

The Mystic's Wisdom De-Coded

For Your Left Brain

Paradox is the Gatekeeper to the Realm of Practical Wisdom and Inner Peace.

Paradox is the experience of *perceiving* two things existing together that cannot *logically* do so. This is often felt as a "jolt" to the brain.

Dilemma occurs in a situation where there is a choice between equally unsatisfactory (or equally desirable) alternatives. To resolve the dilemma, you simply choose one of the two options and the problem disappears.

However, there is another kind of dilemma that is *Unresolvable*. This type of dilemma gives us a great deal of frustration because we cannot make it *permanently* disappear.

The *Tao of Dilemma* refers to the nature of this unique category of problem. Embodying an understanding of the Tao of Dilemma dissolves your *felt* perception of a "problem" and releases the feeling of turmoil. In the wake of this release is the presence of Inner Peace and increased access to a world of Practical Wisdom.

THE PURPOSE OF PARADOX MANAGEMENT:

Paradox Management is designed to help us better navigate the world of Paradox and Unresolvable Dilemma. It provides support and guidance for *managing this new level of paradoxical awareness* emerging in therapy, science, medicine, business, spirituality, ordinary daily life, and many other fields.

This new level of paradoxical awareness opens the door to the next level of our consciousness. This consciousness is marked by a *Practical Wisdom* emerging from a deep experiential understanding of the Tao of Dilemma. Entering this next level of consciousness, and learning how to live and work from within its sphere of influence, also stimulates our capacity for *Inner Peace*.

The presence of Inner Peace and Practical Wisdom enables us to be *both still and in motion at the same time* - an ability essential in today's world. It expands our ability to perceive the world of 'both this and that' and move beyond our current 'either this or that' perception of reality.

Actualization of this perceptual capacity is the purpose of this work. *Installation* of this expanded World View into our brain/body is the goal. Learning how to live with Paradox is the key.

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TOOLS YOU WILL NEED:

- 1) Awareness - the act of paying conscious attention
- 2) Intention - the directed focus of your conscious attention
- 3) Willingness - fully aligned movement toward your intention
- 4) Imagination - the ability to enter the world of "as if" by suspending disbelief
- 5) Conviction - absolutely certain, no more information gets in, I am sure
- 6) Don't Know Mind - I don't know for certain, can't know, it's unknowable
- 7) Facticity 6-Step Process – designed to install new perspectives into brain/body/mind

GOALS:

Practical Wisdom

Reached by understanding the Tao of Dilemma and the *complementarity of perceived opposites*

—manifests in behavior as the ability to perceive and *embrace opposites as an organic unity* (both/and) in a harmonious dance, rather than an antagonistic battle (either/or) to be won or lost.

Inner Peace

Reached by managing Paradox through purposefully *expanding the mind and stretching the heart* to hold the tension of Interdependent Polar Pairs

—manifests in behavior as *the ability to emotionally accept* (not condone or support) what is actually happening without a desire for things to be different than they are, *while simultaneously acting* to bring about the changes that are wanting to happen.

Paradox Management is only applicable in the realm of Unresolvable Dilemma. It is not appropriate for 'fixable' dilemma or issues that arise out of moving on a continuum. Paradox Management is not intended to replace our ability to perceive from an 'either/or' perspective. Its goal is to expand our perceptual capacities to *include* the 'both/and' World View.

The Essential Elements of the Tao of Dilemma

THE STRUCTURE OF THE INTERDEPENDENT POLAR PAIR

Interdependent Polar Pairs (IPP) are defined as those polar opposites that cannot exist without each other—like the in breath and the outbreath, stability and change, separation and connection,

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or life and death. There is a continual *on-going interaction* between the opposite poles of the IPP.

Interdependent Polar Pairs are most often experienced as *Dilemmas*. It is important to be able to recognize the difference between a resolvable and Unresolvable Dilemma. Different situations and circumstances (context) can shift a dilemma from Unresolvable to resolvable or visa versa.

