



Lesson 10: The Great Polarities

10 Part 1, Understanding Existence

Back in lesson two we learned a great deal about how to understand the universe and to manage yourself so that you can enjoy your experiences and learn from them. In many ways, Lesson 10 is a natural extension of Lesson 2 for it expands on your knowledge of the universe. In particular we will focus on the great polarities. These polarities are concepts or quantities, such as good and evil, sinner and saint, male and female. What I've found in my years of practice is that many people don't understand these polarities and their misunderstandings surrounding them can create all kinds of unnecessary pains and stresses. Thus the goal of this lesson is to help you understand the polarities so that you can navigate through the difficulties that can arise from them.

Learning Objectives

1. Understand Existence/Consciousness as the source of the Great Polarities. The source of existence or consciousness in Chinese Mythology is the dragon. The dragon may also be thought of as absolute reality.
2. Recognize the nature of mind and learn to use it to your advantage. We will explore relative reality.
3. Understand e-motion in relation to your mind and your daily life. We want to learn what reality is in relation to your awareness, your relationships and your experience.
4. Take responsibility for your own free will.
 - a. Learn how to use your desire, will, intention and attention
 - b. Learn how to manage your attitude



Understanding Existence and Consciousness as the Source of the Great Polarities

Existence is all there is

All saints, sages and gurus that have mastered meditation have said that behind the ego is the soul or the watcher. Behind the soul lies what these wise men have called the unwatched watcher, or existence itself. The unwatched watcher is absolute existence and it is the same consciousness that is within each of us. This means that the same consciousness looked through the eyes of Jesus, Osho, Yogananda, Sri Yukteswar and Lahiri Mahashaya. Although these men were masters to many, it is the same consciousness that is within each of them and each of us.

Many great masters like Buddha said that there isn't much that can be said about absolute existence since it defies the very boundaries that words themselves create. Many great masters in my studies say the same thing, "anyone that tries to describe God is an idiot." God is the absolute and you cannot symbolize the absolute. The instant that you try to symbolize God you are bringing the absolute into the relative. In other words, you are trying to capture the true nature of God or of existence with concepts and words which



are only truly suited to understanding the world of Maya – the illusion in which we live. If you don't like the word 'God' use whatever word you like. 'Existence' is kind of scientific term you can use instead of 'God' if you like.

'Prime source' is an expression used by experts in religion, particularly in world or comparative religion, or by people who have come to realize that 'God' is a bit of a dangerous word because it always represents something different, potentially radically different, from one person to the next. The meanings of the words "prime" "source" are literally *the source*. In Taoist philosophy, *Wu-chi*



is emptiness or non-being, which emerges as *Tai-chi* or being. This is the metaphysical equivalent of God. The combination of *Wu-chi* and *Tai-chi* is the metaphysical equivalent of *Tao* or the way. Now there are two different ways to look at the nature of God. Some, such as in Hindu philosophy, say that what we call God, is *not inclusive* of God's creation or the manifest world. In other philosophies, what we call God is *all inclusive* of creator and created. So God is really the collection of both the being God and the creations of that being. However you want to package that in your psyche is up to you. I am just sharing these terms so that you can have a more clearly defined understanding in your own life as to what existence or the prime source really is.

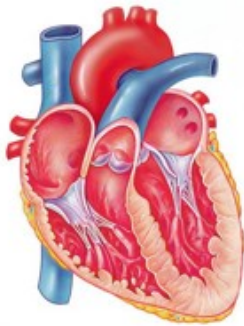
Looking at the works of the philosopher Plotinus, who is definitely one of my favorites, you can see that he referred to what you would call God as absolute and said that God is absolutely void and empty. Yet, he explains that people misunderstand the phrase "God is empty." In Plotinus's view, God is absolutely full, exuding energy. Empty in this context means *without borders* rather than devoid of any thing. So when Plotinus, or I, say that God is empty, we mean that God is without borders.

