

*Pulling
“The Problem”
Out
By Its Roots
Part 2*

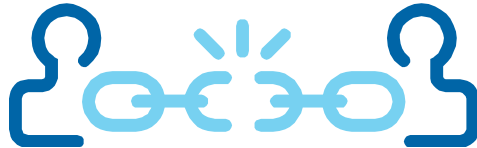


Getting To The Root!

Is Your Polar Pair
An Unresolvable Dilemma?

BE CERTAIN

Can The Poles Be Separated?



Test - U.D. or Fixable?

- It's SIMPLE!
- Are The Two Poles Interdependent?
 - No - A Fixable Dilemma
 - Yes - An Unresolvable Dilemma



Test #1 for Interdependence

- **Do The Two Poles of IPP Define Each Other?**
- **Does One Have To Be Absent For The Opposite To Be Present?**



In Concept Land

- **Can't Have**

- Peace without War (even if no war is happening outside)
- Love without Hate
- Success without Failure
- Inner without Outer
- Higher without Lower



Test #2 for Interdependence

- **Imagine Banishing One Polarity For Good**
- **Does Your Problem Then Disappear Permanently?**
- **Check Your Experience For The Answer**



Criteria For U.D.

- **Two Requirements**

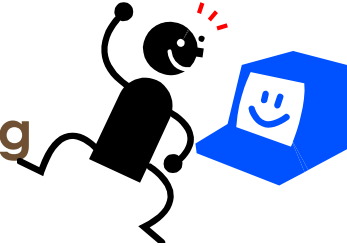


- **Each Pole Uses The Opposite To Define Itself**
- **Getting Rid of One Pole Does NOT Permanently Stop The Return of the Dilemma**

Questions To Catch U.D. At Play

- Am I Obviously Polarized?

Very FOR something



(Success)

And

(Failure)



Very AGAINST its opposite?

Questions To Catch U.D. At Play



**Is My Problem Continually Recurring –
Hinting It's An Unidentified
& Mis-managed U.D.?**

Questions To Catch U.D. At Play



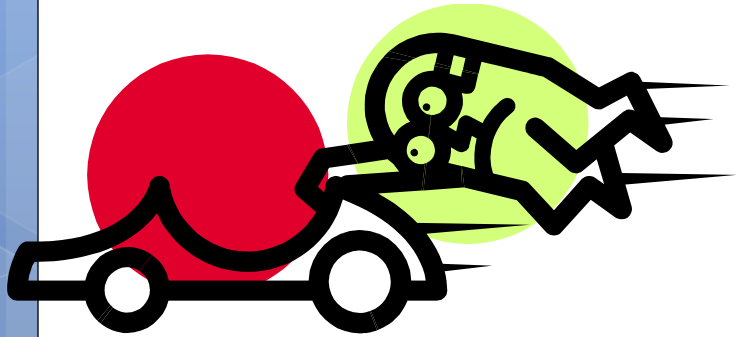
**Am I Confused Because
I Can't figure out Why
What I'm Doing Isn't Working?**

Questions To Catch U.D. At Play



- **Am I Avoiding Something That Is Unavoidably A Part Of Life Experience/Territory?**

Questions To Catch U.D. At Play



- *Am I Holding Onto Something Unavoidably Temporary In The Life Journey?*

Questions To Catch U.D. At Play



- ***Am I Denying Or Unaware Of Necessity Of Differences To Life Experience/Territory?***

Questions To Explore

- **Is My Problem An U.D.
I'm Trying To Fix Rather Than Manage?**



Questions To Explore

- Would Becoming Conscious Of U.D. & How To Manage Paradox Help Me Enjoy My Life More Fully?



Questions To Explore

- **Am I Willing To Face These Facticities?**



- **The Interdependence of Opposites**
- **The Permanence of Impermanence**
- **The Reality Of Paradox As A Daily Challenge**

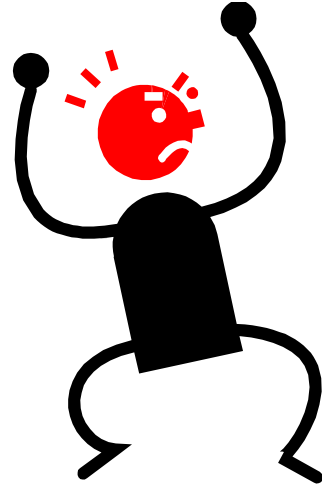
Be Ruthlessly Honest About Your Position

- Which Pole Am I Aligned With?
- Which Pole Am I Afraid Of?
- Do I Get Paralyzed Because:
 - Both Poles Have Something Positive I Want?
 - I'm Afraid of Both Poles?



NO to Interdependence Between Opposites

- Emotional & Psychological
- Don't Want To Recognize *Inevitable Recurrence* of Unpleasant Experiences
- Driven By Direction Filter
- Unconscious Drive To Grab Pleasant Experience & Avoid Unpleasant One



NO to Interdependence Between Opposites

- The Tension Between Opposites Feels Antagonistic (Friction & Pressure)



- Competitive Collaboration Should Be Fully Pleasant & It's Not

NO to Interdependence Between Opposites

- **Conceptually Paradoxical**

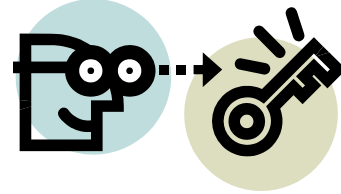


- **Meaning Of Each Pole Derived
By Presence Of The Absence Of Its Opposite**

YES to Interdependence Between Opposites

- Easier To Accept & Embrace Inevitability If:

- Understand It Intellectually



- Make Peace With It Emotionally



Homework

- What are 2 tests for the interdependence of polar pairs?
- What are 6 questions I can ask to search out IPP's in my behavior?
- What are 3 Facticities I'm being asked to accept as facts?
- What are 3 big objections to Interdependence between Polar Opposites?
- What makes it easier to accept Interdependence?





See You In The Next Video

Much Love,

Ragini