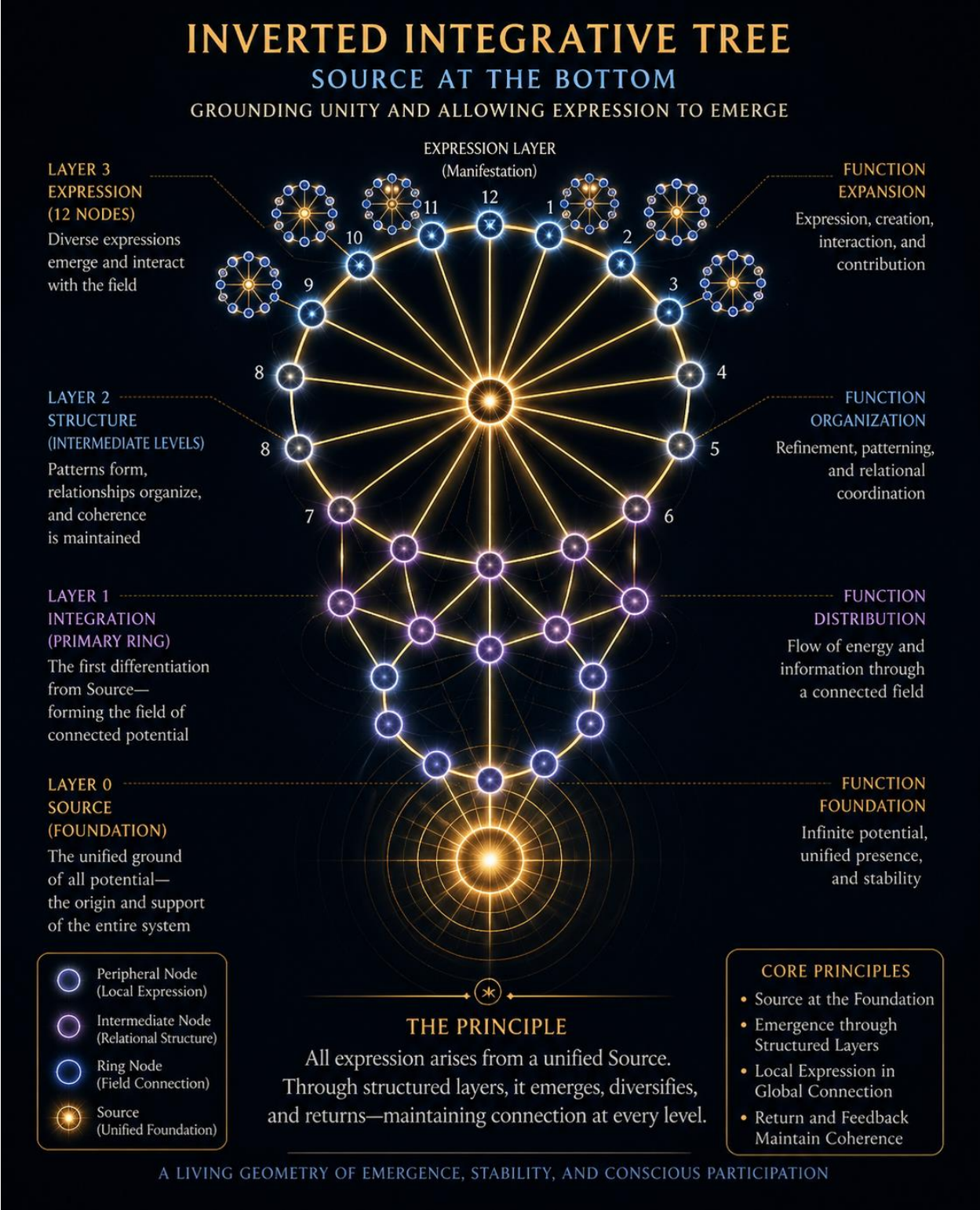
Let the movement become continuous.

