

What The Heck Are We Doing Here?



Learning To Live With Paradox

*The Gatekeeper
To Practical
Wisdom
& Inner Peace*



What Is Paradox?

- The Experience of Perceiving Two Things Existing Together That Can't Logically Do So



- Often Felt As A Jolt To The Brain

Paradox

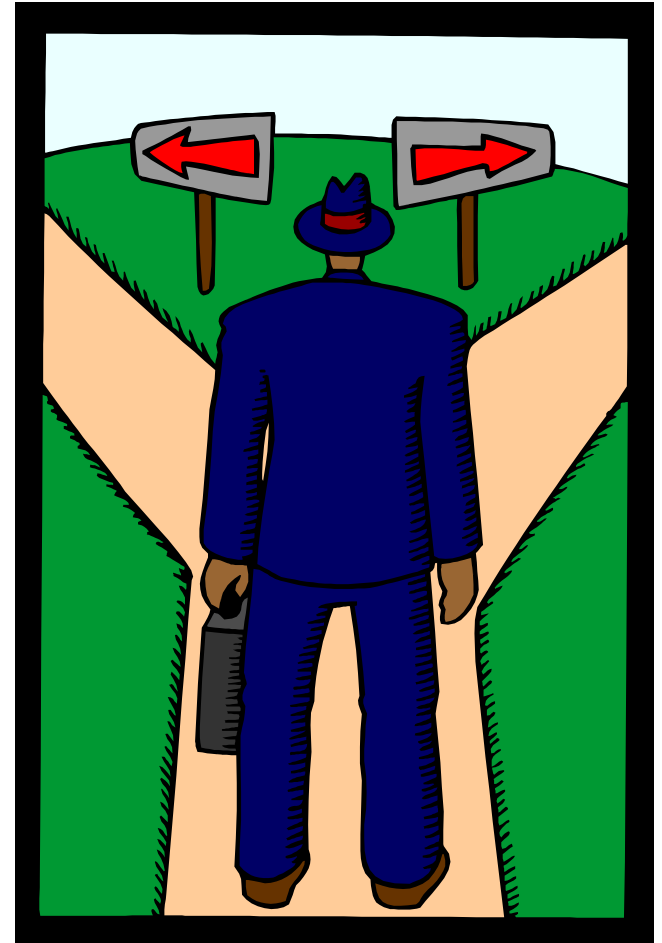
Where Do We Find It?

- Hiding Out In Our
Everyday Dilemmas



What Is A Dilemma?

- Situation Offering *Only* Two Options For Resolution
- Choose Between Equally Unsatisfactory (Or Equally Desirable) Alternatives



Two Categories Of Dilemma

- ◉ **Fixable Dilemmas:**

- ◉ Resolve By
Choosing One Of The
Two Options And
Problem Disappears



Two Categories Of Dilemma

○ Unresolvable Dilemmas:

- Choosing One Option Doesn't Make Problem Disappear Permanently
- Dilemma Keeps Returning



Unresolvable Dilemmas

Stability vs. Change
Destination vs. Journey
Separation vs. Connection
Uniqueness vs. Ordinarity
Chaos vs. Order
Trust vs. Doubt
Purposeful vs. Useless
Awake vs. Asleep
Self vs. Other
Self vs. No-Self
Empty vs. Full
Work vs. Play
Success vs. Failure
Competition vs. Cooperation
Yes vs. No

Spiritual vs. Material
Holding On vs. Letting Go
Freedom vs.
Responsibility
Business vs. Personal
Being vs. Doing
Present vs. Absent
Focused vs. Scattered
Life vs. Death
Frustration vs. Satisfaction
Compassion vs. Anger
Love vs. Hate
Good vs. Bad
Right vs. Wrong
Internal vs. External

