



## Lesson 10: The Great Polarities

### *Lesson 10 Part 3, Desire, Will, Intention and Attention*

Welcome to the final chapter of Lesson 10. In this part of the lesson we'll cover the final learning objective in the Great Polarities: taking responsibility for your will. We will learn:

- 1) How to use desire and will
- 2) How to use intention and attention
- 3) To realize that *you* attitude and altitude

### **Creating Your Reality**

Desire is a force. In the context of the Chinese cosmology that we've been discussing, desire is the force of consciousness of The Dragon. If The Dragon had no desire, there would be no will and if The Dragon had no will, there would be no creation. So desire, in many ways, is the ultimate force in creation. Remember that The Dragon's desire is to have any relative experience and adding relative knowledge to absolute knowledge as it has these experiences. We as humans are tools of existence and we are the means by which The Dragon has its relative experiences. As individuals, each of us gets to choose which parts of existence we want to experience. Each of us gets to create our own reality because each of us is The Dragon. It takes a great deal of effort to overcome our programming that keeps us in the game of white dragon and black dragon. As I've argued in the past, most religions do a great job of separating The Dragon from the white dragon and the black dragon. The reality is that The Dragon is no more separate from the white and black dragons than potential is separate from positive and negative in a magnet.

Now that we understand The Dragon's desire, let's talk about the will. Will is The Dragon's breath of fire. Will is the force that moves desire into relationships so that experience may be gained, offering absolute knowing an opportunity to gain relative experience. When knowing and experience merge, wisdom is gained. Your personal will



force brings your chosen desires into reality, offering experience so that you may gain knowledge and wisdom. This is self-realization. As existence itself, we carry all of the same qualities within us that The Dragon does. This is what Jesus meant when he said, “I and my Father are one.” Essentially we are gods (with a small ‘g’) and when we self-realize, we realize that we are existence. We are a manifestation of God and we have those powers within us.

The way we think and the way we create is exactly the way existence thinks and creates. Just the way existence had the desire to experience and create, we have the desire to experience and create. Yet, we don’t experience anything until we will it. For example, many of you have all sorts of ideas, but the ones that you manifest are the ones that you invest your will force into. Desire is an urge in the face of an awareness of possibility and the will is what moves that into a reality. Mind splits existences desires into many seemingly separate desires. I say, “seemingly separate desires” for a reason. Let me explain this expression by way of analogy. If you look at a tree it has many leaves. Think of each of the leaves on the tree as part of the tree. Existence has the desire for the tree experience yet each leaf is like a different idea and each leaf is contributing to the one desire of the tree. The tree’s will to grow is the expression of moving the desire of reality and each leaf could be thought of as part of the idea. Yet each leaf could seen as a miniature tree. We are like a leaf on the tree. In just the same way that the leaf has to be willing to absorb sunlight and feed itself on the sap of the tree, we have to be willing to absorb consciousness and feed ourselves from the nutrients that are necessary for our own survival. In sum, desire encourages the creation of what we know of as the universe. Will moves that desire into action and each of us has desires. Each of us gets to choose how we use our will.

Put even more succinctly, desire brings itself into manifestation through will force. As an individual organ of consciousness and existence, in order for us to use our will force, we must make use of intention. Intention means holding consciousness in tension. If you’ve ever towed a car with a rope, you have to let the clutch of your car out very carefully and put the rope in tension so that you can carry out your desire to move the car from one location to the other. The clutch allows the will force of your car to move the other car. If you don’t manage the clutch, you don’t manage the will force of the car, and if you don’t



manage the will force, you're likely to snap the rope. The way you manage your intention and your will force is to bring attention or to bring an awareness to the chosen relationship. In our example, you must bring your awareness to the rope to keep it intention so that you can fulfill your desire by managing your will. Your desire is to tow the car from Point A to Point B and you must keep your awareness on the intention, which is to keep the rope tight so you don't break it. In this way you can fulfill your desire and manage the will force so that it works for you. Too much will force and you have a third Chakra imbalance. You're the proverbial bull in a China shop. You won't be able to achieve any long-term accomplishments because you damage more things along the way than you do good.