Not mechanical—alive.

## **Closing Thought**

Integration is not only the gathering of parts into a whole.

It is the ability to move between levels—  
from source to expression and back again—  
without losing coherence.



**Figure 5**

*Figure 5. Inverted integrative tree: source positioned at the foundation, with structured layers emerging upward into expression while maintaining continuous connection to origin.*

## **Bidirectional Flow — The Complete Cycle**

Until now, the practices have emphasized a downward movement—from unity into structure, from coherence into expression.

But a living system does not move in only one direction.

What descends must also return.

What expresses must also integrate.

The full pattern is not a line, but a cycle.

In this phase, the practitioner begins to experience the reverse movement: not projecting outward, but allowing experience itself to rise back toward coherence.

This completes the geometry.

### **The Return (Ascending Awareness)**

This is the clean mirror of your earlier work—simple, grounded, not mystical-sounding.

### **Practice 5 — The Return**

#### **Purpose:**

To experience awareness moving from expression back toward integration.

#### **Step 1 — Begin Where You Are**

Do not seek stillness first.

Begin inside ordinary experience:

- sensations in the body
- sounds in the environment
- thoughts as they arise

Let everything be present.

#### **Step 2 — Gentle Structural Breath (same rhythm)**

Use your established pattern:

- inhale (5)
- hold (5)
- exhale (5)
- hold (5)

But now shift the *direction of attention*:

On the inhale — feel awareness gathering

On the exhale — feel it settling inward

### **Step 3 — Reverse the Orientation**

Instead of pushing awareness outward:

Let experience come to you.

Rather than:

“I am observing the world”

Allow:

“The world is arriving within awareness”

No force. Just a subtle shift.

### **Step 4 — Follow the Return Path**

As thoughts, sensations, or emotions arise:

Do not follow them outward.

Gently feel them:

- forming
- being noticed
- dissolving back into stillness

Stay with the dissolving. That is the upward movement.

## **Step 5 — Rest in Integration**

After several cycles:

Notice the quiet background that remains when experience settles.

Do not analyze it.

Just remain.

At first, this upward movement may feel subtle—almost indistinct.

