Integrating Polarities that are Fundamental to Health

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Some Purposes for Today

- Describe how polarities are fundamental to both health and human development

*Experience* how integration of these seeming opposite poles:
  - Shows them to be necessary for each other
  - Solves stressful conflicts
  - Corrects physiological disruption

- Identify four core mental principles proven to create good health outcomes
  - Experience how Integral Polarity Practice elicits these
Integrating Polarities
Physiological Examples

• Breathing

• Muscle tension and relaxation
The Body-Mind “Supersystem”

Nervous System

Endocrine System

Immune System

Homeostasis

- hypothalamic tropins (e.g. CRF)
- Monoamines (NE, DA, 5HT)
- endorphins
- histamine, proinflam. cytokines (e.g. IL-1,6, TNF)
- insulin
- T3
- cytokines
- cortisol
- fat tissue
Examples of very common medical problems:

**CNS hypersensitivity**

- Much chronic pain
  - The most common pain: Headaches
  - Multiple pains: 6-8 X more depression/anxiety
- Anxiety disorders
- Most common GI: Irritable bowel syndrome
- Irritable bladder
- Unexplained neurological symptoms

Often clinical tests for these are “normal”
Our Two Minds
Love/Wisdom vs. Fear/Judgmental

Mindfulness Meditation: fMRI Effects

New meditators: 15 min/day - 3 times/wk for 8 weeks

- Activates prefrontal & anterior cingulate (Wise, Compassionate Mind)

- Quiets amygdala (fearful mind)
  - Less suffering

Davidson RJ, J. Kabat-Zinn, J. *Psychosomatic Medicine* 65(4): 564-70
Cortical thickening with Meditation

Mindfulness: What is it?

- Being completely present
  - Acceptance
  - *With wisdom*
    - With *compassion*
    - Without being judgmental

Image Courtesy of Shutterstock
### Behavioral Medicine Interventions: Effects on Medical Symptoms and Costs

- High utilizers (>9 visits/yr.) Weekly for 6 weeks

<table>
<thead>
<tr>
<th>Variable</th>
<th>Information Only</th>
<th>Mindfulness Meditation</th>
<th>Cognitive &amp; Experiential</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Sx (of 25)</td>
<td>↑ 5%</td>
<td>↓ 14%</td>
<td>↓ 35%</td>
</tr>
<tr>
<td>Med. Visits (6 mo.)</td>
<td>↑ 15%</td>
<td>↓ 30%</td>
<td>↓ 68%</td>
</tr>
</tbody>
</table>

**Conclusion:** To be medically effective, the intervention must be *experiential*

Integral Polarity Practice

Still Point

Desire

Content

Gratitude → Generosity

Note how excess of one pole = pathology
## Human Development Levels: Fundamental Polarities

<table>
<thead>
<tr>
<th>CONSCIOUSNESS / ENERGY</th>
<th>PRIMARY POLARITY</th>
<th>STILL POINT FULL &amp; EMPTY</th>
<th>VIRTUES OF DOING / BECOMING</th>
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<tbody>
<tr>
<td>0.0</td>
<td>LIFE</td>
<td>expansion contraction</td>
<td>D Reverence for Life</td>
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<tr>
<td>0.5</td>
<td>SEEKING</td>
<td>desire aversion</td>
<td>D Generosity</td>
</tr>
<tr>
<td>1.0</td>
<td>IMPULSIVE</td>
<td>agency communion</td>
<td>D Love</td>
</tr>
<tr>
<td>1.5</td>
<td>OPPORTUNIST</td>
<td>control submission</td>
<td>D Gentleness</td>
</tr>
<tr>
<td>2.0</td>
<td>RULE-ORIENTED</td>
<td>alignment deviation</td>
<td>D Forgiveness</td>
</tr>
<tr>
<td>2.5</td>
<td>DIPLOMAT</td>
<td>lead follow</td>
<td>D Nonjudgmental</td>
</tr>
<tr>
<td>3.0</td>
<td>EXPERT</td>
<td>assert knowledge yield to knowledge</td>
<td>D Curious</td>
</tr>
</tbody>
</table>

The Four Resilience Principles

Health will be improved by any intervention that:

• Creates an inner sense of control
  – I can be the way I want to be regardless of what’s going on

• Creates connectedness
  – To others if conflict was the issue
  – To one’s deeper self and sources of wisdom

• Creates a sense of purpose and meaning to the experience

• Creates hope
  – I can handle this wisely and well

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<th>PRIMARY POLARITY</th>
<th>STILL POINT FULL &amp; EMPTY</th>
<th>VIRTUES OF DOING / BECOMING</th>
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</thead>
<tbody>
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<td></td>
<td></td>
<td>yield to knowledge</td>
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<td></td>
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<td></td>
<td>follow</td>
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<td></td>
<td>B Purpose</td>
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<td>contraction</td>
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# Human Development Levels: Fundamental Polarities II

<table>
<thead>
<tr>
<th>CONSCIOUSNESS / ENERGY</th>
<th>PRIMARY POLARITY</th>
<th>STILL POINT FULL &amp; EMPTY</th>
<th>VIRTUES OF DOING / BECOMING</th>
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</thead>
<tbody>
<tr>
<td><strong>ILLUMINED</strong> 6.5</td>
<td>Witness Worlds (G, S, C)</td>
<td>• Witnessless-Worldless</td>
<td>D Kosmicly Generative</td>
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<td><strong>UNIVERSAL</strong> 6.0</td>
<td>Space Time</td>
<td>• Eternity</td>
<td>B Light</td>
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<tr>
<td><strong>TRANSPERSONAL</strong> 5.5</td>
<td>Empty Patterns Pattern Meaning</td>
<td>• Patternless</td>
<td>D Kosmic Flow</td>
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<tr>
<td><strong>CONSTRUCT AWARE</strong> 5.0</td>
<td>Empty Language Language Meaning</td>
<td>• Wordless</td>
<td>B Love</td>
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<tr>
<td><strong>STRATEGIST</strong> 4.5</td>
<td>integration systematizing</td>
<td>• Context-less</td>
<td>D Engagement</td>
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<tr>
<td><strong>INDIVIDUALIST</strong> 4.0</td>
<td>differentiation contextualization</td>
<td>• Uniformity</td>
<td>B Integrated</td>
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<tr>
<td><strong>ACHEIVER</strong> 3.5</td>
<td>subjectification objectification</td>
<td>• Completion</td>
<td>D Inclusive</td>
</tr>
</tbody>
</table>

**CAUSAL SELF** 6.0

**SUBTLE SELF** 4.0
Informal *Daily* Activators of the Prefrontal Cortex

- Gratitude
- Hope/Optimism
- Dwelling in love
- Smile
- Exercise
Summary

• Any polarity taken too far creates pathology
  – Body wisdom illustrates this
  – Healthy homeostasis is about a still point that responds effectively in any moment with whatever pole is optimally needed

• *Too much* amygdala (fear, over judgmental) activity causes much illness
  – Activating the wise, compassionate Prefrontal/ACC/Insula inhibits this
  – Practices that activate the wise, compassionate mind improve health

• Health has been proven to improve by interventions that create:
  – An inner sense of Control (integrity to inner wisdom)
  – A Sense of Connectedness (love & integrating opposites)
  – A sense of Purpose and Meaning to the experience
  – Hope

• Integral Polarity Practice experientially does all of this
  – IPP specifically takes Mindfulness to higher levels