Existence and consciousness are everywhere. It has no borders apart from those we create in our perceptions. All there exists is consciousness and not consciousness, truth and untruth, good and evil, angels and Lucifer. These are all things that we bring our awareness to. You can even bring your awareness to something that isn't real. A movie isn't real. It looks real, but we can allow, through our awareness, to choose to experience it as real. What this means is that we have to manage our consciousness by bringing it into tension. When you bring consciousness into tension, you take something that's everywhere and you bring it down into an experience. When you bring awareness, you take something that has no address and you give it an a-where-ness. It places you into relationship with that which you perceive. In contrast, when you are asleep you have no awareness and you have no intention. You are essentially dead.

Before I continue, let me provide a quick summary of what we've discussed here:

- 1) *Desire* is a potential experience.
- 2) *Will* moves desire. Will force moves desire or potential into manifestation.
- 3) *Intention* is choosing the experience you want to have.
- 4) *Attention* is being aware of what you are creating.

Each of these four components is necessary for you to create the reality you want in your life.



## Are You Suffering?

Just as the emptiness in your stomach encourages you to *choose* what you will put in it, emptiness in your *being* causes you to have desires. These desires attract will-force so that they are moved into manifestation. *If you do not choose your desires, you are doing the equivalent of letting another stuff your mouth.* You may get lucky and they might stuff something nutritional in there or they might shove a Twinkie in there. *So what experience do you want to consume?* Many people get stuck on this question. I tell people in this situation that they should choose an experience that creates levity in their being. When you think about working in a barbershop, that either makes you heavier or lighter – happier or unhappier. If you’re trying to figure out what you want to do, go through your experiences until you find the one that brings you the most happiness, the most aliveness, and start building from there. Always start with that experience which gives you the most sense of being alive.

## Responsibility

It is each individual’s responsibility to choose what experience they want to consume. If you’re here and you’re alive, then you’ve reached a level of evolution where choice is something you want to master. The word “responsibility” means respons-ability. Can you divert your own will force into the desires that you want. If you cannot take responsibility for your creations, you will be one of these people who gets themselves in trouble financially, mentally and emotionally. You’ll do things that nobody can understand and you may not understand them yourself. When you yourself don’t understand why did something it means that you did not take responsibility for your actions. As The Dragon, we have to consume the experience we create. When you bring any experience to life, you must consume it. If you don’t bring your attention and your awareness to the experiences that you’re cooking up, then you will experience whatever you create at the subconscious level or whatever other people create for you. Again, this could be palatable, but it could taste horribly and be unhealthy. Because you did not take responsibility for choosing, for exercising your own free will, it is your Karma to have to consume an experience that you think you didn’t choose. The fact of the matter is that *not choosing is choosing.*

