



Lesson 10: The Great Polarities

Lesson 10 Part 2, Understanding the Dragons of Existence

In the previous chapter of lesson 10 we delved into the basic nature of the universe, discovering the basic polarized nature of all that is in existence. In this chapter of Lesson 10, we will be addressing our third learning objective: *Understanding emotion in relation to your mind in your daily life*. We will learn what really *is* in relation to our awareness, relationships and experience of life.

Black Dragon – White Dragon

Let's get a little deeper into the concepts of relativity, mind, space and experience. I'd like to do this by sharing a philosophy that emerges from Chinese Cosmology, because I find that this philosophy has helped my students and clients to more effectively manage their mind. On this view, the mind itself is composed of two great polarities and the many shades thereof – Yin and Yang. So as we've discussed in the previous portions of this lecture and lessons, Yin has a number of various qualities that are attributed to it and so does Yang. Yin is negative, for example and Yang is positive. In Chinese cosmology, Yin and Yang are present as dragons. Yin can be perceived as a black dragon, and Yang as a white dragon. As you can see in this picture, the two dragons are constantly fighting each



other.

Now these dragons are twins. They are equal and identical twins, one male and one female. As you can see from the Yin-Yang symbol, they both are not only equal but they have the opposite viewpoint on any subject or topic. They have the opposite experience in any situation. Yet they both have the seed of the consciousness of the other within them. Therefore, no matter how good an action of the positive dragon is, there is always the seed of a black dragon



product of *The Dragon*. In Chinese cosmology, The Dragon, which is the equivalent of God in Christianity, breathes the other two dragons into existence. The Dragon does this because its favorite hobby is to create universes. Being busy creating universes, the last thing it wants to be doing is getting caught up in managing those universes that it has already created. This is where the white and black dragons enter the picture. The Dragon has handed over our universe to the white and black dragon as a gift. It is the task of the two dragons to manage the universe indefinitely and the only way to relinquish this duty is to learn to get along. When they can agree on anything, it will be so.

This sort of relationship between The Dragon and its two creations may sound familiar. It is much like the Holy Trinity from the Christian tradition. At the top of this trinity is The Dragon, which is of neutral polarity. This illustrates the fact that The Dragon can get along with anyone – it is *unconditional*. The black dragon is the negative polarity and the white dragon is positive. Neither of these two polarities can exist without the neutral. As a matter of fact, they come right out of the neutral, just like the numbers one through nine come right out of zero.

Again, what does this mean for you? Meeting your dragons means being willing and able to see that you’re taking a side or passing judgment in any given situation. And you will find yourself, as I have found myself, meeting your dragons quite frequently. My black dragon is my son. I love him, but there’s not to many things we agree except for that organic food is good for you. So the only way we can rest together is if we can agree to

go past the two dragons is to be still. When that happens, it’s beautiful. The moral of the story is that my son and I have our own little universe together and we have to learn to manage that universe together cooperatively. When we aren’t doing this, we aren’t resting.

RELIGION	TRINITY		
HINDU	SHIVA	VISHNU	BRAHMA
CHRISTIAN	FATHER	SON	HOLY GHOST
HEBREW	KEPHER	BINAH	CHOCHMAH
EGYPTIAN	AMUN-RA	HORUS	OSIRIS-ISIS
ZOROASTRIAN	ASHAVAHISHTA	VOHUMAN	AHURAMAZDA
SCANDINAVIAN	ODIN	THOR	FREYA
DRUIDIC	TAULEC	FAN	MOLLEC
PHOENICIAN	ANU	EA	BEL
TRINITIES in the GREAT RELIGIONS			

Earlier I showed that just as the



three dragons of Chinese cosmology form a trinity, similar to the Holy Trinity of Christianity. In fact, most of the world’s major religions have some form of Holy Trinity.

