

Know yourself, transform your life an essay in three Parts by Andrew Harry (Registered Polarity Therapist) exploring goals, perception and the miraculous (Part 2)

In Part 1 we explored the issue of assumptions, taking responsibility and choice. In Part 2 of this series of three essays we explore the process of putting motivation into action and introduce how this can affect your body mind system.

The Miraculous: Assumptions revealed through the Virtuous Cycle

What you see in your world view is limited by what you think is possible and what you think is possible is bounded by the assumptions on which you have based your life. Your existing map is your limited version of reality.

Your base assumptions will set the scene for how you engage with life, even to how you react to life's events. So, depending on how assumptions frame your life, they will determine your reaction to events, which in turn affects how your nervous systems operate think, feel and act. Without completion of this cycle the energy is held, your physical form and emotional base begins to mirror your perceptual base and dis-ease can result.

It is the power of your heartfelt desire that drives you to act. When you truly desire something it can be so clear in your mind, you can taste it, you can anticipate how it might feel when it is achieved. This desire can at times lead to tension, anxiety, uncomfortable feelings and you may chose to take these as a cue that it is not a good idea, so you drop the notion! On the contrary, perhaps the desire is at odds with an underlying, fear based, assumption somewhere in our psyche and the strain is merely an indication that this assumption needs to be addressed, to be revised or an alternative found. The difficulty is finding out that an assumption is there at all, lurking in the shadows, existing unchallenged but calling the shots!!!

So be brutally, but compassionately, honest with yourself, take note of your wants and desires and notice the underlying tensions. This honesty gives rise to the impetus, the courage to act and this action to experience, the experience to trust ...and thus a willingness and flexibility to challenge ones own wants and needs again. And so it goes on in a **virtuous cycle**.

The impact of Action

The process of taking action is vital to your well-being. Wanting something is a thought process born of some perceived underlying scarcity, some assumed lack or separation from the whole. Whilst to act is a direct experience, a true test of your wants. It is a process of daring to have! The engagement through action starts to bridge the gap between the assumption of lack (of **wanting**) and the beginning of an experience of **allowing** the Universe to provide some completion, to experience directly letting some wholeness back in. The impact of taking action not only works on a conscious level but will also have profound effect on your neurological make-up.

Your nervous systems rely on a cycle of thinking, feeling and acting. This cycle must be completed for you to maintain your health. The energy attracted to the thoughts and feelings generated by your consciousness is held and used to keep these potentialities available. Ideally, you would act, the energy would be released and the cycle would be complete. The energy would return to its source to play its part in the cycle again. However, your busy life, and flighty mind, may ensure that your attention skips on to other things and the energy held is left, trapped in your system, holding your unresolved feelings. As less energy returns to source (or Chakra) so less is released through the Chakra and the Chakra over time runs-down. Your system is becoming stressed as it has fewer resources to cope with greater demands. Unless the held energy is resolved and released to flow freely then emotional and physiological symptoms of illness begin to manifest. By taking action in acknowledgement of the feelings generated the cycle is completed and energy is not held but freed to return to its source, to be regenerated and re-invigorated. Instead of needing more energy, to hold the energy already being held, energy is released to maintain the flow in the system. Action is a

beginning to recover your wholeness in body mind and spirit. In energetic terms action stirs up held energy and facilitates its return to its Chakra and the system begins to return back to wholeness. So by taking action you can step across from wanting to allowing - and return your energy systems into balance. You will be energized!. You will be living more authentically, more openly and more engaged.

You can try to understand this all you like and enjoy toying with this notion in your brain, but only by trying it out, by actually undertaking specific activity, towards a genuinely honest and personal goal will you begin to notice the impact and feel the difference.

So in summary, you can achieve whatever you want. The difficulty is being **honest** enough with yourself to know what you genuinely want, **courageous** enough to take action to achieve it....and **flexible** enough to recognize that what you genuinely want changes as you progress. These are the mechanics of the **Virtuous Cycle**.

Part 3 of this series of essays explores the relationship between the Virtuous Cycle and Alchemy, Purpose and Ecology.

Blessed be.

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