A *resolvable dilemma* can be handled with a simple either/or decision— like eggs or oatmeal for breakfast, or whether to buy a Mac or a PC. Once a decision is made, the problem disappears. It does not involve an IPP.

An *Unresolvable Dilemma* will continue on even after a choice between the two options has been made—like my needs or your needs, or working or resting, or being open or closing down. Dilemmas that are on-going consist of an Interdependent Polar Pair and are not *permanently* resolvable by an either/or choice. Because of the *on-going interaction* between the opposite poles of the Interdependent Pair, Unresolvable Dilemmas need to be *managed* on an on-going basis.

The *names* of an Interdependent Polar Pair are chosen by the individual(s) involved in the process.

Each pole of an Interdependent Polar Pair has its own *strengths* and its own *weaknesses*.

The strengths and weaknesses of each pole are all *value-dependent*—dependent on the values of the individual(s) involved in the process.

THE NATURAL FLOW OF THE INTERDEPENDENT POLAR PAIR

There is a continual movement between the two poles of an Interdependent Polar Pair. This natural flow is *value-free*—*not* dependent on, or influenced by, the values of the people involved in the process.

There is a Natural Rhythm inherent in the appearance and disappearance of each pole's strengths and weaknesses. This continual movement and rhythm serves the Larger System's primary drive to homeostasis (balance), renewal and creative expansion.

This Natural Flow is driven by
competitive collaboration between *two life forces*—
the drive to change and the drive to preserve.

The Natural Flow of Polarity Dynamics revolves around the paradoxical nature of these two forces. *One force moves to stabilize the Larger System's balance (homeostasis) while the*

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other force moves to disrupt it. We cannot control the fact that continual movement happens. This movement is the result of change, or the permanence of impermanence. We can only control how much we accept or reject the fact that change will occur.

The Natural Flow always moves from a set of strengths *toward* that strength's *own* weaknesses and then to the strengths of the *opposite* pole. Due to the *permanence of impermanence*, strengths, no matter how powerful, will eventually begin to wane and shift into the identified weaknesses.

Weaknesses are *feedback* that re-balancing is in progress. Weaknesses, no matter how intense, will naturally begin to gravitate toward the strengths of the *opposite* pole in order to once again re-balance and re-new the Larger System.

THE LARGER SYSTEM—whole person, couple, family, team, company

Unresolvable Dilemmas exist within a *Larger System*. Acknowledging the reality of this Larger System allows you to approach the dilemma from a new and expanded perspective:

Unresolvable Dilemma is the Larger System's *operating strategy* for re-balancing, renewal, and creative expansion.

THE COMPLETE PICTURE

It is important to have a complete picture of *how* the Larger System is utilizing conflict and friction as its creative tools.

To have this complete picture requires you to be aware of and accept:

- 1) The interdependent nature of the polar pair and the interconnectedness of all the identified strengths and weaknesses;
- 2) the presence of a Natural Flow, or continual movement, BETWEEN the two interdependent poles.
- 3) The reality of each polar viewpoint as *valid AND incomplete* in terms of the whole picture;

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PERSONAL ALIGNMENT WITH PARADOXICAL DRIVES

People align themselves with one of the Natural Flow's paradoxical drives. Alignment arises in individuals who are part of a couple, a family, a team, a corporation, etc... Alignment also occurs within different parts of a person.

When we want to move on and institute change, we align ourselves with the Flow's drive to change and take on the role of *Advocate for Change*.

An Advocate for Change focuses on the strengths of the opposite pole (where we want to go) and perceives the strengths and weaknesses of the current position as "the problem". When we are in this position, we want to "fix" the problem by moving to the "solution" which we see as the strengths of the opposite pole we are advocating. We are usually forgetful of the value of the strengths we want to now move away from, and are often unaware of or ignoring the weaknesses of our own proposed "solution".

When we want to return to the strengths we were previously demonstrating with success, we align ourselves with the Flow's drive to preserve and take on the role of the *Advocate for Preservation*.

