

'As within, so without' ... but not, it seems, 'As without, so within':

An article by Andrew Harry (Registered Polarity Therapist) exploring elements of the Virtuous Cycle.

#### **Assumptions: Identification and choice:**

In the "virtuous cycle" I have described how one can logically identify Secondary assumptions through the tension and anxiety that results from our Primary assumptions. Sometimes alternative, or 'Secondary', assumptions are unexpectedly presented to us, only then do we become aware that we had indeed been living our lives based on some subconsciously accepted 'primary' assumption without realising it. These events have the potential to change our lives, if we choose to let them.

Some time ago I stumbled on a choice that I had not realized was available. I had been living by an assumption without knowing it! Another personal revolution was on its way. I was on my first course studying Bio-Energetics when what appeared a preposterous notion was suggested: "that the energy field comes first and the body follows!" I immediately realised that I had spent my life assuming that the material manifestation of the body was central to life and of course that that material, physical manifestation preceded all else at conception. Even, consciousness was something that resulted from the physical form. I was now presented with the paradoxical view and furthermore the implication that consciousness could indeed precede the energy field and the energy field could precede the body! I was now faced with a choice, a choice that would ultimately lead me to become a Polarity Therapist.

#### **Criteria:**

Both assumptions are equally as valid, in reason, and remembering quantum physics where an electron displays the characteristics of either light or matter, depending on how it is observed, on what basis would I choose? The Criteria I came up with are as follows:

- i. The most compassionate for me.
- ii. The outcome of behaviour and activity based on the assumption should be inclusive, compassionate and result in an empathetic appreciation of others.
- iii. The assumption should enable the individual to authentically and purposefully engage with the world.

#### **A Primary assumption:**

As I saw it the 'body first' view, the primary assumption in this case, is the one historically taken by the scientific community. That "Objective reality is truth!" It has led to the allopathic view of clinical medicine and the chemical basis for pharmacology and has successfully attracted investment. From my experience this is a concept that has also led to exclusivity; accepts the separated nature of existence; is based on judging symptoms; is becoming ever more complex and expensive to sustain and in which each bodily system is viewed as if it has little - if any - relationship with another. The pursuit of knowledge seems to take precedence and the practitioner can remain neutral to the patient's dilemma. The choice of decision-making is taken away from the patient and is highly judgmental. Finally, when the doctors' choice of drugs or surgery don't work the individual is left with no solution to their problem and offered few resources to evolve an authentic relationship with the issue. Patients are often dismissed as trouble, too expensive to treat! In effect, from my perspective, the outcome of the allopathic view is one that leads to separation, isolation, powerlessness and does not result in fundamental and beneficial change in the patient's behaviour. In fact, more often than not it can induce fear-based patterns of behaviour. This view meets none of my criteria.

#### **A Secondary assumption:**

The 'field first' view has led to a different perspective that is aligned to a more subjective version of reality - that "truth can only be discerned subjectively" through direct engagement and experience. Holistic therapies which base their disciplines on the 'field first or even consciousness first', Secondary assumption, result in resourceful behaviour that is inclusive, the body/mind system is seen as a whole, all elements are viewed as connected with each other, causes are investigated not just effects, and the client is fully included in the process. They are seen as responsible - it is the Client's reality after all and their wants and needs are paramount, the approach has meaning to the Client and they are enabled to change their approach to their life. An approach, after all, which may have contributed to their condition. Practitioners in this area approach it not from the value-neutral and judgmental perspective of 'body first' advocates, but one of acceptance, discernment and consideration for the other.

### **Choice:**

The 'field first' view meets all of my criteria and is a reasonable and compassionate alternative to the 'body first' one. My primary assumption still functions subconsciously and habitually and colours my world as it is not negated by my secondary assumption, but totally included in the process of experiencing my subjective reality. I continuously and consciously turn my attention to my assumption of choice - the field first view - and I act as if it were true. I am, over time, re-training my mind to become habituated towards defaulting to the field first view and - through action and experience - validating it. It enables me to engage flexibly and effectively as a Polarity Therapist.

### **Characteristics of assumptions:**

I have noticed, in identifying alternatives to a wide number of assumptions I didn't even know I had made, that these primary – hidden - choices seem to have the same characteristics. Characteristics that match those of the external results of the body first regime. They seem to be fear-based, isolating and value-neutral and lead to dysfunctional behavior (where external regulations are required to ensure compliance to a common behaviour) and they effectively preclude engagement in the alternative assumption. The alternative or secondary assumptions, however, have a completely different set of characteristics and outcomes. They result in common behaviour that is compassionate, unifying and empowering, leading to the emergence of responsibility and authenticity, yet still enable engagement with the other, preceding and opposite perspective. They are holistic. As I have said a good example of this is the assertion from the scientific community that objective truth alone exists! Well I contend that the Secondary assumption, that of the experience of subjective reality, fully encompasses the tenets of this primary assumption. Anyone who has meditated on an object for any period of time will first start with a view of the object. It has clear form, distinct and separate. Over time, one begins to notice the reality of an altogether different relationship as the observer. One can engage with the object through the subjective experience and the objective engagement leads to the subjective appreciation. All objective roads seem to lead to a subjective Rome and perhaps this is a conclusion reached many thousands of years ago in ancient societies that coined the phrase "As within...so without", and now a mantra adopted by Polarity Therapy.

### **Practical impact:**

So what is there to lose? By adopting a Secondary assumption it appears that nothing is lost. It will allow behaviour that is consistent with both the Primary and Secondary. So there is no conflict. The conflict appears in the resulting behaviour of those advocating an approach based solely on the Primary assumption. In my view both approaches have their place and should be resourced equally. One dealing with preventing the psycho-biological - and even spiritual - causes, and one resolving the effects of disease that has not been prevented. A combined approach that truly prevents first and then resolves would be more sustainable than the current Primary system that is currently manifesting in the form of the NHS. I believe the NHS is suffering from a lack of balance. It has followed the scientific primary assumption 'at all costs' and lost its roots. I strongly believe it needs to let more subjective, complementary treatment programmes in and to evolve into a fully integrative system of healthcare. I think there are many Consultants, Doctors, Nurses and administrators who think the same but they are facing a monstrous bureaucracy, created by the Government, that is similarly engulfing and paralyzing other institutions such as the Criminal Justice System, Education and Defence. Behaviours displayed in these organizations really are revealing that they know the 'cost of everything and the value of nothing!' It is time for a change and time for courage, otherwise these institutions will grind to a halt of their own, and the Government's, making. The new millennium needs a new perspective. The new millennium needs some revised assumptions.

### **As within, so without:**

I contend that engagement on the 'Virtuous Cycle' on a personal level enables an individual to integrate their primary and secondary assumptions, to engage in life with meaning and purpose and to take responsibility for their own relationship with their world. The body and behaviour would reflect the free flow of life energy released in the process. Over time this could similarly be reflected collectively through a wider transformation of social systems and structures that would operate as a result of that meaning and purpose.

Andrew Harry is, first and foremost, a UK-Registered **Polarity** Practitioner, though he chooses to present other disciplines, as a Reiki Master, an NLP Master Practitioner, a Certified EMF Balancing Technique Master-in-Practice and Bio-Energetics, depending on the needs/receptivity of you, the Client. These techniques can assist in the release of energy that has become locked up in your system, blocks that can

be contributing to mental, physical and spiritual illness. Alongside bodywork and Coaching he runs workshops specifically exploring the **Virtuous Cycle** from his practices in Bath and Bradford-On-Avon and is also happy to present the concept to groups wherever they meet.

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