



The ego is like a stick that seems to divide the water in two. It makes you feel that you are one and I am another. When the ego disappears (in samadhi) one realizes Brahman as one's own inner consciousness.

—Sri Ramakrishna

E I G H T



POLARITIES

The polarity processing method is a perfect tool to use to free yourself. You can use it to process the polarities involved in experiences that you would like to clear, experiences that are non-productive and self-destructive—that you would choose not to have happen again.

When an unpleasant experience has already happened, there is nothing you can do about it. You cannot undo it. But you can take a look at it and clear it. Or you can take steps toward clearing it so that a similar experience does not happen again. So when a bad experience is over and you feel terrible, you realize it did not help you at all, and you say to yourself, “Well, I’m not going to do *that* again.” At that point, you need to process it.

Usually, it is not possible just to use your will and say, “I will not do that again.” Sometimes you can. What we are talking about here has nothing to do with will. This is about clearing away the programming that makes you do those non-productive things, so that you have *less desire or fear* next time.

You cannot always clear a bad experience completely with one process. If it is a deeply ingrained behavior, you will have to do it again and again—the *same* process. Every time it comes up, you do the same process, but each time you do it, you shave another layer off the grooves you have cut in the past. And the desire to go on that old track gets less and less. Finally, you will erase the pattern completely. Processing peels off these layers just like layers of an onion. So do not be discouraged if you do a process, have a clearing, and then three weeks later it seems like you are in it again. It is the next layer down.

THE POLARITY PROCESSING TECHNIQUE

We begin by finding the pairs of opposites that are involved in the situation. The very beginning level of this is presented here. Later, we will get into more advanced levels. This level is very simple really.

You will need to get a journal. Just a spiral-bound notebook is fine. Keep it exclusively for your processes. Always date the top of the page so that you can keep track of the processes over several months. This will be helpful later.

STEP ONE—PICK AN EXPERIENCE

Processing can be used for many types of experiences. It may be a very old experience from childhood or a more recent one. This process works to untie knots in the mind no matter when the incident occurred; it is even useful with clearing samsara (past life tendencies). For example, the incident could be a memory of being scolded and humiliated by your second grade teacher, or it could be an argument that you had this morning with your spouse or roommate. The processing also works for more severe traumas, things such as sexual abuse or the death of a loved one. You can even use the method to clear experiences that don't involve another person. Perhaps it is a situation that happened when you were alone, like having an accident and hurting yourself; or one that is internal for you, like a vague sense of depression or worthlessness for no apparent reason; or one involving something inanimate, like never feeling you have enough money or food. These can all be worked with using the polarity processing method.

Let's say it was a very negative experience that just happened, and it has left you in shreds. You have calmed down a bit, and you are coherent enough to be able to address it. So, you sit down with your notebook.

STEP TWO—WRITE ABOUT THE EXPERIENCE

You have to tell the story to yourself and write it down. You can do *stream-of-consciousness* writing, if that works for you. Just say everything. You don't have to write it in a careful way. Don't edit it, either inside your head or on the paper. Don't even bother to punctuate it if you don't want to. Just write it down as though you were a child spilling out the story to a parent or friend. It is especially important to write about your feelings, thoughts and states of mind that occurred around the incident. Keep asking yourself, "How did/does this make me feel?" Use lots of adjectives and be very descriptive. If another person is involved in the story, it is

also important to describe your perception of that person, too. Be sure to empty your cup completely. The more you capture all of the thoughts, emotions and states of mind involved, the bigger the breakthrough you will have. Be very extravagant with your use of the paper; get it all down.

If you feel you tend to struggle with writing, you might try talking into a tape recorder and then transcribing the story onto paper. Sometimes that works really well for people without a lot of writing experience; it is easier to be in the emotions of the incident if you don't have to focus on the writing.

AN EXAMPLE STORY

Here is an example of a story written by someone we will call Paul. Of the thousands of processing stories we have worked with over the years, we have purposefully chosen this example because it is a very simple example and because it is a situation that most people will have no trouble identifying with. It also is a good example of how you can process an apparently mundane occurrence, gain tremendous insight from it and experience a deep healing. It is important to remember, however, that you can also process issues of a much more traumatic nature using the methods presented here—issues such as bankruptcy, divorce or being fired. By working with Paul's story in each chapter throughout Section Two of this book, hopefully you will see how processing something simple can evolve into something profound.