An Advocate for Preservation focuses on their fear of losing what has served them well, and on avoiding the weaknesses of the change being offered. When in this position, we are usually convinced the Advocate for Change wants to discard what we consider valuable. We are often fearful about the weaknesses of what the Change Advocate is proposing and are convinced the Change Advocate does not see the weaknesses of their own proposal.

Whether this personal alignment occurs externally or internally (within a family, an organization, or an individual) does not matter. When the dilemma is unresolvable, Paradox Management becomes essential.

Embodying your understanding of the Tao of Dilemma dissolves the *felt* perception of a "problem" and releases the feeling of turmoil. In the wake of this release is the presence of Inner Peace and Practical Wisdom.

THE CREATIVE ROLE OF RESISTANCE TO CHANGE

Conflict, Ambiguity and Friction are the Larger System's tools for creative expansion. It is this *seemingly* antagonistic friction between the drive for change and the drive for preservation that sets the stage for something new to emerge.

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From a higher level of perception, the dilemma's paradoxical drives for both change and preservation are seen to be in a deep, collaborative harmony. It appears to us as an antagonistic conflict because of the way we have been taught to perceive the interplay of these two drives.

When there is a disagreement about which direction is the *right* direction for the next step, we usually end up in a polarized position believing only one perception is the *accurate* one. This creates what we experience as conflict, friction, and the feeling of being "stuck".

We have been taught to make sense of this experience with "problem/solution" thinking rather than perceiving it as a request for *competitive collaboration*. *Through* the disagreement and friction of the competitive collaboration, something new will emerge—something that was wanting to emerge from within the Larger System and could only do so through this creative process.

An oyster's potential to produce a pearl rests invisible and unmanifest inside the oyster. It is only when the element of sand arrives on the scene and creates the necessary friction, that the potential can emerge and manifest its destiny as a real pearl.

STUCKNESS

Being stuck can be defined as *staying in the weaknesses* longer than is necessary for the rebalancing, renewal, and movement forward or expansion. This results from:

- 1) Attending to one pole to the *exclusion* of its opposite.
- 2) *Mis-perceiving* the issue as a resolvable dilemma requiring an either/or decision—resulting in a struggle focused around issues of POWER.
- 3) *Holding on* to your perception as the "right and accurate" one—resulting in an unwillingness to move beyond your polarized position as truth and hold all perceptions as valid but incomplete.
- 4) *Neglecting to perceive the conflict as the creative process* of a Larger Living System in the process of rebalancing, renewing, and expanding – resulting in a power struggle.

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Assessing the Evolution of Your Brain's Response to Paradox:

Brain Fry—It hurts.

Crossed Eyes—Failed attempts to see the complementarity.

Stuttering Brain—Brain engaging in actual recoding/rewiring.

Blip—A momentary holding that comes and immediately goes.

Calm Seas—Going back & forth between the two.

Brain Slide—Holding both simultaneously.

In Brain Slide, the perceived equality of the two poles neutralizes the mind and results in **de-polarization**. The mind, however, remains focused on action and direction. De-polarization frees this action and direction to arise from a completely different perspective and world view.

The ability to engage in Paradox Management rests on *the ability of the brain to embrace and hold the tension between Interdependent Polar Pairs*. Developing this often dormant ability includes a **re-wiring** of the brain.

This re-wiring is a **total body experience** because the brain and the body are themselves interdependent and inseparable. Most people report this experience of expanding the mind and stretching the heart as initially quite uncomfortable—physically, emotionally, and mentally. When working with others expect this response and be prepared to acknowledge its presence and necessity when it arises in your or your client's experience.

INTERFERENCES TO EMBODYING THE TAO OF DILEMMA AND CONSCIOUSLY MANAGING PARADOX

There are four basic areas that can interfere with *embodying* the Practical Wisdom that flows from understanding the Tao of Dilemma.