Below, you can see the trinity that I just discussed with The Dragon and the two dragons that it breathes into life. You will also see the trinity that I have created for the explanation of the C.H.E.K Philosophy. In that trinity, God is the neutral polarity, spirit is the positive polarity and matter is the negative polarity. What all of these religions and philosophical systems are saying is that life comes out of No-Thing and becomes Something and that there is a constant movement of energy. In metaphysics, this is called the *eternal return*. It means that as long as there is a positive pole and a negative pole, the energy of potential will always move through the negative into the positive. In earlier lectures I’ve explained how the positive pole sucks energy. Most people have this backwards and think that the negative pole attracts or pulls energy towards it. That’s simply not true. Negative always moves towards positive. This is an important lesson, because if you take that basic electrical principle as a life lesson, you’ll realize that no matter how negative someone’s action or no matter how ugly something looks, it’s always moving towards a more positive experience. If you look back at your life Mandala from Lesson 1, you will see that many of things you thought of as negative, nasty, black



dragon experiences were there to move you towards a more positive self-realization. Hold this in mind as you progress through each of your days. See if you can practice putting yourself in the frame of mind where you can ask yourself, “White dragon or Black dragon?” If it’s you that’s one of those two dragons, just remember that you always have a choice: black dragon, white dragon or The Dragon. The Dragon doesn’t pass judgment and it doesn’t get sucked into issues of Karma. The Dragon is the creator and it is unconditional. Only a moment in The Dragon can be more restful than years in the field of the black and white dragons.



The Tao and the Te

With this foundation in place, I'd like to discuss two concepts that I hope will help you as much as they've helped me in my life. They are *The Tao* and *The Te*. As you can see in the diagram on the previous page, this is the Tao. It is all. It is one inclusive experience, reality and unity. The Tao is unmoving and unmoved. This is a hard concept for a lot of people to grasp. I can look out of my office window and see highway 78 and there's a heck of a lot of movement out there. You can look out your window and see the trees moving in the wind or see the rain falling. You can move your arms and legs. There's a lot of movement in the world, yet the Tao is unmoving and unmoved.

The Te is the guiding spirit. It is your individual experience of the flow of existence. Your individual experience of the flow of existence is what you have when you are in possession of an ego. Without the ego there is no individual experience of anything.

My diagram also contains the image of the Ouroboros – the snake eating its own tail. It's an ancient symbol that expresses the idea that life eats life. It's the foundation of relative existence. It is transformation yet it is unity. That snake is, metaphorically, the same snake that convinced Eve to eat the Apple of Knowledge in the Garden of Eden. Here, the snake is wrapped around the Yin-Yang symbol. This signifies the principle that any knowledge is only an understanding of what is and what is not. Fire is hot and ice is not. Circles are round and squares are not. Some relationships are healthy and others are not. This is important, because the Te is your experience of the flow of life, which you, as an ego, control. The Tao is just what is. If you turn on your television, you'll see that one 'what is' is the fact that people are at war. What is, is that most people spend most of their time focusing on what they don't want, rather than what they do want. What is, is that somewhere on the planet at this moment, somebody is having the *best* experience of their life and somebody is have the *worst* experience of their life. A Taoist would tell you or teach you that to be in tune with Tao you must go with the flow of life. It's like paddling a kayak on a river with powerful rapids. It's not too wise to try to paddle against a current that powerful.



The use of your Te is essentially how well you move with the river of life – with the Tao. If we go against the current of life we meet resistance. Where there is resistance there is heat and the more resistance there is the more heat there is. And eventually, with enough heat, there is a fire. Fire is the force of transformation, though sometimes it acts in a rather painful way. Fire can change what you don't want into what you do want or it can enact the opposite change. The key to the nature of transformation is whether you're working with or against the flow of life. If life is hurting, I suggest you evaluate and determine whether or not the hurt you're going through is really benefiting you or not. Most times in my career, when I've worked with people that were in a state of mental, emotion, physical or spiritual pain, they were either paddling upstream or across stream, rather than going with the current of life. Quite frequently, struggling against the current of life means that you're judging other people and acting on those judgments. In other words, if you don't agree with somebody's opinion on something, it's one thing to hold that opinion and simply disagree, but it's another matter to criticize or ridicule. As soon as you turn the boat of judgment against the flow of life, you're going to meet resistance. It's a hard lesson to learn, but that's what the ego does. The ego keeps progressively paddling in every direction until it learns how to go with the flow of life. The more you go with the flow of life, the more you realize you don't need your ego. Once you realize this, you've become The Dragon.