I was driving on the freeway, and I was in a hurry to get home for an appointment. I always allow myself a little extra time, but the freeway is usually not very crowded. This particular day there were not too many cars. At one point there was a cement truck in front of me, going pretty slow, and there were two cars between me and the cement truck. At about the same time, because of some construction work, we began to approach a flashing-arrow sign way up ahead, indicating we were supposed to move into the left lane, since the two-lane freeway was about to merge into one lane. So of course, one of the cars in front of me pulled out into the left lane to pass the cement truck, in order not to get stuck behind it. The other car did not pull out. It stayed behind the cement truck. So, I started to pull out into the left lane to pass. But just at the last second, the car between me and the truck decided to pass the truck, too, and so she pulled out right in front of me, causing me to slam on my brakes. I started swearing and said to myself, "Watch where you're going! You're going to kill us both!"

Then, the strange thing is that as she passed the truck, she slowed down to the same speed as the truck. So, I was hemmed in. And, she decided not to pass the truck. Instead, she let the truck in ahead of her! The truck was going about 45mph in a 65mph zone. So, then the truck was ahead of both of us in the single lane. I was really angry because I was feeling like I was going to be late, like this driver in front of me was totally crazy, dimwitted and idiotic and going to cause an accident. I got very impatient. I sometimes tend to be impatient in my life, and the freeway is where it shows up the most. I got hot under the collar because I knew we were going to be crawling along for about ten minutes before the freeway opened up again into two lanes, and I was going to be late.

Finally, the freeway opened up into two lanes, and the cement truck moved over into the right lane. But! Then the slow driver decided to stay in front of me in the left lane, still keeping pace with the truck on the right. So I couldn't pass, and we were all doing about 50mph in a 75mph zone. I thought, "What is going on?! Maybe she is sick or something." So, I honked. No response. I started to tailgate, getting up really close to her bumper. She just ignored me. She was breaking the law by not yielding. Then a few more cars were starting to pile up behind my car. I was thinking, "You are a complete insensitive jerk. What if I or someone else had an emergency? What if I or someone else needed to go to the hospital?" I felt like a total victim. With the car in front of me tyrannically controlling the situation, I felt like I wanted to kill her and was in rage. It escalated from minor irritation to feeling like if I had a gun, I would have shot her tires out!

I was taking it all very personally. Never mind the cars behind me—I can't get through. It wasn't an older person. She seemed quite young, and young people usually speed, not crawl. She was toying with me. There was no other explanation. Finally, she pulled over, taking her sweet time. Only when she decided to let me by did I get a look at her. She looked about 19, and she was snickering at me. So, then I got really enraged. I almost gave her the finger. But I thought, "No, no, restrain yourself. It's not worth it."

So, my exit came up, and I got off the freeway. I was trying to calm down. There was somewhat of a witness there, but in the heat of the moment, I really had absolutely no witness. I felt very helpless and powerless because there was nothing I could do. Indignation. Impatient. Anger. Fury. Killer instinct. Everything came up within ten minutes. It was so weird, too. People just don't often behave like she did.

I wasn't late, but I was so angry that somebody would purposefully manipulate and slow me down like that. What a pain in the butt. She was controlling the whole situation. I had a lot of heat in my body as a result, a prickly sensation. I felt really contracted, and it took me about half an hour to unwind. I was still seething when I got home. I couldn't release the feelings. I wanted to release them at her; let her really know what I thought, but of course she wasn't available. Finally I was able to calm down and neutralize, but it took a long time before I could let go and forgive her. My reaction was so over the top. Instead of being calm, I just blew up. Usually I handle things like that a lot better.

STEP THREE—PICK OUT THE THEME WORDS AND PHRASES

With a colored marker or highlighter go back through the story, and pick out all the theme words and phrases. Theme words and phrases reflect states of mind that have a charge for you. This includes feelings and emotions as well. You want to find words and phrases like: CONTROL, ANGER, HELPLESS, VICTIMIZED, CAUSE AN ACCIDENT. These are all themes.