Returning to Taoist Philosophy, *Wu-chi* can be understood as equivalent to unconditional love. In the absolute, there are no conditions. You may remember back in Lesson 2, I described how you can become trapped by the traditional understand of Adam and Eve's fall from grace. Unconditional love is the most effective and the safest, most holistic description for God that I've ever come across. I seriously recommend that you use this notion of God as your highest ideal.

Absolute existence is existence that is not in any definite state. Said another way, absolute existence is not defined by boundary or border. Relative existence is existence that is in some definite state, defined by some boundary or border. This border creates a state of relativity, even if it is only a spatial relativity – e.g. to the left of, or below etc. Each human being has a border and if someone touches them, they are touching a border. In this case, it is the skin that creates the borders between the individuals. Humans aren't unique in this. In fact, *all things created*, from the subatomic particles to objects as large as universes, have a border and therefore are in a state of relative existence.



Now that we understand Wu-Chi a bit better, we can look at some examples of how Wu-Chi or the emptiness of absolute existence brings about fullness in our everyday life. The heart, for example, is an organ of empty chambers. When working to its human potential, it is full of love. It is also full of blood, which as we saw in Lesson 2 is the vehicle of the soul. When the arteries become clogged, your life is in serious danger. Thus we have a case where emptiness is essential to the fullness of life. There are many other similar biological examples. For instance, the lungs are empty, yet when we breathe they draw in Chi or Prana, necessary for life. The brain's ventricles are also empty, yet their emptiness contributes to the fullness of thought. In short our lives require all kinds of different emptiness in order for us to exist at all.



(4)
Copyright © 2004 Pearson Education, Inc., publishing as Benjamin Cummings.

Recognizing the Nature of Mind

Wu-Chi becomes Tai-Chi. This is done when existence without boundaries becomes existence *with* boundaries, which we call polarity. Boundaries are a necessary prerequisite for all relationships. Without boundaries there are no objects to be in a relationship. Remember that in the

metaphysical framework I described way back in Lesson 2, absolute existence, God, wanted to know itself or to have a relative experience of itself. In order to do this, existence wraps itself around itself. It must create borders or boundaries within itself in order to recognize that there is something other than itself. In this way, no-thing becomes something with boundaries and that is the first relationship created by existence.



This first creation of boundaries is the creation of space, of yin and yang. These are the first relationships. This new relative existence of yin and yang is the source of mind, and mind is inclusive of spirit and matter. Mind begins creating out of space using the four elements and ethers. Our own



individual experience, the human experience, is the most comprehensive by-product of these four elements and ethers that we know of in the earth domain. This understanding of the four elements and their relationships can be found in Chinese medicine, Hindu philosophy, Vedic philosophy, as well as in Aristotle's metaphysics.

“The One,” a Christian expression, plays the equivalent role of *Tao* in Taoism which encompasses Wu-Chi, unconditional love, and its relative expression as Yin and Yang. Given that Tao encompasses so much, it isn't surprising that “Tao” means *all* or *all-inclusive*. Because the Tao includes Wu-Chi expressed as Yin and Yang, it's very important to understand these two opposites. Many people misunderstand them to be *polar* opposites as in positive and negative. Yin and Yang are *relative* opposites. Yang is *relatively* more positive than Yin, and Yin is *relatively* more female than Yang. Why do I say they are relative opposites? Let's look at the male/female example. Every male human being has all of the female hormones and many other ‘female’ attributes as well. Female humans also have all of the male hormones as well as other ‘male’ attributes. The difference is the degree to which men and women possess those different hormones and traits. What you see in reality is more of a dialectic rather than polar opposites. Some women possess a greater degree of certain male traits than others and some men possess a greater degree of certain female traits than others. There is no direct opposition here, there is only a scale of difference.

Sexuality is another example of Yin and Yang as a dialectic relationship. Of course there are both men and women that are purely heterosexual or homosexual. But there are also men and women that are bisexual. Thus sexuality is not itself a matter of polar opposition, but rather a difference of degree.