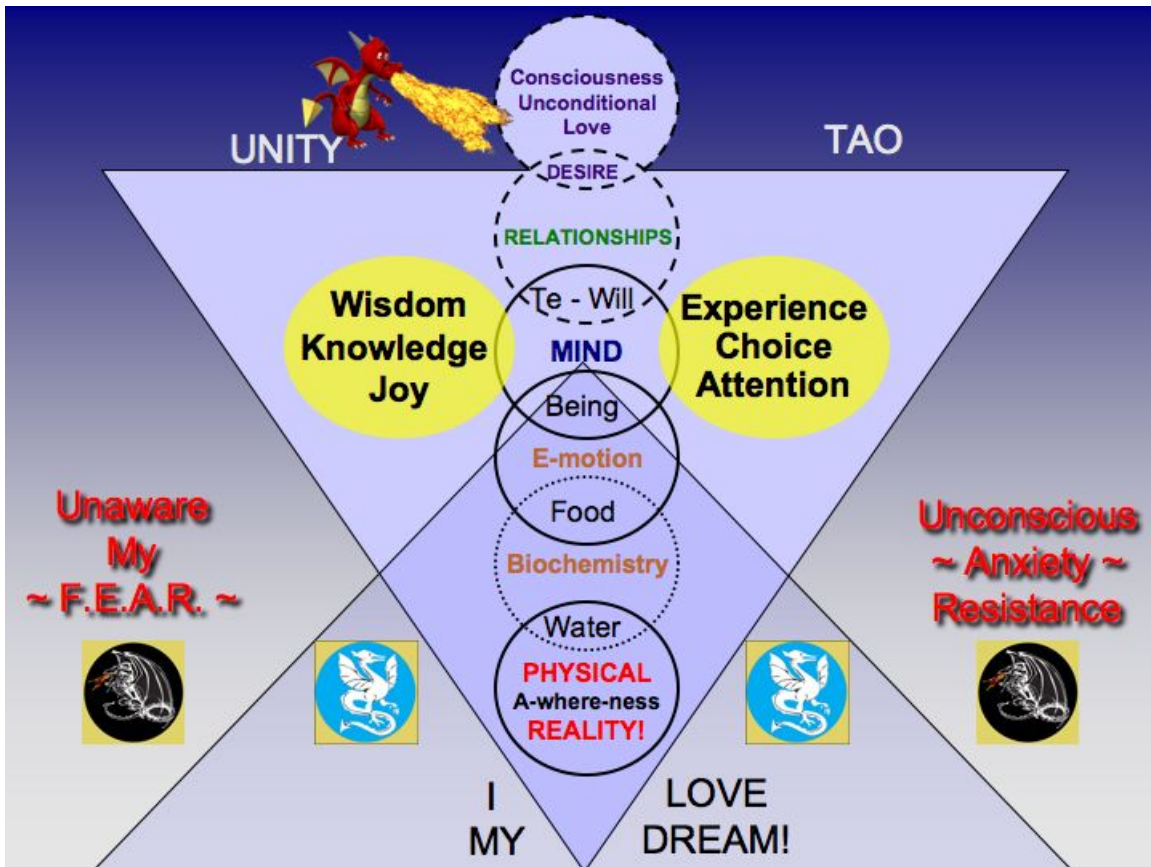


## The Law of Attraction

We've talked about the Law of Attraction in the past, but it plays an important role in the process of creation so I want to discuss it here. You are a living magnet, and inevitably attract the people, circumstances and resources in harmony with your dominant thoughts. The Law of Attraction states that like attracts like. You always attract people and experiences to you that match your consciousness. Opposites attract as well. Males attract females. Good attracts evil. This may sound a bit counterintuitive, but the better you are, the more healthy, the more whole, the more positive you are, the more you attract negative to you. Let's take Jesus as an example. He became highly polarized as a human being to the positive – to the good. He attracted evil to him and thus he was crucified. Many of you may find yourself challenged with the new growth and development you're experiencing in the P~P~S Program. You may find yourself in arguments and being frustrated. This is an example of the fact that opposites attract. You are attracting these challenges. As you become more positive, confident and mature, as you become more responsible for the way you use your desire, willpower, intention and attention, you're going to attract exactly what you want to yourself. But the universe is so constructed so that when you attract what you want, you will inevitably attract the challenges of the negative to you as well. The universe is built this way because it is our spiritual responsibility to help those that are less evolved than we are and there is *always* someone less evolved than we are. As you encounter the less evolved you must remember that you can't let their Te become your Te. You can't let their need to paddle against the current of life become your project. The ultimate lesson of the law of attraction is that it functions as long as you are polarized. The only way to get past this law is to exit reality. As long as you have an ego, you create yourself as a polarized being.

## The Universe at a Glance

Lesson 10 has been devoted to understanding the universe and the principles that guide the functioning of the universe make it possible for us to create the existence we want for ourselves. The diagram you see on the next page captures this all of this information in pictorial form.