Theme words and phrases reflect the structure of the experience rather than the content.

As we discussed earlier, the content of the experience is the surface story of what happened, who said what, and when, and what the worldly details looked like. This initial step belongs in the writing of the story. The content of the story is actually irrelevant except that it leads us to the next step, which is to find the structure of the story. We are looking at the underlying *structure* of the experience, the blueprint or template. To find that, we have to go deeper. The content is world stuff, stories, drama. It is a distraction. We cannot work with it for change because it is too superficial.

We must focus on looking for theme words and phrases that represent the states of mind, not the content.

With this process we are trying to see our characteristic patterns of reaction. We are not looking for the information content of the story. For example, this story's content is about drivers, freeways, construction work and a truck. We are looking for the emotional and mental states

and the way the personality pattern usually reacts. We are looking for the *juicy* words and phrases, the ones that have a *charge* for the personality, the ones it reacts to. Often, adjectives and adverbs are juicy.

Theme words and phrases such as: HURRY, IMPATIENT, ENRAGED, INSENSITIVE JERK, BREAKING THE LAW, TOYING WITH ME, POWERLESS, and BLEW UP are the constructs, the frequencies, that are structuring the story. Those are the forces that are shaping the circumstances. The structure is made of the actual frequencies of the experience, the states of mind that were present. In some other story, the themes might be something like: SURPRISED, SHOCKED, CONFUSED, UNCERTAIN, DOUBTFUL, PAIN, BETRAYED, FEAR, GUILT, APPROVAL. We underline these kinds of words or highlight them with a marker.

It is also important to know that there is no right and wrong to this method. You need to feel and discern for yourself what your own theme words and phrases are, what has a charge on it for you, what your own underlying structure is. You can even make up your own words! Sometimes these are the most powerful ones to work with, because they are unique to your patterning and your life.

When you write the story, you do not necessarily have to write down only the states of mind which *you* are experiencing. If you are having a disagreement or conflict with someone and you saw that *they* were bursting at the seams because they were so angry, you put down ANGER. It does not make any difference whether it is your state of mind or theirs. What you want to do is extract the structure of the whole experience, yours and theirs. So write what you see them doing and what you feel yourself doing. *Both*. You are processing their stuff and yours. The reason you do that is because *their states are as much a part of the experience as yours*. Whatever you see before your eyes is your own unconscious stuff. You are having somebody else act out your projections for you. So, you process *both experiences* with the understanding that *everything is part of the pattern that you are addressing*. That is the basic premise for doing this work.

That is how you really effect integration, when you *own everything*, what you see outside of you and what you feel inside. In the beginning it is enough to make an inner commitment and intention to own everything. As you develop your skills with the processing method, your witness becomes stronger and more of the unconscious becomes conscious, which will allow you to really see that you are everything. So, in the beginning you simply need to say the words and make the intention that

you own the outside as you. With practice, you will experience it, and you will gain a visceral understanding of the principle. If you have resistance to that notion and you are just not ready to own the outside as part of the pattern, here are some suggestions. You can re-read the early chapters of this book which discuss and detail universal laws such as this one. You can meditate and ask inwardly for help. You can ask to be shown what the block is and how to remove it. Perhaps you can make a leap of faith, try out the processing tools, and just see if they will work for you.

EXAMPLE OF STORY WITH HIGHLIGHTED THEME WORDS AND PHRASES

Here is what Paul's story looked like after he underlined his own particular theme words and phrases. All of these words had a charge on them for Paul:

I was driving on the freeway, and I was in a hurry to get home for an appointment. I always allow myself a little extra time, but the freeway is usually not very crowded. This particular day there were not many cars. At one point there was a cement truck in front of me, going pretty slow, and there were also two cars between me and the cement truck. At about the same time, because of some construction work, we began to approach a flashing-arrow sign way up ahead, indicating we were supposed to move into the left lane, since the two-lane freeway was about to merge into one lane. So of course, one of the cars in front of me pulled out into the left lane to pass the cement truck, in order not to get stuck behind it. The other car did not pull out. It stayed behind the cement truck. So, I started to pull out into the left lane to pass. But just at the last second, the car between me and the truck decided to pass the truck, too, and so she pulled out right in front of me, causing me to slam on my brakes. I started swearing and said to myself, “Watch where you’re going! You’re going to kill us both!”