All of what I've just shown here is very important for understanding the great polarities. Until you see that the absolute is the source of all polarity and of all relative existence, there's really no point in discussing the great polarities. We need to understand the origins of the great polarities and the way they appear in our experience before we can think about how to react to them.



The number 100 in metaphysics is considered a sacred number. The reason this is so is because the number one stands for total unity or Tao. The first zero stands for invisible existence, which manifests itself through the second zero, created existence. Now if you look at the number 100 backwards, you see 001. Here the two zeros manifest in the one, so no-thing becomes some-thing. No part of existence is complete nor does it exist without the other parts. It's very important to always hold in our mind's eye that what we see in experience as relativity is absolutely the absolute manifesting in a relationship with itself. So this takes us back to the question of whether God is behind creation or in creation. The two zeros give the answer. The invisible existence is manifesting as the created existence.

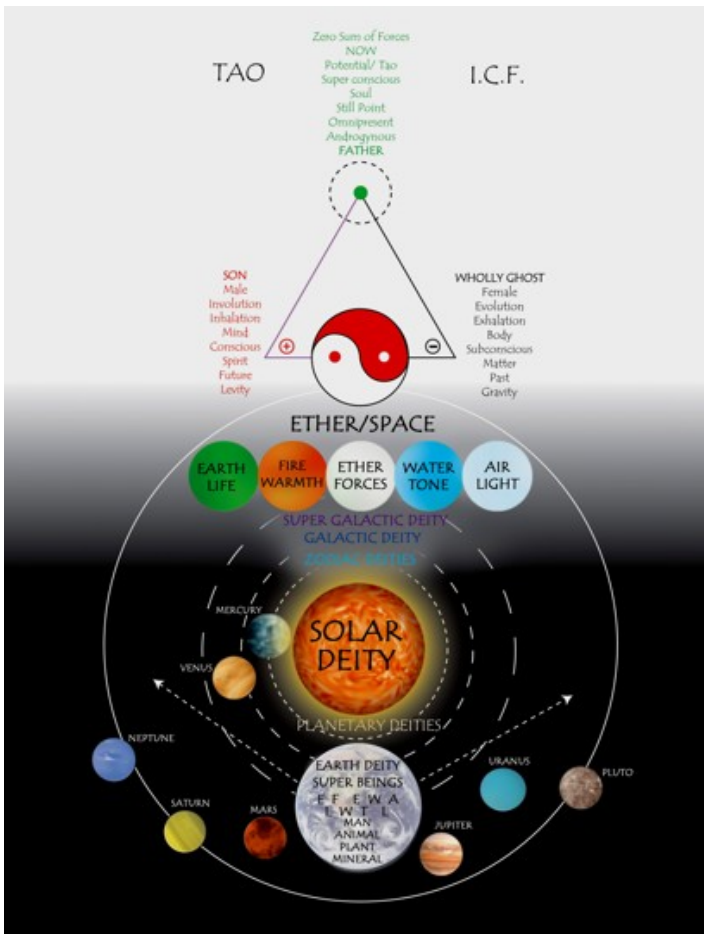
This is very important with regard to the great polarities because until you understand that the absolute is the source of all polarities, there's really no point in discussing the polarities. It's a bit like discussing vitamin therapies and using them with people that aren't eating high quality food. What's the point of taking a vitamin that is a supplement designed to replace the nutrition that's lost in food due to processing and poor soil. Why not just go back to the source? Many people's lives are in chaos because they really don't understand the great polarities. The first thing that we have to understand about the great polarities is that existence is the source material from which relativity emerges so all of the great polarities are just expressions of existence.

I Am that I Am

When Moses asked God for his name, God is reported to have replied, "I am that I am." "I am that I am," is another way of saying *existence*. Existence is God manifesting in its totality. In Hindu philosophy this is the concept *sat-chit-ananda*. The diagram on the next page is meant to illustrate the structure of reality in two ways. It captures first a hierarchical structure of deities, with the Holy Trinity at the top or the most all-encompassing deities. It also captures the relationships of dependence amongst the structure of the cosmos. Starting at the bottom, we have the planets of the solar system, each of which depends upon all of the levels of structure above them. So, for example, the earth is dependent upon the sun, the solar system, the galaxy, the ethers and elements and finally the Holy Trinity for its existence. The idea that I'm trying to express here is



bound up with the point I've been trying to make about why God created the universe. This hierarchical structure of the cosmos is a way for the universe to create relative experience and therefore it is a way for God to come to know itself. Knowledge grows through experience and the created structure of the universe provides a rich source of backdrop for experience and therefore it provides great source material for further knowledge.