Now there's another way to look at the concepts of Tao and Te. In this photo you can see me standing next to a fountain in Ronneby, Sweden. Think of the fountain as the Tao. It is everything united as one. If you look at the fountain from a distance, it holds its shape, but you cannot see the water moving. *That* is the nature of the Tao. The Te, your individual experience of the flow of existence is

the moving water of the fountain. You and I both know that whenever there's a fountain, water is constantly moving. There is a pump creating pressure and the pressure creates



movement. In this metaphor, the pump forcing the water out of the spigot is spirit emerging from potential. The electrical pump is pushing the water through this experience that holds the shape of the fountain. Therefore, you have a circuit. The water flows through the pump, out of the fountainhead, up into the air and back into the pool. The pool here is the pool of existence. The fountain, which is really an extension of the pool through the pump is any given day or moment. The fountain caught in a photograph is the now of the Tao. You can see many drops in the air and you can see me next to the fountain. I am essentially a drop in the fountain of existence, as are you. An ego is a single drop in the fountain of existence. You can even see that some of the drops are bigger than others. Some people have bigger egos and some people have smaller egos. Some people have healthy egos and others have unhealthy egos. You might notice if you look in the pool that the people with the biggest egos make the biggest splash. We splash against other egos until we learn to calm down.

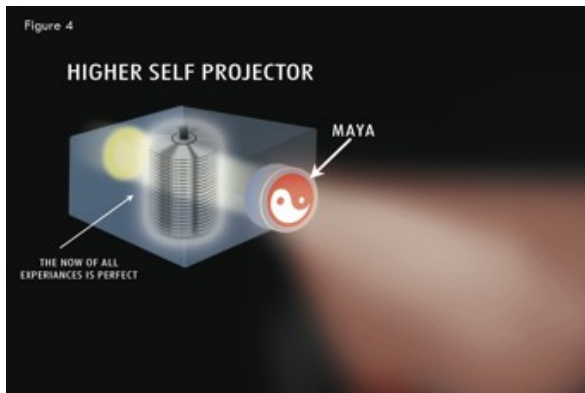
The concept of the Ouroboros in the fountain metaphor is realized in the notion that fountain constantly transforms, yet it is an unchanging unity. It won't matter how many hours you sit and watch that fountain, provided that the power is consistent and the pump works consistently, you'll be hard pressed to see anything different than what you see in that image.

So the fountain is like the Tao and the individual drops which create the pool of existence, are the Te. All entities that exist in the universe have some level of consciousness, from subatomic particles to planets. Without that consciousness there would be nothing holding everything together. The consciousness that we're speaking of is the water in the pond you see in the picture and it is the shape of the fountain. That consciousness, when broken up into the individual experiences, is your ego – your I-ness. As we grow and change, our ego changes. As we learn from each experience in each lifetime, we get recycle through the pump, through the experience of Tao as Te. Each time we come back after a rest in the pond of existence, we come out as a drop of existence that contains everything there is in existence. Yet our awareness of our self – of our ego – changes as our experience of life, our knowledge and our wisdom changes. As we progressively grow we free ourselves of this experience. And what you can't see is that some of those droplets are so fine that they're absorbed into the atmosphere. From



there they can go on to become rain, to be absorbed by plant roots, or to be consumed by an animal and that is moving *with* the flow of life. Hopefully that helps you to understand the Tao and the Te.