Then, the really strange thing is that as she passed the truck, she slowed down to the same speed as the truck. So, I was hemmed in. And, she decided not to pass the truck. Instead, she let the truck in ahead of her! The truck was going about 45mph in a 65mph zone. So, then the truck was ahead of both of us in the single lane. I was really angry because I was feeling like I was going to be late, like this driver in front of me was totally crazy, dimwitted and idiotic and going to cause an accident. I got very impatient. I sometimes tend to be impatient in my life, and the freeway is where it shows up the most. I got hot under the

collar because I knew we were going to be crawling along for about ten minutes before the freeway opened up again into two lanes, and I was going to be late.

Finally, the freeway opened up into two lanes, and the cement truck moved over into the right lane. But! Then the slow driver decided to stay in front of me in the left lane, still keeping pace with the truck on the right. So I couldn't pass, and we were all doing about 50mph in a 75mph zone. I thought, "What is going on?! Maybe she is sick or something." So, I honked. No response. I started to tailgate, getting up really close to her bumper. She just ignored me. She was breaking the law by not yielding. Then a few more cars were starting to pile up behind my car. I was thinking, "You are a complete insensitive jerk. What if I or someone else had an emergency? What if I or someone else needed to go to the hospital?" I felt like a total victim. With the car in front of me tyrannically controlling the situation, I felt like I wanted to kill her and was in rage. It escalated from minor irritation to feeling like if I had a gun, I would have shot her tires out!

I was taking it all very personally. Never mind the cars behind me—I can't get through. It wasn't an older person. She seemed quite young, and young people usually speed, not crawl. She was toying with me. There was no other explanation. Finally, she pulled over; taking her sweet time. Only when she decided to let me by did I get a look at her. She looked about 19, and she was snickering at me. So, then I got really enraged. I almost gave her the finger. But I thought, "No, no, restrain yourself. It's not worth it."

So, my exit came up, and I got off the freeway. I was trying to calm down. There was somewhat of a witness there, but in the heat of the moment, I really had absolutely no witness. I felt very helpless and powerless because there was nothing I could do. Indignation. Impatient. Anger. Fury. Killer instinct. Everything came up within ten minutes. It was so weird, too. People just don't often behave like she did.

I wasn't late, but I was so angry that somebody would purposefully manipulate and slow me down like that. What a pain in the butt. She was controlling the whole situation. I had a lot of heat in my body as a result, a prickly sensation. I felt really contracted, and it took me about a half an hour to unwind. I was still seething when I got home. I couldn't release the feelings. I wanted to release them at her; let her really know what I thought, but of course she wasn't available. Finally I was able to calm down and neutralize, but it took a long time before I could let go

and forgive her. My reaction was so over the top. Instead of being calm, I just blew up. Usually I handle things like that a lot better.

STEP FOUR—MAKE A LIST OF THE THEME WORDS AND PHRASES

Remember, it is important to pick out your own theme words, based on your own intuition and on what has a charge for you. You may not have chosen the same ones as Paul did. You must do whatever you feel works the best for you.

During the course of the experience, Paul cycled through a number of states of mind and saw the other person in the story doing the same. These states of mind should all be underlined in the written version of the story. Then, on another clean sheet of paper, rewrite all of those underlined words from the story, making a column with them down the left side of the new page. This way, you are isolating all the states of mind in the story—yours and the other person's. Usually they are all negative, but if there are positive states, put those down as well. You must generate a list that is as long as possible. To get it as long as possible, you have to go into all the subtle nuances. Remember to be really extravagant with paper. Do not try to economize at all. Write everything possible. The more words you get, the bigger the breakthrough. Usually when you write these lists, they end up being a few pages long. You can get quite long lists out of a story. The longer the better.

Once you have understood how the processing works, it is no longer necessary to write down the story. You can go straight into making the list of words.

