

## WHEN OPPOSITES BECOME ONE

### FOLLOW THE UNKNOWN KNOWING WITHIN

Nine years ago, I decided to follow the unknown knowing within me, when I signed up for a nine month, full-time training in 'polarity therapy.' Lit up from within, and brimming with curiosity, I soon found myself immersed in what would end up being a life-changing initiation into understanding what 'polarity therapy' would come to mean to me.

In addition to the significant blessing of meeting my dear friend, Rita, during this training, I also received first-hand experience with witnessing my own internal polarizations, as well as those of my classmates and instructors. We were all in this together, and our diverse personal stories, our individual perceptions, and our varied responses created a unique and complex mandala for each of us to meditate upon, should we feel drawn to doing so.

### SHOWING UP FOR PRACTICE

Within moments of entering the first hour, on the first day of this nine month trial by fire, I felt my own trepidation rising to the surface, and soon, I would be seeing and experiencing nearly everything through the veils of my history, and the veils of history of everyone around me. As one experience built upon the next, I became a cornucopia of feelings including, and definitely not limited to intrigue, confusion, acceptance, terror, curiosity, rage, joy, defensiveness, and love. Despite it all, a precious drop of water from that eternal well within encouraged me each day to keep showing up for practice, and somehow, I managed to return again, and again.

### LETTING GO OF FORM

After graduation, I set up an office in my home for a private practice offering polarity therapy. Shortly after creating this space, a young man passed out in his truck and drove straight through the wall of my new office, blasting my bodywork table across the room, leaving a huge opening to the world, *although I did not see it as such at the time!* Instead, I chose to view that as a big clue from the Universe that I was not intended to be a 'polarity therapy practitioner,' and I began wandering...although *not* aimlessly! It was a time for more training, for lessons in letting go of form. Once again, I entered the 'classroom,' although *this time*, it was the rather abstract classroom of Life in which *every one*, and *every thing*, became my teacher.

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My new office now includes a wall altar with a statue of a Tibetan Buddha figure representing “the Oneness that comes from the Union of Opposites.” The hands are crossed at the wrists, with palms facing toward the heart center. The point at which the wrists intersect is the representation of that point of ‘oneness that comes from the union of opposites.’

I have not yet come to the end of this lesson. This is an ongoing training, and one that I remain deeply interested in. My relationship with my partner, David, has been one of the many ‘classrooms’ for this teaching, and a living example of this journey toward oneness.

**(Note:** It is no coincidence that I have come ‘home’ in working with Flower Essences. Each individual Essence carries within it, the imprint of the ‘patterns of imbalance’ as well as the ‘positive qualities.’ Through their *vibration*, they teach those who open to them about ‘opposites becoming one.’ They do so by assisting us in *recognizing and experiencing* the opposites within, and then support us in creating that new place of oneness that comes from our conscious understanding of the role of each opposite aspect. From this understanding of opposites, a new place is born within, and the delivery process feels well worth the labor pains.)

## ENTERING FORMLESSNESS

I don’t yet clearly understand what inspired me to type those words...‘entering formlessness’...and despite my lack of understanding, I choose to include them anyway, for whatever they may be worth.

**May we each find value in the infinite cycle of following the unknown knowing within, showing up for practice, letting go of form, and noticing when opposites become one. May we also be willing to hold space for entering formlessness, whatever that may mean to each of us.**

Written by Jane Ellen on 9-25-07