

Bridging

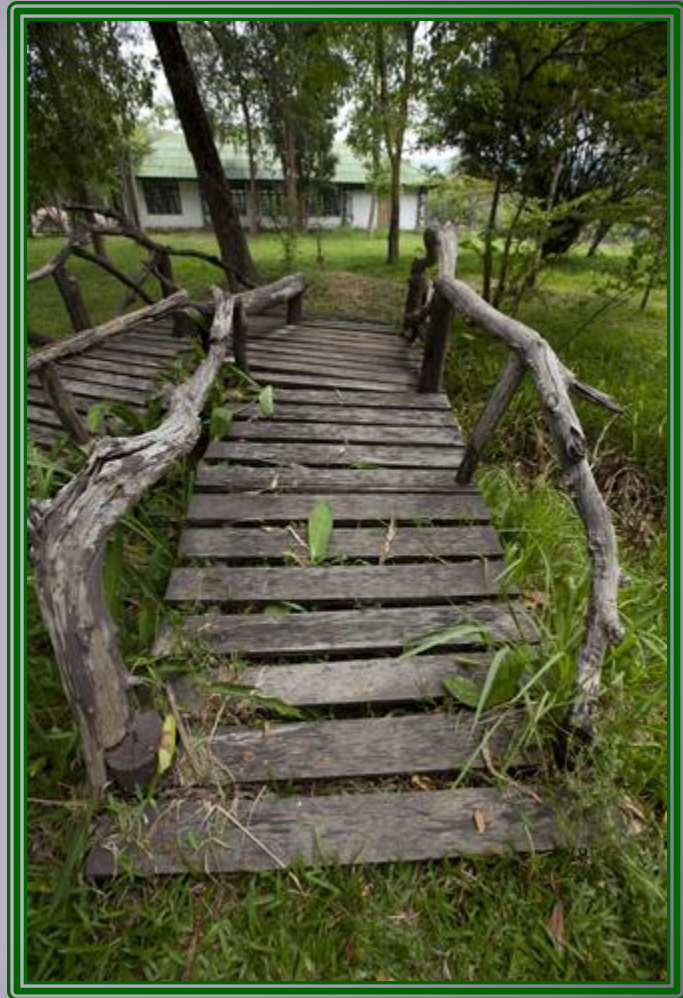
Your

Inner

&

Outer

Lives



Your Biggest Challenge

- **Maintaining Your New Points Of View Amidst The Old**
- **Allowing Yourself Growth Thru Generative Leaps**
 - 1st - In Understanding & Awareness
 - 2nd - In Behavior



Perception Is Always Shifting



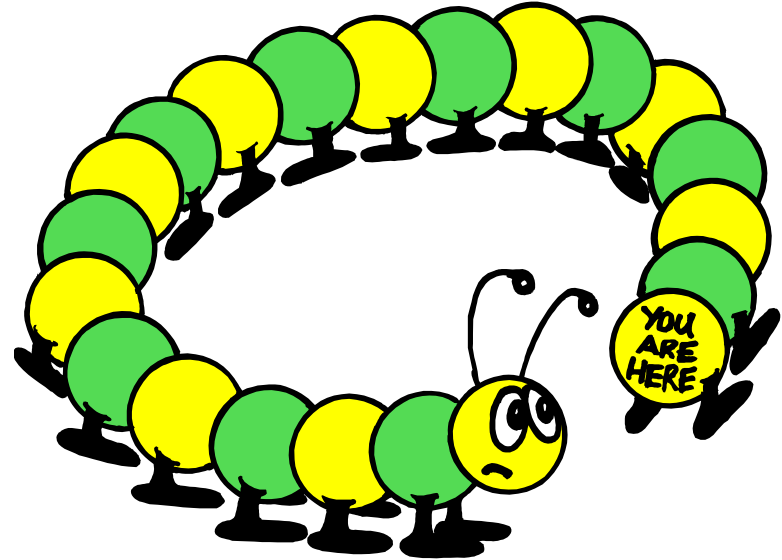
**To More Efficient & Complex
Patterning**

Every Shift Requires

**Chaos & De-Stabilization → Order &
Re-Construction**

Who Needs To Manage The Perceptions?