EXAMPLE LIST OF THEME WORDS AND PHRASES

Here is the list of theme words and phrases that Paul extracted from his story. Look at how short that story was and how many words he got out of it.

hurry
extra time
not very crowded
slow
get stuck
behind
slam on my brakes
swearing
Watch where you're going!

kill
strange
slowed down
hemmed in
ahead
angry
late
crazy
dimwitted
idiotic
cause an accident
impatient
hot under the collar
crawling along
late
slow
in front
keeping pace
sick
No response
tailgate
ignored
breaking the law
not yielding
insensitive jerk
emergency
victim
tyrannically
controlling
kill her
rage
minor irritation
shot her tires out
personally
I
older
young
speed
toying with me

Polarities

taking her sweet time
snickering at me
enraged
gave her the finger
restrain
It's not worth it
calm down
witness
heat of the moment
helpless
powerless
nothing I could do
Indignation
Impatient
Anger
Fury
Killer instinct
weird
angry
purposefully
manipulate
slow me down
pain in the butt
controlling
heat
prickly
contracted
unwind
seething
home
couldn't release
really know what I thought
available
calm down
neutralize
long time
let go
forgive
reaction

over the top
calm
blew up
better

MORE WORDS AND PHRASES

Sometimes, as you pick out the words, they remind you of other words that could be added to your list. There may be words related to the incident that you did not mention in your original narration. Add them to your list, even if they were not in the original story and if you thought of them later. The more comprehensive your list, the more likely that you will get good results with this technique. It is important to find all of the subtle nuances of feeling. Go really, really deep in your quest to understand the situation that you are processing. Remember to ask yourself, “How did/does this make me *feel*?” Nothing is too inconsequential to be included in your list.

For example, if you have the word *anger* on your page, probe to see what the anger is made of. Anger is actually a composite word describing a great range of different frequencies, and you may find aspects like *hate*, *violence*, *rage*, *explosiveness*, *dominance*, *vengefulness*, *spite*. Use a thesaurus if you have to, to try to pick out all of the subtle nuances of energy contained in the situation. Each word represents a vibratory frequency, which fills in the picture much more clearly. The more filled-in the picture is, the bigger the breakthrough you are going to have, and the more tangible the shift will be.

Here are Paul’s afterthoughts and the extra words he added to the list:

I realized that when she pulled out in front of me, I went into total shock. It was so sudden and unexpected and scary. My body was full of adrenaline and fear. Also, after I got home, got past my rage and calmed down, I realized how ashamed I was of how I reacted. I felt somewhat humiliated that such a silly incident got the best of me. I was also very confused about why it made me so angry, such a silly little prank the girl pulled. I don't understand what happened.

shock
sudden
unexpected
scary

fear
rage
calmed down
ashamed
humiliated
silly
best of me
confused
don't understand

STEP FIVE—FIND THE OPPOSITES

Then find the opposites of the words in your list of theme words. Make a column of the antonyms (opposites) on the right side of the page. Sometimes you just cannot think of some of the opposites. That is because you have them locked in the unconscious. For those times, use a dictionary of synonyms and antonyms, which you can get at almost any bookstore. This is not an ordinary dictionary but one that specifically has opposites in it. You can also use a thesaurus. These come in extremely handy in this work because they help reveal your unconscious by giving you words you would not have thought of on your own, which is the whole point of the work.

You will notice there is sometimes more than one word possible as the opposite. A word might have different opposites depending on what the meaning was in a specific case. For example, sometimes LOVE can have the opposite HATE, and other times it can have the opposite FEAR. So depending on what *your* story was about, the opposites might not always be the same. You can write both pairs of opposites or choose the one that works best for you.

If you see a word come up more than once in the story, it may have a different meaning in different parts of the story, in which case you might have a different opposite. Or if it repeats a lot, maybe it is a really strong theme in the story, something you will want to make a note of to examine and process further.

Doing this work really increases your vocabulary as well as your ability to describe your states of mind and feelings. You are reminded constantly of what is happening in your unconscious. It is an amazing and powerful way of looking into the unconscious. When you do see the unconscious opposite, it *startles* you in a subtle way. Somehow, you immediately wake up to a bigger perspective.

