

What is the *Art of Synthesis*?

As stated in the closing paragraph above, the *Art of Synthesis* is a process. However, it is so much more than this. As an integral part of *Visions of Reality* and *Walk the Rainbow* it is virtually impossible to detect, so other senses must be employed to determine its impact upon you and your daily life. These senses are observation together with honest personal reflection. When these qualities are engaged it becomes clear the *Art of Synthesis* is also an effect, the result of prescribed action, or combination of actions, the outcome of which is *synthesis*; integration, resulting in a new way of 'being' in the world.



A simple analogy may serve to explain this. Using the power of friction, fire is the result of a match being struck against a rough surface. However, another vital, more subtle, ingredient is also necessary – oxygen; the match would not ignite without its presence. It infiltrates both the molecules within the match and the surface upon which it engages as well as being the fabric within which manifested life, all life, unfolds.

When the *Art of Synthesis* is held up against this analogy it can be seen to align with the fabric of life itself - the air we breathe and its intrinsic life giving component, oxygen. The mere act of living therefore calls into action the *Art of Synthesis*, whatever we breathe in through the circumstances of our daily life merges with our inner state, and becomes who we are in the world.

For the most part this simple act of 'breathing in' our reality is unconscious, as is the effect it has on the image we project onto the world at large, but when used as a conscious path of Self-awareness it offers a creative way to attract 'light' qualities into daily life.

In conclusion, the *Art of Synthesis*, neutral in nature, is both singer and the song, the air that we breathe and the force we share with the wider world; the way it permeates our daily life, for good or ill, is down to us.

Visions of Reality in conjunction with *Walk the Rainbow* enables you, as a natural vessel for the *Art of Synthesis*, to sing the song of the Soul; to become the orchestrator of the 'vision' that creates your everyday 'reality.'