

## **Know yourself, transform your life ..... an essay in three parts by Andrew Harry (Registered Polarity Therapist) exploring goals, perception and the miraculous (Part 3)**

Part 2 of this series of three essays introduced the concept of the **Virtuous Cycle**: You can achieve what ever it is 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 explores the relationship between the Virtuous Cycle and Alchemy, Purpose and Ecology

### **ALCHEMY, PURPOSE and ECOLOGY**

As one steps on the virtuous cycle, and acts with Honesty, Courage and Flexibility one begins to refine an understanding of what one truly wants. An intense focus on that desired is achieved. This intensity has a transformative effect. This refinement process has been defined before, and most people will know of this well used metaphor, it is **Alchemy**. By engaging in this Alchemy and travelling around the Virtuous Cycle what you want merges with an appreciation that what you really want becomes your life's **purpose**.

So, when you dare to be truly responsible for what you see, and acknowledge that it can only be you individually who chooses your feelings, a new perspective is born, a perspective that is more empowered. This empowerment is the first step to you hearing what it is that you truly want. It is the first step in achieving your life's purpose.

This provides a natural focus, defines your motivations, your choices and actions and therefore how you interact, or relate, with the world around you. It is not merely an internal process, but a process fully integrated with the inner and outer worlds. It is a genuine engagement with existence. You feel more complete and satisfied and know that you have found your place in the world. You begin to live a sustainable life, in mind, body and spirit. You need less to live with greater satisfaction. You are content, congruent and growing. The flow returns and a certain ease settles in.

On a macroscopic level if everyone ventured on the virtuous cycle and genuinely focused on what they wanted, with intensity, they could all naturally reduce the consumption of resources and live a more simple existence. Everyone would be comfortable with their roles in life, their place and contribution to society and if all of humanity were engaged on the virtuous cycle, practicing the art of truly listening to their own wants and needs then, in time, each would find his or her purpose. To that end I believe this **Virtuous Cycle**, this **Alchemy** is the true and natural **Ecology** that the world is so badly in need of. It is not some convenient ideology for it is not borne of the mind, but from the heart.

### **The Ancients**

The ancient Maori proverb states:

***“Turn your face to the sun and the shadows fall behind you”***

I suggest that this proverb is venturing on the same territory! It can be seen as a challenge and also a description of the virtuous cycle ... this is a metaphor for life, for growth and for the notion of choice. It is a simple, powerful guide to Alchemy, to natural Ecology.

So, what is worth putting your attention on? Define your Sun ... learn to take the responsibility to make choices yourself and enjoy your journey around the Virtuous Cycle.

## **You do not need to start your journey alone**

So, what do you want? Perhaps you need some assistance to define and then refine it? Or perhaps you need, in the first instance, a catalyst to release some physical or emotional issues that are indicators of long held tensions or unresolved assumptions that are locked away in your neurology and manifesting symptoms of pain and grief? Complementary therapies, or individual practitioners, that you are drawn to can specifically enable you to engage in an authentic existence, as you would wish to define it.. Perhaps your first forays may be tentative, as you work to untie your own knot of assumptions. Recognize when you are resisting/responding out of fear and identify the assumption behind this. Choose an opposite view and act in accordance with it. Step confidently into a world this time of your own making, a world of responsibility, possibility and, ultimately, Self Love.

Blessed be

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