When you find the hidden unconscious piece—sometimes one simple word—that has held a whole pattern of behavior in place for you, it is a revelation that allows you to expand and see much more of yourself. You get an *aha* not only when you reveal the hidden side of the personality, but there is the added component of a deeper connection with your soul. You find yourself opening to the vast storehouse of your own power that lay dormant until the unconscious was made conscious. Wisdom, heart-centeredness, compassion and the neutral witness begin to become established in your conscious awareness. Insights to a deeper perspective on life awaken in you.

EXAMPLE OF THEME WORDS AND PHRASES WITH THEIR OPPOSITES

Here is what Paul's paper looked like after he found all the opposites:

hurry	slow down
extra time	short of time
not very crowded	crowded
slow	fast
get stuck	get free
behind	in front
slam on my brakes	gun it
swearing	blessing
Watch where you're going!	Watch where I'm going!
kill	save
strange	ordinary/normal
slowed down	speeded up
hemmed in	freed up
ahead	behind
angry	happy
late	early
crazy	sane
dimwitted	bright
idiotic	smart
cause an accident	drive safely
impatient	patient
hot under the collar	cool
crawling along	zipping along
late	on time
slow	fast
in front	in back

Polarities

keeping pace	lagging
sick	healthy
No response	response
tailgate	allow room
ignored	acknowledged
breaking the law	obeying the law
not yielding	yielding
insensitive jerk	sensitive being
emergency	ordinary
victim	tyrant
tyrannically	victimized
controlling	out of control
kill her	support her
rage	peace
minor irritation	major pain
shot her tires out	forgive her
personally	impersonally
I	She
older	younger
young	old
speed	crawl
toying with me	respecting me
taking her sweet time	considerate of my time
snickering at me	honoring me
enraged	calm
gave her the finger	blew her a kiss
restrain	impulsively dive in
It's not worth it	It is worth it
calm down	stirred up
witness	reactive
heat of the moment	in retrospect
helpless	capable
powerless	powerful
nothing I could do	in control
Indignation	imperturbability
Impatient	patient
Anger	joy
Fury	calm
Killer instinct	preserving

weird	normal
angry	peaceful
purposefully	accidental
manipulate	not in control
slow me down	let me pass
pain in the butt	relief
controlling	out of control
heat	cold
prickly	smooth
contracted	expanded
unwind	wound-up
seething	at peace
home	dangerous freeway jungle
couldn't release	let go
really know what I thought	stifling reaction
available	not available
calm down	get excited
neutralize	get anxious
long time	short while
let go	hold on
forgive	revenge
reaction	non-reaction
over the top	subtle
calm	aggravated
blew up	self-contained
better	worse
shock	sedate
sudden	gradual
unexpected	expected
scary	pleasing
fear	fearlessness
rage	serenity
calmed down	exploded
ashamed	proud
humiliated	haughty
silly	serious
best of me	worst of me
confused	clear
don't understand	understand

Did you notice how a word like *angry* that is repeated several times can have a different opposite each time? Paul used *happy*, *joy*, *peaceful* and *serenity* as opposites. Remember that it is okay to include words in your list repeatedly. It usually indicates that this a major theme of your current process that you may want to examine more in detail. For Paul, *angry* and *control* are some of the words repeated often.

Remember that we contain both sides of the list within ourselves.

STEP SIX—OFFER IT UP WITH A PRAYER

When you have your list, find all of the opposites and feel that you have emptied your cup, then offer it up to spirit. You do this with a prayer. You ask higher consciousness to take these unbalanced states of mind, which you have in your being at that moment, and to bring them into balance, so that clarity and a new level of seeing come to you. Then just remember to say, “Thank you,” and trust completely that it will be done. Here is the kind of prayer you will want to make:

PRAYER

*Oh Eternity, please take all of these states of mind which are unbalanced in this pattern and balance and clear them. Do this so that I may see more clearly and find my way home more easily.
I give thanks knowing it will be done.*

You are welcome to write your own version of the prayer. Initially it is best to actually say the prayer, either out loud or inwardly, because it is in the spirit of what you are seeking. It is important to be precise and reverent in the beginning until the spirit of the prayer is inside you and runs automatically. After a while, you just need to hold the feeling level of the prayer for a moment—the surrender and the gratitude—instead of actually verbalizing all of it. The shift does happen. The prayer works.