1. The influence on our World View by the either/Or direction filter operating in the brain/body.

In the brain/body, there is an unconscious process that filters all of our life experience to assess whether it is in our best interest to move toward the experience or to move away from it. This is called the Direction Filter. Consider this filter as if it were a part of the brain's hardware. We

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cannot change its structure. We cannot remove it from the system. We cannot stop it from functioning. But we can harness its power and make it work for us in a new way.

At the biological level, the Direction Filter works very well in the service of survival. It assesses our experiences and keeps us *moving away from* situation or circumstances that would threaten or endanger our lives. It also keeps us *moving toward* those experiences that allow us to procreate and continue on as a species. *It is only when experience of other levels are processed through this filter that difficulties begin to arise.*

When physical survival has been secured and our concerns shift to higher level needs such as emotional or psychological survival, it is not always in our best interest to choose either moving away from an experience or to choose moving toward it. Yet, those appear to be the only choices available to us. This is the dilemma we are currently struggling with in our general culture and in the global community at large. Two options only create a dilemma. Three or more options create the feeling of choice.

Our purpose in this work is to harness the power of the Direction Filter by installing a new option of *moving toward the choice of choicelessness (both/and) and away from the choice of choosing (either/or)*. This option is limited to the context of Unresolvable Dilemma. The ability to choose choicelessness when it is appropriate opens the door to a higher level of perception and a new understanding and experience of Inner Peace and harmony.

Walking Infinity is our primary tool in accomplishing this goal of re-coding

2. Our understanding of Identity as behavior, thought & emotion.

As human beings, we tend to automatically assume our identity is defined by our thoughts, feelings, and actions. Our purpose here is to expand our sense of identity to align with something larger—to align with the space in which all of these time-space events occurs—whether that space is called Essence, Spirit, Soul, God, Higher Self, Deepest Wisdom, etc.. This expanded identity becomes a new ground for deciding how we will navigate and respond to our everyday life journey.

Each person will have their own language to point to this essential self that is more than our body and our mind. In Paradox Management it is not necessary to have a common language around this reality of being more, of being Love, of being Emptiness, of being One. The language doesn't matter. What matters is whether or not there is an actual *experience* of this Larger Self encoded in your brain/body (imagined or otherwise).

3. Unawareness of the multiple levels of reality.

There are tangible and intangible levels of reality operating both internally and externally, and both horizontally and vertically. The more we are aware of these multiple directions and the levels and laws governing each, the more we will be able to navigate within and through this

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terrain with Practical Wisdom. The following incomplete list contains various levels of reality that exist simultaneously in the four basic directions:

Physical	Individual
Mental	Relational
Emotional	Familial
Psychological	Cultural
Spiritual	Global
Energetic	Cosmic

What is important here is that *unawareness of multiple levels leads to collapsing levels*. Collapsing levels *attempts to replace* the truth and laws of one level with the truth and laws of another level, *deleting the differences* between the two levels from awareness.

This results in inadvertently treating the two levels *as if they were the same*. These create confusion, frustration, and oftentimes despair because each level of reality has its *own* truth, or operating rules. These truths are reflective of how the universe functions from *that level's* point of view. To use the wisdom gleaned by perceiving from each level, we need to learn how to *navigate between these levels with greater awareness and presence*. Paradox Management supports the development of this ability.

An example of this phenomenon is the commendable movement to take much needed spiritual truths into the world of Business. Not understanding multiple levels of reality has often caused this movement to proceed *as if* the business level of reality *should* function like the spiritual level of reality. From a Paradox Management perspective, we can see that we are dealing with *both* a horizontal level of reality (business through time) *and* a vertical level of reality (ever present Spirituality). Without realizing it, there has been a *polarization* for the Spiritual and against Business as it operates. This polarization is what most often evokes resistance and defensiveness on both sides.

In this example, a Paradox Management approach can more easily embrace the needs of *both* people *and* profit, more easily identify resistances, and more clearly articulate the goal of spiritual needs and materials needs moving in a competitive collaboration on a daily basis.

