

## POLARITIES EXPLAINED & DEFINED

### POLARITIES:

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Paired values (often competing) that need each other over time in order to achieve a greater purpose.

### INFINITY:

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Is the ongoing nature of polarities... an energy system which is never ending.

## POLARITY MAPPING – KEY POINTS

- ∞ Greater Purpose Statement (GPS) is necessary to keep clarity. Deeper Fear helps get the worry out in the open.
- ∞ Both poles are important and must be neutral to positive words
- ∞ Poles are interdependent opposites that need each other over time in order to sustain the system
- ∞ Leveraging a polarity does not mean same amount of time spend on both poles.
- ∞ If you over focus on one pole to the neglect of the other you will get the downside of the focused pole. The reverse is also true.
- ∞ To move out of the downside of either pole, you must focus on the upsides of the opposite pole.
- ∞ The oscillation is ongoing... the natural tension between is unavoidable, unsolvable, and indestructible.
- ∞ Action Steps and Early Warnings need to be S.M.A.R.T.



## POSSIBLE POLARITIES AT WORK - CHRISTIAN DOMINANCE

Institution ∞ Individual

Community ∞ Individual

Religion ∞ Spirituality

Tradition ∞ Modernity

Stability ∞ Change

## SAMPLE POLARITY MAP - CHRISTIAN DOMINANCE: Session 2