It works because whenever you find both the conscious and unconscious aspects of any situation, asking spirit to take it and balance it for you, you will experience a freeing from your egoic programming.

STEP SEVEN—WAIT FOR GRACE

Wait a few minutes. Go wash some dishes, or make yourself a cup of tea. When grace comes in, you may feel a shift in your physical body or in your subtle body. Or maybe you will have some emotions pass through.

Or perhaps you will suddenly start getting insights. Or that night you might have a significant dream. Or the next day you might have some special experience. Sometimes it will come in the form of a friend or mentor sharing information with you that you find meaningful. Any of these experiences is more usual than not because the layer that you have put down on paper has been lifted, and you are seeing into the next layer. Spirit will peel off a veil for you, and suddenly you can see a deeper level of the structure.

If you do not feel the shift happen, it does not matter. You may not feel it the first couple of times you do the lists. A shift will definitely happen, but you may not recognize it. It is a funny thing about consciousness shifting. One cannot always see it. Because we are identified with the state we are in at any given moment, we simply flow with the shift, not recognizing the subtlety of what has happened. With practice and a strong witness, it becomes clearer to us that awareness is shifting.

Remember that the reason the process must be repeated over and over again is because the personality is like the layers of an onion. Peel away a little bit, and there is more underneath it. You will think to yourself, “I know I’ve done this one before! I *know* I’ve already processed this!” But you’ve got to keep re-doing it until it settles down for you.

*It is important to remember that after you have defined the issue fully
and have offered it up, what you want is for you
to not do anything at all. Give the issue over to spirit.*

Relax, let go and allow the integration of the two sides. It will happen. It is miraculous that you do not have to continue to analyze everything and to try desperately to make yourself change. This is a very fast way to facilitate change. Most people find it faster than some other form of therapy.

So you offer it up and let it happen. As you do this over and over again, you will find that fewer things in your life are upsetting. You will find that almost as soon as incidents happen, you can see what the opposite sides are. In fact, when you get really good at this, you don’t have to write the narration. You can just jump directly to the list of words. For example, one day you may be driving along in your car, get cut off by another car in traffic, and you can just sit there thinking, “I feel ANGRY... Oh, the opposite is CALM.” The writing is redundant once you really know how to do the technique. Then, you offer it up and the volatile feelings release. Eventually, you will only use the writing of narratives and lists when you have a complex situation which you cannot decipher at all.

REVIEW

The Steps of the Polarity Processing Technique

1. Pick an experience.
2. Write a description of the experience.
3. Pick out the theme words and phrases.
4. Make a list of the theme words and phrases.
5. Find the opposites.
6. Offer it up with a prayer.
7. Wait for grace.

PRAYER

Oh Eternity, please take all of these states of mind which are unbalanced in this pattern and balance and clear them.

Do this so that I may see more clearly and find my way home more easily. I give thanks knowing it will be done.

SUGGESTIONS FOR PUTTING THEORY INTO PRACTICE

1. Get a journal that you will use exclusively for processing.
2. Pick one story from your current life to process. Don't worry too much about picking the right story to process; getting started is the most important thing.
3. Pick another story from your childhood to process.
4. Try to feel in your mind, emotions and body when a shift occurs for you. Did it happen during the initial list-making? During the offering? While finding one particular opposite? Try to be conscious of what is happening to you during the exercise, even though shifts can be very subtle.
5. If you did not feel any sort of increased clarity or sense of change in yourself as a result of completing the exercise, ask yourself these questions:
 - ◆ Did you use enough descriptive words in your narrative? (You may want to try using a thesaurus.)
 - ◆ Did you remember to dig deeply inside yourself, always asking, "How did it make me feel?" (You may try using