Optional Homework Assignment #1

This exercise is optional, but highly recommend that you try this exercise out because it will help you to get the most out of the lesson.

1. Begin by taking a large piece of artist's paper and draw a dashed circle, the symbol for the absolute, in the upper right-hand corner of the paper. You should make the circle large enough so that it takes up at least one quarter of the paper.

2. Next, list the qualities of unconditional love to the left. Then, express them artistically as you feel them rising from your being. You can artistically express unconditional love inside the dotted circle or outside of it as well.



Below you can see my rendition of the exercise. It looks a bit different because I didn't list the qualities of unconditional love on the same page (I got a little carried away with my artwork). The idea behind the exercise is to capture how you feel existence is expressed in our experience. I began by drawing the dotted circle near the center of my paper as the source from which everything else emerges. To highlight a few of the things you see in my Mandala, I've drawn fire here as a transformative force, liberating the soul of the tree from its physical body. The key below the circle is the key of knowledge. It captures the idea that every experience we have in life is an opportunity to gain knowledge. It also represents the fact that if you know that something is painful or isn't guiding you to your highest ideal, and yet you refuse to use your knowledge to change your life, you will suffer the fire of transformation. If you use the key of knowledge you will open new doors for new and more empowering experiences.



Review

Before we move on to the next chapter, I want to review some of the material that we've gone over here and in previous lessons to set you up for the rest of Lesson 11.

Relativity brings relationships

Relativity is a relationship. An object is left relative to some other object, or heavy relative to some other object. Therefore when the universe makes relative experience possible for us, it is creating a universe in which we stand in relation to other objects.

Space, Matter and Time

What we know of as mind is synonymous with space, matter and time. So whenever you mention mind, you're automatically assuming the presence of matter and time. Each of



these three concepts is intimately related. None of them can exist without the others. For example, what is time? It is the planet rotating once every 24 hours on its axis. However the planet is made of matter and exists in space. Therefore, time is space and matter.

Relativity allows experience

As I said above, relativity is a relationship. In fact it is *the* relationship in terms of our experiences. Unless you are in a relative relationship with some object (via your senses) you can't experience that object. Therefore, it is relativity that makes possible any experiences at all.

Experience converts absolute knowing into knowledge or wisdom

A wise man is somebody who has a lot of knowledge. Knowledge is experience and as I said above, experience can only take place in a field of relativity or in relative relationships.

Relativity is not a field of opposites, but exists in a dialectic

What we experience of the world occurs in degrees rather than clear-cut opposites. The colors of the rainbow, for example, aren't clear categories. It is impossible to see a clear line, in a real rainbow, where red ends and orange begins, where orange ends and yellow begins and so forth. The colors merge into on another rather than forming precise