At the top of the diagram you will see The Dragon, which is consciousness and unconditional love, breathing the universe into existence. Out of its timelessness, consciousness develops desire. Since there is nothing else but it, The Dragon has to create relationships with itself. The first relationship is mind and mind is composed of the white and black dragons, both of which are represented at the bottom of the diagram. As positive, you can see the white dragon with the caption, “I love my dream,” whereas the black dragon as negative is captured by fear, anxiety and resistance.

In the process of creation, your soul passes through mind because you have a mind – you have a brain that taps into mind. Once the soul passes through mind, you come into being. You come to have an ego and this imbues you with the ability to feel emotion and to have desires. Just as the desire that is The Dragon manifests through its power of will, your will manifests through the desires emanating from your mind. When you use your



mind effectively, you will produce far more wisdom, knowledge and joy than the opposite.

At this point, we have descended through the sequence of relationships from Consciousness all the way to E-motion. The next relationship is food. Food determines your biochemistry, and your biochemistry has a massive influence on your emotions. Water also has an extremely important influence on your biochemistry. Your body is water dependant – if you dehydrated your body there'd be no life in it. You'd be like a bag of chemicals you find on a shelf in the gardening section of the hardware store. All three of these components, food, water and biochemistry, have a huge effect on your physical reality and on your awareness. The unhealthier you get, the more you become trapped in your body. But then as you start to die you become delirious and you start losing your body and your awareness. Typically we leave the planet the way we came into it – with a very poor sense of self or awareness.

So the diagram captures creation moving from the top downward. That is, it depicts creation beginning with unconditional love and moving through desires, mind, will and physical realization. However you can also uncreate from the bottom up. You can have a disrupted physical reality through a lack of water, a dysfunctional biochemistry, and poor eating habits. This disrupted physical reality will in turn affect your emotional reality. The only way that you know that you're thinking, and the only way you can judge your body's reaction to your thinking is through your emotions. So in order to have healthy emotions, and therefore a healthy sense of being, you have to have a healthy physical reality.

The effects of a disrupted physical body cascade upward through the layers of existence as well. If your emotions are out of balance, so is your mind. As Dr. Valerie Hunt showed, the emotions are so powerful they can restructure the mind field. In other words, in general the mind creates the emotions, but if the emotions are strong enough they restructure the mind. I'm sure you can remember a situation where you or someone around you was so angry that their way of thinking was shifted radically from their normal mode of thought. Thus an unhealthy body can result in altered emotions and thoughts.



### Lesson 10 Part 3 Optional Assignment #1

Now it's time for the next assignment in Lesson 10. I call this exercise "Becoming The Dragon." Beginning with a large sheet of artist's paper, draw a big circle with a Yin-Yang symbol in the center. Once you've anchored your drawing with the Yin-Yang symbol, create your Mandala through the following steps:

1. Draw four circles atop the Tai-Chi symbol.
2. Label the circles from the top moving counter-clockwise as *Desire*, *Will*, *Intention*, and *Attention*.
3. Write inside each respective circle how you will now use desire, will, intention and attention to create your dreams each day. How can you use your new knowledge to manage your desire, will, intention and attention?
4. Outside each circle write how you will recognize the black dragon trying to erode each quality. The goal is to learn how to better manage your creative forces as you progressively become The Dragon! So what steps will you take to manage your black and white dragons?

You can also write down your white dragon qualities and identify those qualities you like about yourself. But it is most important to identify the things that you know that are eating away at your ability to manage your desire, will, intention and attention. This way, when the black dragon rises up, you've tagged him – you've tagged the way he appears in your life and you can prepare.

### The Love Principle

We've talked about a number of important principles in the process of creation and how they manifest in your life so far. I want to return to a principle that should now be very familiar to you – The Love Principle. In the process of conscious creation, in order to produce what we want and to do our part as both The Dragon and to reciprocate with existence, it is our prerogative to give back. When you live according to the Love Principle, you don't hold on to life. You allow life to move through your awareness producing wisdom, for which you return the life force. So your part of the Tao, your Te,





is returned to the Tao. But what do you return it as? You are constantly nourished mentally, emotionally, physically and spiritually. Yes, you do your part, but existence does its part too. So what are you giving back?