- You Do
- By Shifting Attention Away From Dividing Opposites to Embracing Them



Who Needs To Manage The Perceptions?



- You Do
- Peacefully Fight Your Inner War Between Dueling Perceptions
- With Presence, Understanding, & The Shifting Of Your Attention

Here's Why You Can Do It!

1) Already Met Challenge Of Big Optical Illusion

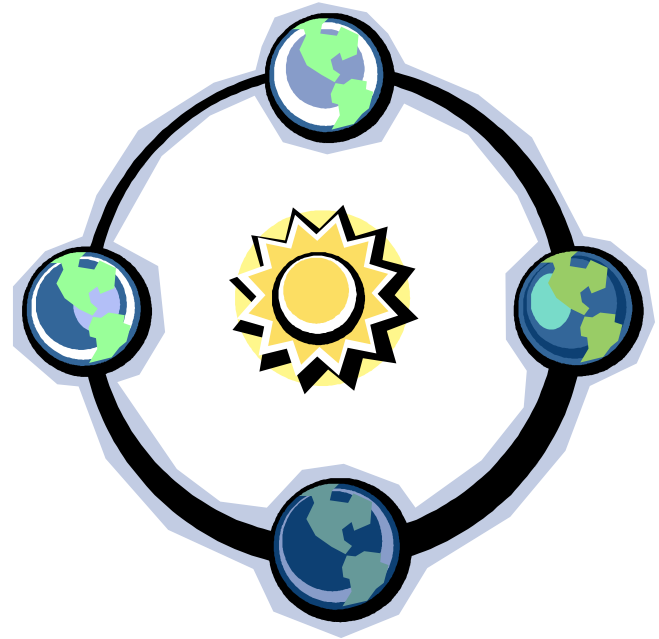
World Is Not Flat – It's Round!



Here's Why You Can Do It!

2) Already Met Challenge Of Shifting Psychological Illusion

**From Seeing Earth As Universe's Center
To Revolving Around Sun**



Here's Why You Can Do It!



**3) Already Met Challenge of
Optical Delusion Of
Consciousness**

**From Culture Being Center Of World
To Earth As Whole Planet For All To
Inhabit Together**

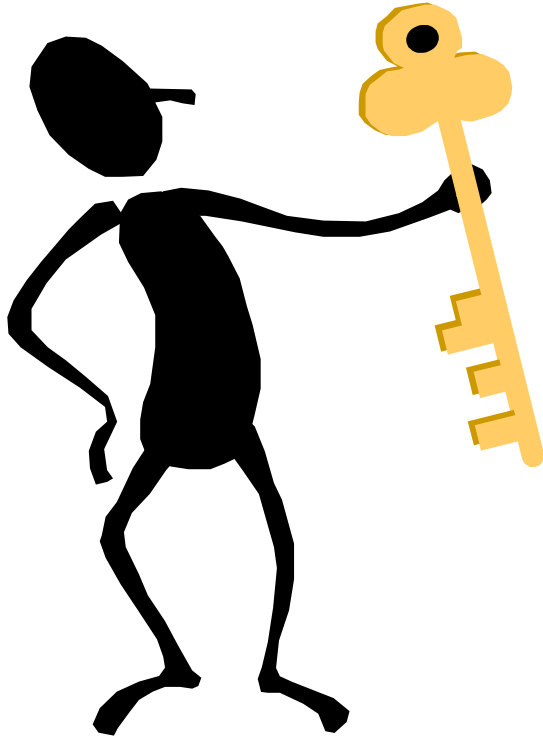
Next Big Shift

- **Meet Challenge Of Moving From Dream State of Freedom Without Responsibility**