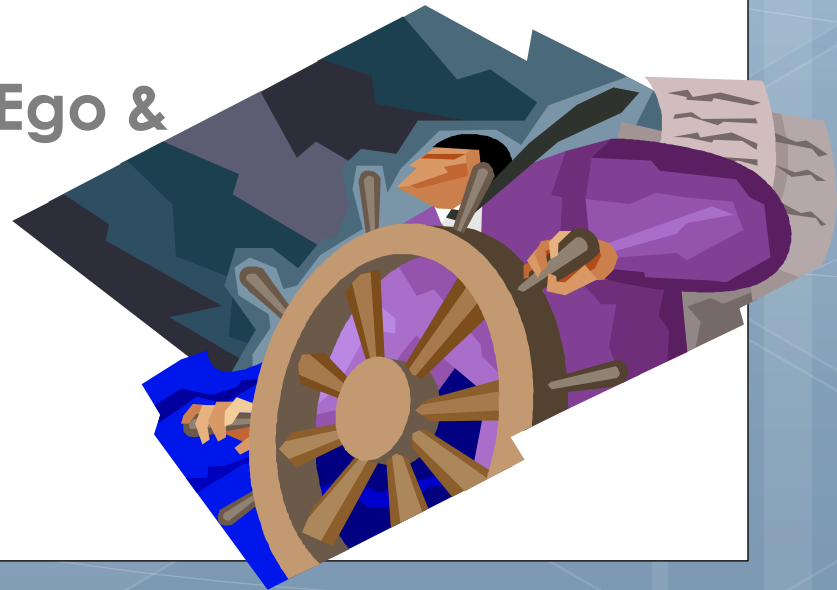
Learn The Tao Of Dilemma

- Understand & Recognize Unresolvable Dilemma
- Embody The Concept So It Becomes Your Wisdom
 - Dissolves 'Felt' Perception Of 'Problem'
 - Releases Feeling Of Turmoil
- Opens Access To Inner Peace & World Of Practical Wisdom



Purpose: Give Unconscious Mind The Option Of A New Perspective

1. Better Navigation Thru World of Paradox & Unresolvable Dilemmas
2. Supports Identity Shift From Ego & Personality to Essential Self



What The New Option Offers

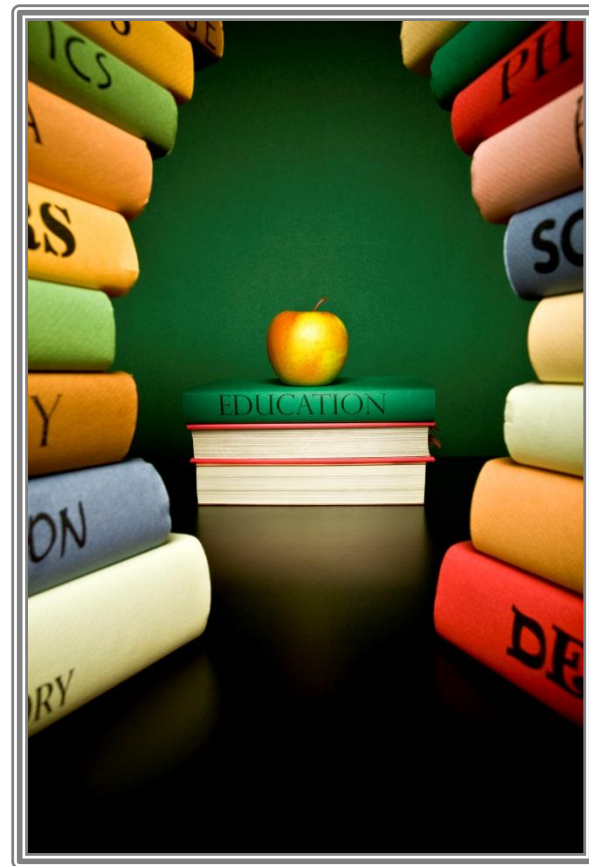
1. Ability To Perceive World Of
“Both/And” As Well As “Either/Or”



2. A Different Brand Of Happiness

What The New Option Offers

3. Access To Practical Wisdom



What Is Practical Wisdom?

- Using What You Know In A Practical Fashion
- Distinguishing Fixable From Unresolvable Dilemma
- Perceiving & Embracing Opposites As Organic Unity (Both/And) – Harmonious Dance
- Stepping Back From Antagonistic Battle To Win Or Lose (Either/Or)



What The New Option Offers

4. Access To Inner Peace



What Is Inner Peace?

- Expanding Mind, Stretching Heart To Hold Paradox of U.D.
- Emotionally Accepting What Is Happening
- Simultaneously Creating Change To Make It Better



To Make The New Option Yours

You Need **3** Things:

1. A Different View of Opposites
2. Permission From Your Unconscious Mind
3. A New Neural Pathway Laid Down In Your Brain



Tools You Need

- Awareness
 - the act of paying conscious attention
- Intention
 - the directed focus of your conscious attention
- Willingness
 - fully aligned movement toward your intention



Tools You Need

- Imagination
 - the ability to enter the world of ‘as if’ by suspending your disbelief
- Conviction
 - absolutely certain, no more information gets in – I am sure!
- Doubt
 - I don’t know for certain, can’t know, it’s unknowable



Tools You Need

The Facticity 6-Step Process

- Accelerates Integration Of *Both/And* View



- Actualizes Process
In Your Brain/Body

Your Homework

Write Down Any Questions You Have About:

- Paradox
- Dilemmas
- Practical Wisdom
- Inner Peace



Bring Them To Our Next LIVE Call

See You In The Next Video!

Much Love,
Ragini