Relativity, Mind and Experience



To further what we've been discussing with Tao and Te, I'd like to explore three other important concepts: relativity, mind and experience. In the picture to the left, you can see the Higher Self Projector, which you may remember from previous lessons. This projector represents the consciousness of existence, or the Higher Self, projecting

through all that is known absolutely. This is a bit like having all of the experiences of the universe recorded onto DVD's. These recordings would also record any *possible* choice or experience you could have. All of the actions that you take are projected through the lens of Maya. The lens of Maya could be understood as what is as opposed to what is not. In the picture below, you can see a woman focusing a camera at a man. In the lens, she is focusing on *what is*, there *is* a man standing in front of her. What is, is the equivalent of the positive, the white dragon or in Christianity, an Angel. When you are focusing your life on what truly is, you are allowing your life to go with the flow of existence. For example, let's take the fact that humans have always waged wars. If that upsets you and you can't function because all you're thinking about all day is war and death, then you're being overcome by the flow of existence. Or, you may have a great deal of anxiety about your own death. However, if you can just accept that fact and that in the transformative process of death you're going to become something else, then it sure takes a lot of anxiety and stress away. Going with the flow of existence is just accepting what is. That doesn't mean that you can't change things, but it does mean that you don't go to bed at night wrapped up in angst because of what is. You have to learn to get out of the game.



If you go back and look at the photo of the woman with the camera once more, you can actually see the man she's taking a picture of in her lens. That image of the man isn't really the man, it is the *reflection* of what she's focusing on. This image is very much like a film negative. The negative is not what is, it is what is not, but you have to have what is not in order to produce what is – the positive. In the same way, the Higher Self Projector, which is projecting Maya or illusions, has to project your soul into what is not – your lower self or your physical self. We need a negative or the black dragon so that we know when we are going with the flow of existence. This is really a metaphor, because as I explained earlier this is all part of existence. You're inside this existence – you're a drop in the fountain, except the drop that is you has a choice. You can be part of the fountain or not, but whether you like it or not, you're bound to fall right back into the pond of existence. So, just remember to ask yourself these key questions: when you're looking at anything in your life, or in the life around you, have you actually freed yourself from your program enough to see what actually is? Or, are you only seeing the reflection of what is?

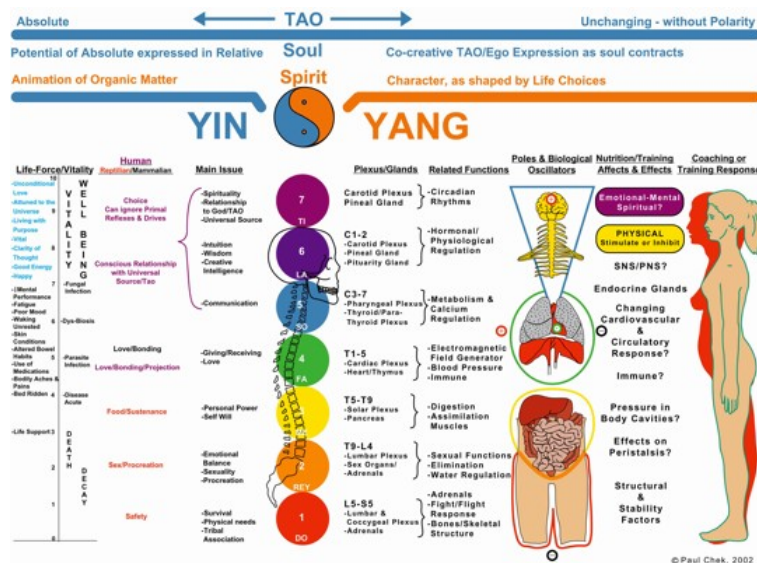
It is the goal of the P~P~S Success Mastery Practitioner to become adept at determining what is and what is not, especially in her own life. Go back and have a look at your life Mandala from lesson 1, be honest with yourself and think about some of the nasty experiences you had in your own growth and development. Were you ever spanked as a child? In the heat of the moment, did you think that your parents didn't love you? Did you continue to believe that? That wasn't the case, that was *what is not*. What is, is that they were trying to teach you in many instances. So remember, the reflection is not real. What you're focusing on is relatively real. The reflection is relatively *not* real. The purpose of the not-real and the real is to give the Absolute a chance to have a relative knowing to match with its absolute knowing. Absolute knowing without relative knowing does not produce wisdom. Wisdom is only produced when the Absolute matches up its absolute experience with a relative experience.