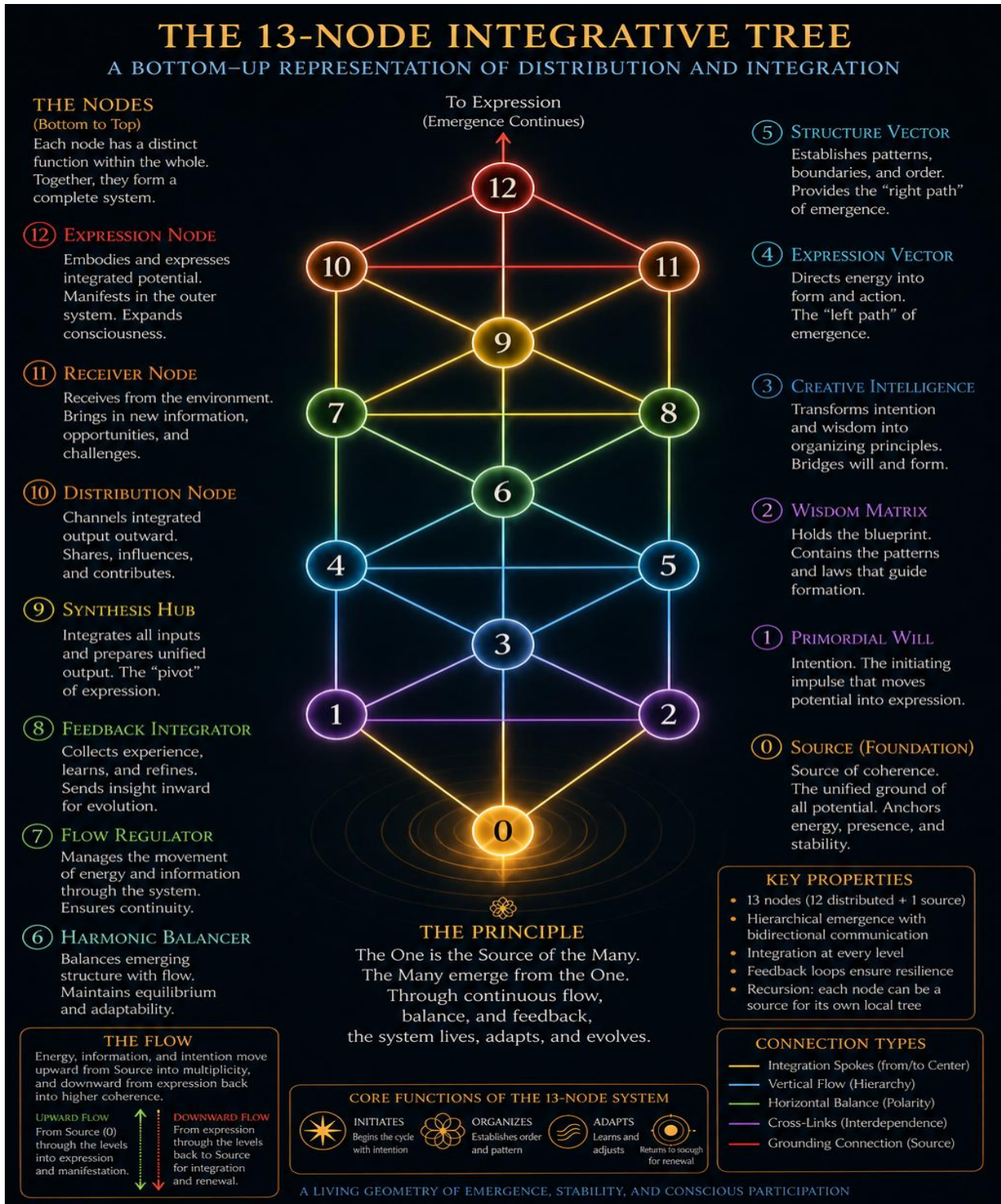
It is not a dramatic shift, but a quiet reorganization of attention. Rather than moving toward something, awareness begins to recognize what remains when movement settles.

Over time, a distinction becomes clearer: experiences continue to arise, but they no longer pull attention outward in the same way. Instead, they appear within a stable background that is not disrupted by their presence.

This does not remove thought, sensation, or emotion. It changes their relationship to awareness. They become events within a larger field, rather than centers of attention themselves.

In structural terms, this reflects the same principle described earlier: local activity continues, but global coherence remains intact.

The upward movement is not an escape from experience. It is the recognition that experience itself can return to integration without being suppressed.



**Figure 6**

*Figure 6. Bottom-up integrative tree: a complementary representation showing emergence from a foundational source through hierarchical organization into distributed expression, preserving bidirectional flow.*

## **Practice 6 — The Unified Cycle (The Living Loop)**

This is where your system becomes truly unique.

### **Purpose:**

To experience both directions as a single continuous process.

### **Step 1 — Establish Breath Rhythm**

Same 5–5–5–5 pattern.

Let it become automatic.

### **Step 2 — Assign Direction to the Breath**

- Inhale → **Return (upward / inward)**
- Exhale → **Expression (downward / outward)**

### **Step 3 — Experience the Dual Flow**

On inhale:

Everything gathers, simplifies, integrates

On exhale:

Everything expresses, expands, differentiates

Do not imagine—*feel the shift in quality*

### **Step 4 — Remove the Division**

After a few minutes:

Stop labeling inhale/exhale.

Just observe:

A continuous cycle of:

- emergence
- expression
- return
- integration

No beginning. No end.

### **Step 5 — Recognition**

At some point, it becomes clear:

The same awareness is present  
in both directions.