- a tape recorder so you can speak your story and be more emotional, rather than writing it.)
 - ◆ Did you completely empty your cup into your notebook, or is there more to your story?
 - ◆ Did you take the time to find all the right opposites for you? (You can use a synonym-antonym dictionary to help.)
 - ◆ Did you offer it up sincerely and meaningfully?
 - ◆ Did you really let it go and let grace take over, or is your do-er trying to figure it out and to make the shift happen for you? (Remember after you make your prayer offering to trust and surrender control to higher consciousness. This may be the biggest stumbling block for most people. But don't worry; learning to surrender the do-er develops naturally over time.)
 - ◆ Did you pray and ask for more help to be shown where you are stuck and unconscious? (Be open to receiving answers from anywhere and anyone.)
 - ◆ Did you maybe not notice the shift? (Remember that this is okay and very natural in the beginning.)
6. Before moving on to the next chapter, take about a week or so to really practice and digest the polarities technique presented in this chapter.

TESTIMONIAL ♦ THE ANGRY LAWYER

I work in a law office in Los Angeles. My direct boss is a woman attorney, and she in turn works for the head attorney, whom I will call Patrick. Patrick is what you might describe as a manipulative woman-hater. He has a real problem in that when any little thing is out of whack, he blows his stack and finds the nearest woman to blow up at. All of the women in our office were walking on egg shells around him so as not to tick him off. I observed him for about a year, watching him demean, insult and generally manipulate everyone to be afraid of him and wield the power he tries to hold over everyone. I have been practicing the Marriage of Spirit processing techniques for a few years, and so I spent a lot of time processing Patrick's personality and my reactions to him. I also processed many of the office dramas and blow-ups involving Patrick and his awful antics.



One day he was badgering my boss, whom I will call Henrietta, and had her to the point of near tears. I heard him screaming at her, and it hit me that no one was ever going to stand up to this man, and that he was going to continue doing this for as long as he could get away with it. I was at the point of quitting, but instead I just processed even harder, praying for a resolution and clarity. About a week later, spirit orchestrated a situation that was absolute perfection for me. Patrick was angry that something had not gotten done in the office. He called me into his office because his own secretary was not around, and he obviously needed to vent on someone. So guess who? It was me. I stood in his office and spoke in a calm manner to him explaining that I had no idea why this particular thing was not done, and it seemed that the calmer I was, the more excited he got. At one point he stood up, his face as red as a beet, and began to scream obscenities at me.

It was at that moment that I knew spirit was supporting me, and I very calmly asked him not ever to speak to me like that, that if he wanted to discuss something, fine, but not in this manner. Well, he practically blew the roof right off of the building. I was frightened but did not budge. I knew that these were just words and could not hurt me. I also knew that I needed to stand my ground. He eventually threw me out of his office out of frustration. As calmly as I could muster up, I took myself into the ladies room and waited till the shaking stopped. Then I went back to my

office. Within an hour he called me into his office again. He boyishly apologized, the best way he could. I did not say one word to him but simply nodded my head and returned to my work. It took about a week for the atmosphere to cool down, that is to say, until I was speaking to him again in a civil manner.

Now, this may not seem very monumental, but ever since that day, not only has the relationship changed between me and Patrick but between all of the women in the office and him. I believe that holding my ground with him and letting his anger pass through me rather than reacting to it allowed the charge that he puts on his power trips to fizzle out. I also believe that by doing my own processing, I became clear enough to not be compelled to react to him when he blew up at me. I was able to remain in my neutral witness and not to suppress my anger, but instead to let it pass right through me in the heat of the moment. He does not get angry very much anymore. Not only that, he tends to spend a lot of time in my office talking about his personal “stuff,” and he has told me on more than one occasion that he feels like I am sort of his in-house psychologist. Ha, ha!! We are friends now, and I am in my heart with him. I attribute our new-found friendship, our merging, to the fact that I processed his personality so much that I have owned his stuff as my own projections. I have owned my outside world as me. Remarkably, I have found that the gossip and chatter around the office regarding his behavior have subsided, and everyone feels better for it. I am still amazed to see that his behavior has changed because I processed myself and changed myself inwardly. I also feel that there was a merging of masculine/feminine consciousness in this office, better and easier for everyone to work in. For me, this is proof that I can change my outer reality by changing my inner consciousness.