Your Te of the Tao

Let us return to the fountain image once again. Remember that you are a drop in the fountain. You are a Te, an experiencing of the flow of life, in the Tao, the unity of all that



is and that is possible. The chart you see below is a tool that I use to help elaborate on this idea. On the top left corner, you can see The Dragon, breathing the relative of the black and white dragons into existence. It is breathing its fire onto my representation of the seven Chakras. Recall from lesson two that every human body has the seven Chakras in it. At each of these Chakras, there is a psychological factor that is coupled with a gland system, which in turn is coupled with a mental/emotional factor. So your great polarities need to be managed at the level of each Chakra. All of these these factors, as you can see on the chart under the heading of “Poles and Biological Oscillators” are driven by polarity. Your entire physical makeup is polarized. At the far right of the chart, you can see the woman in green, who represents someone that is living more in tune with what is, while the red line is expressing the typical body that is more in tune with what is not.



The two dragons are there to serve *you*. Yet in order to get them to serve you, you have to learn how to be an effective dragon master. Who do you have to learn to master first? The answer is *you*. We all have to learn to master ourselves, which is why I keep writing that you have to learn to love yourself before you can love another. You have to learn to give to yourself before you can give to another. You have to learn to care for yourself before you can care for another. This means mastering the dragons at each level of the Chakras. At each level, your behavior towards sex, money, energy and so forth, you are breathing those dragons to life and therefore you are creating the great polarities. You polarize everything around you. We all do. Are you willing to take responsibility for your



creations? Or, is it going to be a long string of “poor me’s”? Choose your position in the fountain, but know that the fountain continues to run. You will continue to run through that fountain until you can join with The Dragon, lose your identity, and be absorbed by something bigger and something grander than you are.

How do we join with The Dragon? Remember that what you are focusing on is *love*. When you are not focusing on something, when you are focusing on the reflection, that reflection, the what is not, is *fear*. To a child, what they see on television or in a movie is real to them. This is why people shouldn’t take children to movies that contain concepts and ideas that are not good to program into the head of a child. Unfortunately, most people don’t realize that the movies are predominantly owned and structured by people that have products to sell. When you see a Ford or a BMW featured in a movie, they’ve paid a great deal of money to give you the impression that you should have one of those cars so that you can be cool like James Bond. Almost everything you see in a movie is there because someone paid to have it there. They have an agenda. So when you go to see a movie, you need to see the *what is not* in it.

It takes a real commitment to being in the stillness and in the truth in order to focus on love and get rid of the garbage when you meditate. One of the first things you have to do is to get rid of what you don’t need in life, because the more garbage you carry around, pay for and strap yourself down with, the more you get caught into what is not. Your whole becomes one game of rushing around to pay for this or that. In the picture below, you can read the labels on the boxes to see what someone who carries this garbage around gets involved in. For example, “tradition” means you’re doing what everybody else does, but not doing what you should be doing for you. You’re not cutting your own path in life, you’re following everyone else. There’s a name for this and it’s “sheep.” I really enjoy the drop that I am in the fountain of the Tao and I love flying through the fountain and having new experiences. But if you’re resisting the pump, you’re going to get sucked in, and when that happens if you don’t know how to navigate yourself in the flow of Tao then you will always be in a state of fear. What do you want? If you don’t know this, you don’t know what you *don’t* want. If you don’t know what you don’t want, you’ll be bumping into existence wherever you go, often in unpleasant ways.