That is the center.

The system is not complete when it expands,  
nor when it returns,  
but when both movements are recognized  
as one continuous process.

This recognition is not conceptual.  
It does not require explanation or belief.

It appears as a simple consistency:  
the same awareness is present whether experience is expanding or returning.

In this way, the system reveals its full form—not as separate movements, but  
as a single continuous process in which expression and integration are no  
longer opposed.

## **Living the Pattern**

The structures presented here are not limited to diagrams or internal exercises. They reflect a broader principle that can be recognized in everyday experience.

Most systems—whether internal or external—tend toward one of two imbalances:

- fragmentation, where parts operate without coordination
- or over-centralization, where diversity is reduced in favor of control

Both reduce the system's capacity to adapt and respond.

The integrative pattern explored in this work suggests an alternative: a way of maintaining both individuality and coherence.

In practical terms, this can be observed in how attention is used:

- whether it is scattered across competing demands
- or rigidly fixed on a single point

Neither state allows for sustained clarity.

Integration emerges not from eliminating complexity, but from relating it through a stable center.

## **Application Beyond the Individual**

This pattern extends beyond internal awareness.

It can be recognized in:

- how groups coordinate without losing autonomy
- how ideas connect without collapsing into uniformity
- how systems scale while maintaining coherence

In each case, the same principle appears:

- local relationships remain intact
- global integration provides direction

### **A Shift in Perspective**

Rather than viewing systems as either centralized or distributed, this framework suggests a third perspective:

A system can be both.

Not by compromise, but by structure.

Various symbolic systems across cultures have depicted node-based geometries with central integration. While often interpreted metaphysically, such forms may also reflect intuitive understandings of stable network organization. The present model offers a framework for examining these patterns in terms of flow, feedback, and coherence.