To Being Accountable For Your Role In Creating Your Perception Of Present & Future



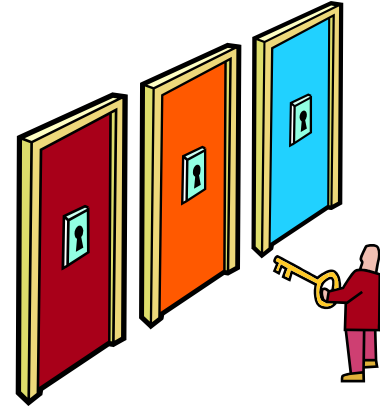
Making This Wisdom Your Own Means



- Navigating Times Of Creative Change With Positive Presence & Ease
- Knowing How To Shift & Expand Perception Of Reality

“If we are informed about what is happening and about options that face us, then, we may be able to choose the most evolutionarily advantageous path.”

Jonas Salk



Is There A Short-Cut?



- **Reduce Everything To Interplay Of 3 Facticities**
 - **Opposites**
 - **Impermanence**
 - **Paradox**

Honor You've Wised Up

- **Have Fundamental Insight Into Living Systems**



Honor You've Wised Up

- **Recognize Pivotal Role Of Polarities In Creating Everyday U.D.'s**



Honor You've Wised Up



- Perceive Value Of
Uncertainty In Sustaining
Creativity & Innovation
(for Part & Whole)

You Have The Key

- **Harness & Utilize The Power Of Polar Opposites & Direction Filter**
- **Catapult Yourself To Space Larger Than Duality**
- **Awaken To New Dimensions Of Your Identity**



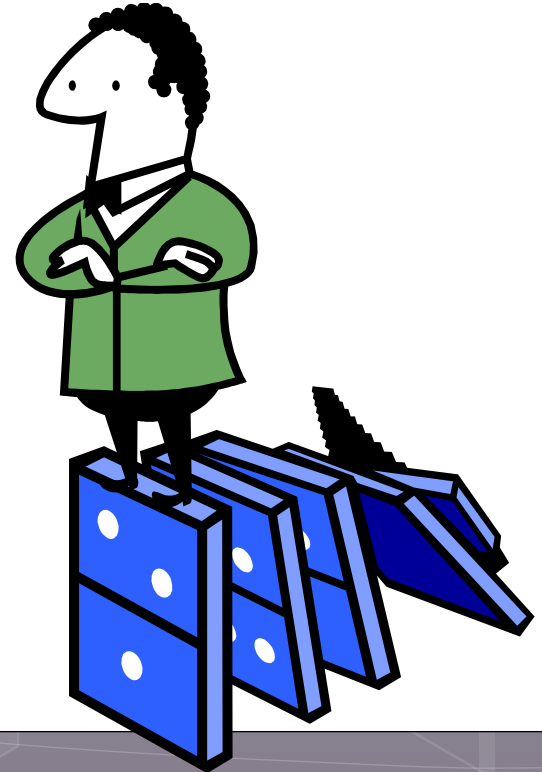
Review Of Larger Living System

- **Both Evolving & Constant (Laws)**
- **Both Patterned & Chaotic**
- **Both Temporary & Permanent**



Review Of Larger Living System

- **Multiple Levels & Dimensions Exist Simultaneously**
- **Both Singular & Multiple Cause/Effect Events**
- **Works Through Human Beings**



Review Of Larger Living System



- **Polar Pairs (Duality) The Hands of Larger System**
- **Conflict = Creativity In Disguise**
- **Oneness = Organic Unity Of The Two (Polar Opposites)**

Facticity Is The Bridge

- To Navigate Interface Between
 - Opposites
 - The Material & Spiritual
 - The Visible & Invisible
 - The Mind & Soul
 - Your Humanity & Your Divinity



See you in the next Video



Much love,

Ragini