Slaying the Fourth Dragon

So far I've talked about three dragons, but there is a fourth dragon that you should be aware of – the dragon of *Thou Shalt*. We have to be ready to kill the dragon of *Thou Shalt*. In other words, we must always be working to de-program ourselves so that we have access to our own minds. Joseph Campbell wrote that each scale on the dragon of *Thou Shalt* must be removed to free the dragon of *I Will*. Our programming just is a sequence of *Thou Shalt*'s that are written into us when we are young. Our parents, our Church, our bosses all tell us *thou shalt* and we internalize those dictates. You may have entered into a relationship where your partner imposed their own *thou shalt*'s on you. You may also be imposing your own *thou shalt*'s on others as well.

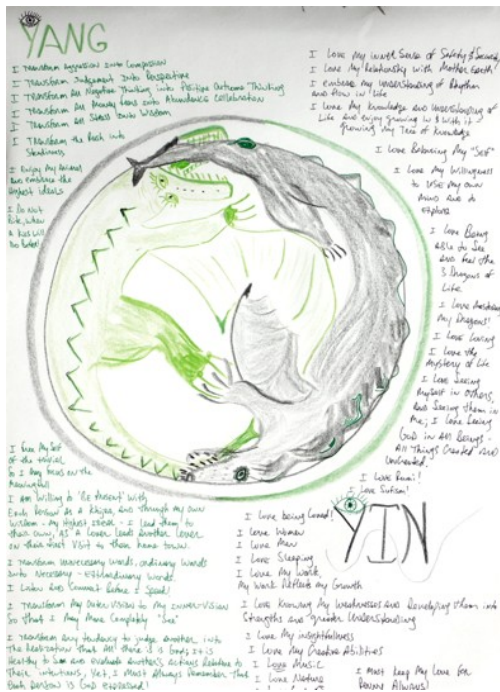
When you are receptive to these dictates from others, you are at what Zarathustra would call a camel. When you learn to say “no” to the *thou shalt*'s, you become the lion. The lion's challenge is to control their personal power and sense of self-will. It is only once you've learned to control your bottom three Chakras can you learn to control your top three Chakras to become Zarathustra's child. The child is the creative principle and controls the animal through the heart. When you control your animal through the heart, you've come to the end of your spiritual progression.

Lesson 10 Part 2 Optional Assignment

In this assignment, you'll begin by answering the questions that I've included as a supplement to this lesson. Once you've completed the questions, take a large piece of artist's paper like the one's you've used for previous mindmaps and mandalas. In the middle of the paper, draw a circle. Inside of the circle, draw whatever represents to you your black dragon and your white dragon. Your white dragon is what you want or those parts of yourself you want to keep and the black dragon is what you don't want or those parts of yourself that you want to transform. They are features that no longer serve you or get in the way of your personal evolution. Show your inner vision of each pair of dragons as they exist in your life in the circle. Outside of the circle, draw a mindmap of the qualities you will keep and the ones you will transform. The features you will keep should be drawn on the Yin side and the ones you will transform should be drawn on the



Yang side. Make sure that you answer the questions in the supplement first, because once you do so you will be in a position to more effectively mindmap what you want to keep and what you want to transform.



Here you can see my answer to the mindmap that I created for myself from this assignment. By no means do you need to do it this way, but I wanted you to see how my mind sees my black and my white dragons. I have Yin and Yang and I have correlated those so that Yin contains what I want to keep and Yang contains what I want to transform. You can see, for example, that my Yang shows that I want to transform aggression into compassion. Yang here, the hot flames, is what I don't want, Yin is what I want to keep and nurture. Again, your mindmap needn't look like mine, so long as you capture what you want *both* what you want to transform and what you want to keep.

The Next Step

That concludes Lesson 10 Part 2. After completing your homework, please join me in Lesson 10 Part 3. In the final section of this lesson, we will discuss how to take responsibility for your free will. We will learn how to use our desire and our will in order to create what we want in our lives. I look forward to sharing my insights on this subject with you and to helping you learn how to better control your dragons.