<----- $\frac{1}{n}$ -----> <----- n ----->		
MATTER	⊗ SPIRIT	= ① = Dielectric Unity
EGOISM	⊗ ALTRUISM	= ①
ZERO	⊗ INFINITY	= ①
DISTANCE	⊗ INFORMATION DENSITY	= ①
CHAOS	⊗ ORDER	= ①
SPECIALISATION	⊗ GENERALISATION	= ①
ANALYSIS	⊗ SYNTHESIS	= ①
CONSERVATION of energy	⊗ AJIT CONSERVATION of energy	= ①
O --- LIGHT	⊗ DARKNESS	= ① --- O
C --- GRAVITATION	⊗ LEVITATION	= ① --- C
T --- ELECTRICISM	⊗ MAGNETISM	= ① --- T
A --- EXPANSION	⊗ IMPANSION	= ① --- A
V --- PRESSURE	⊗ SUCTION	= ① --- V
E --- HEAT	⊗ COLD	= ① --- E
S --- OXYGEN	⊗ CARBONS	= ① --- S
MALE	⊗ FEMALE	= ①
POSITIVE	⊗ NEGATIVE	= ①
NEGATIVE temperature gradient	⊗ POSITIVE temperature gradient	= ①
QUANTITY	⊗ QUALITY	= ①
STRAIGHT LINE	⊗ PITCH	= ①
WAVELENGTH	⊗ FREQUENCY	= ①
STRAIGHT LINE	⊗ POINT	= ① = Extreme values of the circle
RADIUS	⊗ CURVATURE	= ①
RADIUS	⊗ ANGULAR VELOCITY	= ①
RADIUS	⊗ ORBITAL VELOCITY	= ① = 888 for the Earth's orbit
TANGENT ϕ^0	⊗ COTANGENT ϕ^0	= ①

boundaries. Relativity and the categories of relativity are like the colors of the rainbow.

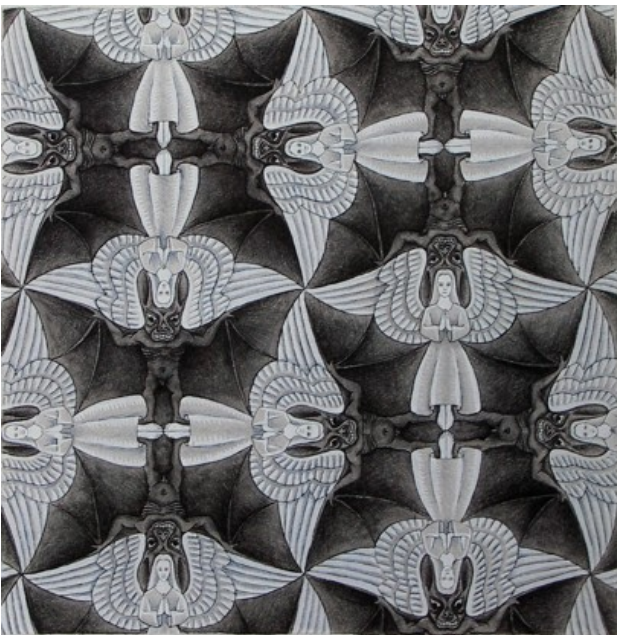
To the left you can see a list of dialectical relationships in nature. This list comes from the work of Viktor Schaubergger. One of Schaubergger's theories asserted that if the universe moves towards one pole in a dialectical relationship so far



that it comes to be more than 96% in one pole or the other, then the other pole will cease to exist. For example, if you were to become 96.1% male, all female within you would cease to exist. If true, this theory has real consequences for good and evil in the world. It tells us a bit about what would be necessary in order to prevent any future evils from being committed.

Relative Existence

Below you can see a drawing by M.C. Escher that I think beautifully captures the nature of relative existence. The drawing is composed of angels and gargoyles. Of course angels are considered to be a symbol of good while gargoyles are considered to be a symbol of evil. What I find so illuminating about this picture is the way in which the angels and gargoyles are fit together. They are interlocking. The angels depend on the gargoyles for their relative existence. The outlines of the gargoyles form the outlines of the angels and vice versa. Without the gargoyles there would be no angels in this drawing. While everyone is so happy to say that evil is so bad and we've got to get rid of it, without evil, without the gargoyles, good would cease to exist. This is true for all dialectic relationships – they are all relationships of dependence in the same way that good and evil are relationships of dependence. The secret here is not to get rid of the gargoyles, the secret is to manifest what you want within the field of relativity.



That brings us to the end of Lesson 10 Part 1. Please either stop here and complete your first homework assignment or move on to the next lesson. You can do this in whichever order feels most comfortable to you. In the next slide show, we will cover Learning Objectives three and four in addition to introducing two more assignments to help you to further understand the great polarities.

See you there!