How do you give back? *Do what you want to do first so that you're happy.* Happy people that love themselves naturally give happiness and love to other people. You make the dragon breathe, so what do you want to create? What do you want to become? If you take this question seriously, you will probably have a very different goal than anyone else. Just remember that you can only take with you what you've become. Nothing else leaves.

### **Lesson 10 Part 3 Optional Assignment #2**

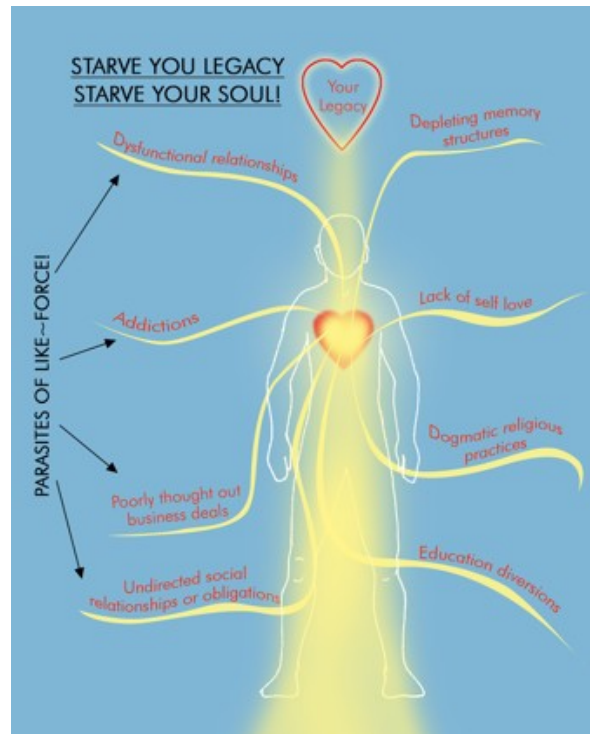
Here is your final homework assignment for Lesson 10. For this assignment I would like you to write down:

1. What exactly you would like to take with you into the next phase of your existence when you die a physical death, knowing that *all you can take with you is what you've become in life*. Describe who you are on the day that you die. What has your soul learned during your existence?
2. How you give back to the Universe each day as a re-giving for the love you constantly receive from Her.

### **Conclusion**

The most important lesson you can take away from the Great Polarities is to recognize and be proud of your unique identity. I love who I am and I love what I've accomplished. If I kicked the bucket tomorrow, cool! Let's be amazed at who we are!

Now that you know how the Great Polarities work and you know that you can be the black dragon, the white dragon, or The Dragon, remember to watch out for the black dragon in your life. I've called these black dragon manifestations parasites in previous lessons. Manage your activities such that they move you toward fulfillment of your legacy and you will always feel great joy – you will move with the flow of Existence.



Now you have a real good of how to manage your dragons. Remember, you have a choice: black dragon, white dragon or The Dragon. The Chinese philosopher Lao Tzu once said,

*The best athlete wants his opponent at his best.  
The best general enters the mind of his enemy.  
The best businessman serves the communal good.  
The best leader follows the will of the people.  
All of them embody the virtue of non-competition.  
Not that they don't like to compete, but they do it in the spirit of play.  
In this they are like children, and in harmony with the Tao.*

This is the essence of The Dragon.



Enjoy the battle, but don't make it into one unless you enjoy it. You can be like Bruce Lee and kick ass or you can be The Dragon and just be. It's all a matter of moving with the flow of life.

I look forward to seeing you in Lesson 11: How to Communicate. In this lesson we'll be working with two trained experts in the field of Nonviolent Communication – Alex and Meera Censor. It's an exciting and effective lesson and I can't wait to share it with you!