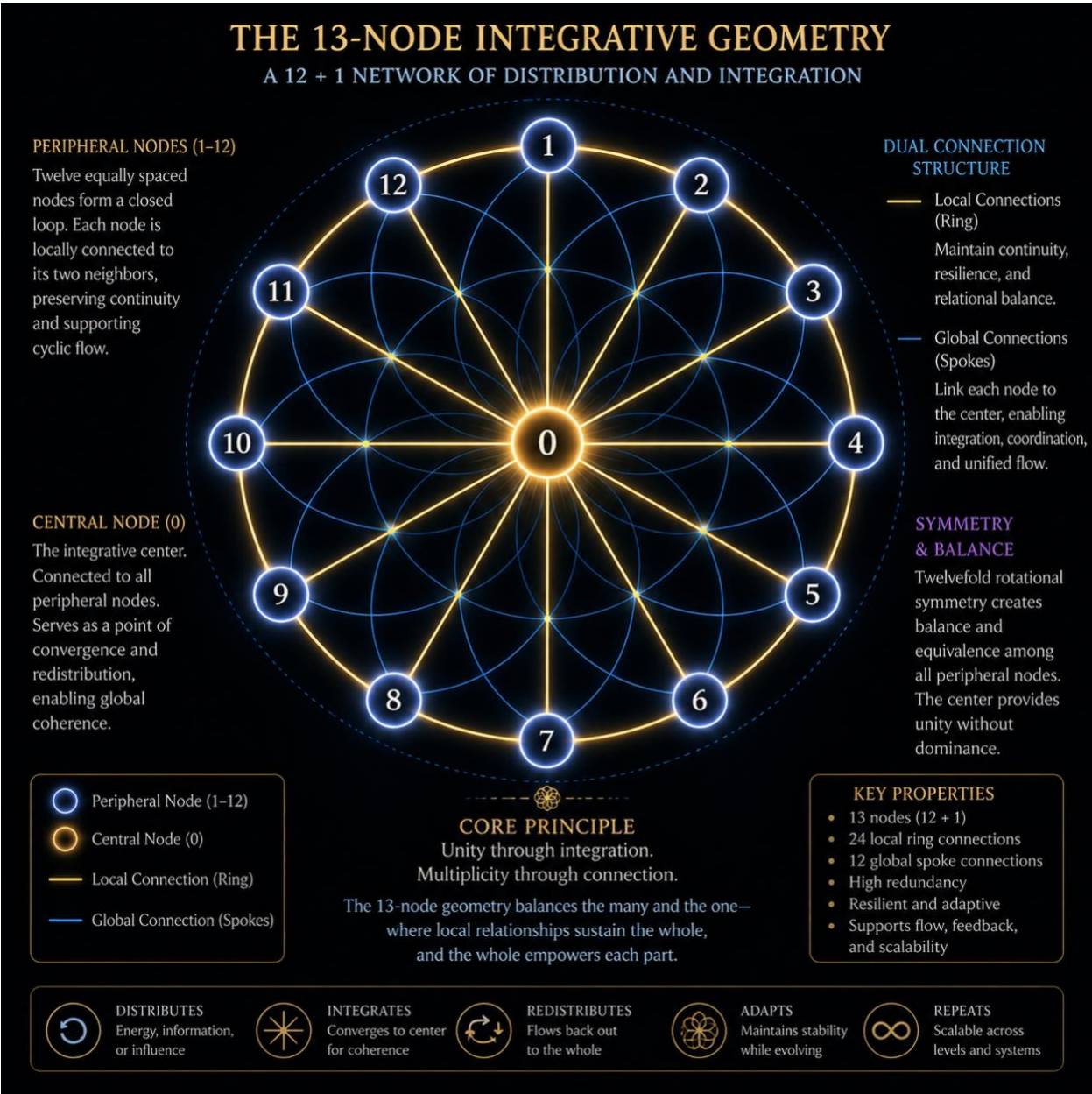
### **Final Reflection**

The geometry presented here is not an answer, but a lens.

It does not prescribe a single way of thinking or acting. Instead, it offers a pattern that can be recognized across different domains—structural, experiential, and symbolic.

Whether approached analytically or intuitively, the same question remains:

What becomes possible when the many and the one are no longer in opposition, but in relationship?



**Figure 7**

*Figure 7. Integrated view: the 13-node system combining circular symmetry and central coordination, illustrating the balance of distribution and integration.*

What has been presented here can be approached in many ways—mathematically, structurally, or experientially. But at its simplest, it points toward a shift in how relationships are perceived.

In everyday life, attention is often pulled outward in many directions or narrowed into a single point of focus. Both can lead to imbalance—either fragmentation or rigidity. The integrative pattern explored in this work suggests another possibility: that awareness can remain distributed without losing coherence and centered without becoming fixed.

This is not a state that needs to be constructed. It is something that can be noticed, returned to, and gradually stabilized. The practices offered are not techniques for achieving a result, but invitations to recognize a pattern that may already be present beneath habitual ways of attending.

If the model holds any value, it is not in the geometry itself, but in what it reveals: that the many and the one are not opposing forces, but aspects of a single process. And that integration is not something distant or abstract, but something that can be experienced directly—moment by moment, within the flow of ordinary life.

While these practices are simple, their effects are not always immediate. Like any shift in attention, they become more familiar through repetition. Some may find it helpful to return to them consistently over a period of days or weeks, allowing the pattern to stabilize through experience rather than effort. The aim is not to complete a fixed duration, but to become familiar with the underlying movement—until it can be recognized more naturally within everyday life.

Some traditions suggest that repeating a practice over a period such as 21 days can help establish a new pattern of attention. This is not a requirement but may serve as a useful reference for those who prefer a structured approach.

This work does not conclude the question—it opens a direction for further exploration, both in formal modeling and in lived experience.

The structure you've been working with may not describe a system that flows in one direction...  
but one that maintains coherence in both directions at once.