As we understand how the body works, we are able to extend our life span and cure incurable diseases. As we understand how the atom works, we are able to release more energy. As we understand the realm of the quantum mechanics, we are able to harness and utilize the power of this energy. As we understand how the mind works, we are able to heal wounds of misunderstanding.

As we understand ourselves as electromagnetic phenomena, we are able to release patterns of energetic trauma and install energy patterns in alignment with self-acceptance, self-respect and love.

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As we understand how the essential nature of duality rests in the complementarity of opposites, and allow antagonistic conflict to become creativity in disguise, we are able to awaken our capacity for Inner Peace, creating a multitude of new and practical ways to evoke peace in the outer world.

As we understand our new level of emerging consciousness, we are able to simultaneously navigate the horizontal reality of time-space, and the vertical reality beyond time and beyond mind.

The key to the success of our evolutionary leap from Homo Sapiens to Homo Universalis* is learning how to relax into the presence of Paradox and how to live and move from inside its sphere of influence.

4. Lack of a neuro-physiological coding within the brain/body.

To exquisitely manage Paradox requires the presence of a specific neuro-physiological coding within the brain/body. This coding expands the specific options available to the Direction Filter. The new options are: 1) the option to now identify dilemma as *either* resolvable *or* unresolvable; 2) the option to *respond* to Unresolvable Dilemma *with choicelessness*—embracing both poles of the Interdependent Polar Pair as equally valuable and essential to the Whole, rather than choosing one to the exclusion of the other.

To accomplish this, the individual must have a real *experience* of being part of a larger life system—preferably a Larger System that has moved beyond a simple either/or strategy for organizing its reality. In the case of extreme polarization, a simple *belief* in a Larger System is really not sufficient to re-code the brain/body. A *felt experience* of being a part of some Larger System is needed in the brain/body complex.

It doesn't matter what kind of Larger System the individual has experienced being a part of—the personal family, the family of man, the group, the team, the company, the country, the global village—or what words they use to describe it or reference it—camaraderie, community, bliss, merging with the Divine, inner peace, contemplative calm, or becoming One with the All. The only guideline is that the experience fall into the category of *feeling* a sense of being a part of something larger than yourself.

Do your best and make a list of situations and circumstances where you have *experienced* yourself as being part of a larger and more intelligent life process. Then, do your best to describe the essence of this experience in your own words—even though the experience is more often than not indescribable.

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INSTALLATION OF PARADOX MANAGEMENT

When objections have been met at all levels, and an adequate amount of the interference cleared, we can proceed to a formal installation of the new options and expanded World View into the brain/body. This is accomplished by *literally* Walking Infinity.

When all objections have been handled, Walking Infinity will install the following six outcomes in the context of the Unresolvable Dilemma in question:

- 1) Installation in the brain/body of a clear perception of the complementarity between the two poles of the Interdependent Polar Pair

- 2) Installation in the brain/body of a clear perception of the strengths and weaknesses of each pole and their interconnectedness

- 3) Installation in the brain/body of the ability to recognize the experience of polarization in the body *and* the experience of being de-polarized around that Interdependent Polar Pair

- 4) Installation in the brain/body of a clear perception of conflict as creativity in disguise, or a creative dynamic tension,

- 5) Installation in the brain/body of an ability to access a sense of Larger Self anchored to the presence of this Interdependent Polar Pair

- 6) Installation in the brain/body of the ability to emotionally embrace this creative dynamic tension as the competitive collaboration of the Interdependent Polar Pair for the purpose of creating and maintaining balance, renewal, and expansion.

In the case of extreme polarization, you may need to Walk Infinity several times *over time*. This relates to the *intensity of the interference*, and your *criteria for becoming convinced* it is in your best and highest interest to adopt this expanded World View.

*Phrase from Conscious Evolution by Barbara Marx Hubbard—" . . . a vision of the birth of a universal species, a quantum jump from Homo sapiens to Homo 'universalis', from the self-conscious human to the cosmic conscious, co-creative human...."