

The Shower

The concept of polarization retards the movement to unity and harmony, or does it? For many years I was convinced that the reality of polarization fosters war, famine, and poverty. Those with power vs. those with less power. Conflict appeared to be the nature of life, including humanity. Eat or be eaten.

As a result of my life experiences and finding the consequences of polarization to be quite painful on all levels, I dedicated my life to seeking a way to compromise polarization so that unity and harmony could have a chance to be lived.

Because I was raised in a culture that promotes polarization, "Love it or Leave it," I struggled with this effort, until one day I had a vision of the imagery of a shower. In the mechanics of a shower one has hot and cold water controlled by two knobs, and in the adjusting of the two polarized states of water, one could create a highly functional mixing of the two and have warm water. It is in the measured mixing of the polarized opposites of hot and cold water that we have varying degrees of warm water, the usual optimum of water temperature of a shower. Another critical view is that without the presence of the sources of hot and cold water, the shower would not provide the pleasurable experience that is so widely sought. So, in this case existence of the polar opposites of both hot and cold are good and essential as components of the greater good... warm water, the compromise of the extremes of the duality of water temperature.

Because of the experiencing of this imagery I was at last able to appreciate the benefits of polarization, and realized that the challenge in life was not to overcome polarization, or being critical of either or both polarized states, but to discover how the polar opposites could be used to create a third point, a point of balance, or an experience of unity and harmony.

This was very exciting to acknowledge that it was in discovering the third point of polar opposites that healthy and sustaining functional reality could be realized. Life isn't just the experiencing of good and bad, pleasure and pain, right and wrong, etc. It can also include finding how to functionally merge a portion of the two polar opposites into a third state. In a sense this requires moving from a two-dimensional plane of conflict into the three dimensional plane of a healthy existence.

I was very satisfied with this leap. I applied it immediately in any conflict of polarization that I encountered, and was successful in developing the ability in finding the balance point where unity and harmony could exist. While this being my experience I had still more to realize in applying and integrating the imagery of The Shower into my relationships.

It had to do with acceptance of the influence of the various dimensions within life. Polarization requires the dimension of duality. The warmth of The Shower requires a third dimension, or a three dimensional view that includes the presence of the two dimensional experience of duality. In the struggle to move beyond the life within the two dimensional world of polar opposites, which I had been viewing as the seat of conflict I had to come to some kind of what I call a "Spiritual Evolution" that actually included the value and the need of all the parts that when combined make up one's experience with Existence or The Whole. So, as an outcome I came to accept the necessity that the polar opposites have an equal value to and are essential in entering the third dimension where warm water can exist.

Philosophers have proclaimed that for the concept of good to exist it necessitates the existence of bad. Being brought up on this view of life my perception of reality was conscripted to support this cultural compulsion. You know, "That's the way things are. There isn't anything that can be done about it. Best to just accept this and get on with life." This seeming statement of profundity is valid if one exists entirely in the two dimensional influence of life, but isn't the All of It more fully experienced when one evolves sufficiently to grasp the existence of the third dimension. At some moment I began to intuit that while I previously accepted the "Reality" of "If Good then Bad," it became an anchor hindering my development. Then I began to wonder about the essence of "If Bad then Good." Then I began to wonder which came first or did they both come into existence simultaneously. Following this I began to wonder about their partnership and the balance and what happens should one lean more one way than the other and then wouldn't the scale have to self-correct? More Good and then there has to be more Bad. So then does being good give rise to others having to be bad? And, if things get too bad, then wouldn't that necessitate the rise of a lot of good? Like when Hitler ran the role of super-bad, didn't that give rise to the Allies and the super-good? This was followed by the super-bad being overwhelmed and then the super-good guys creating the Marshall Plan to rebuild the super-bad's economy and politics so that the previous enemy would then be able to join the partnership of the super-good. But then what about the super-good guy Russia who basically won the war at a cost of millions of their lives and the destruction of so much of Russian infrastructure. I had to wonder how they felt about being betrayed by the other good-guys and being cast to fill the empty role of the Germans who were the super-bad-guys. I had to wonder if this betrayal was somehow orchestrated by the compulsion of duality through the engagement of the balancing act between the good and the bad. The outcome was so effective as it was so convenient to cast the Russians because of their political and economic philosophy of communism that capitalism so feared.

In my acceptance of the essential existence of the duality I had to then not be so angry about the existence of the negative pole for "It had to Be." In looking back I now can appreciate how my eventual acceptance of the need for "If One then The Other" led me to see the value of the negative pole and this led me to being able to intuitively receive the vision of The Shower. For the shower to exist there must be a positive and negative pole from which hot and cold water flows in order for there to be a merging of the two through the outlet of the showerhead and from which flows the wonderfully warm water.

In personal human terms I began to be able to conceptualize the family operating as the shower. In the family, the mother and the father are the polar opposites, being male and female. The warm water of the family are the children...the functional mixing of the male and female polar opposites. Each gender is essential for the creation of children, and each gender has an identity and a role to operate through if the family is to develop into a unified and harmonious unit.

In this application of the concept that polarization creates the opportunity for the middle ground, I came to appreciate the value of "negative" people. So if there is something to appreciate in the negative then it seems just as likely that there is something less to appreciate in the positive. Therefore, as the Shower became my model, I came to view functionally appropriate behavior does not reside in either the positive or the negative, for these are too extreme. Yet, extremes of positive and negative are essential

for the dynamics of mixing, or in human terms, the creation of harmony, function, and unity. While each entity of extreme continues to exist it is the feedback from the existence of the middle dimension to each polarized state that all is good, which promotes the continuation of the state of balance with the two extremes remaining separate yet simultaneously joined through the balance. Separate yet joined. There are endless possible applications of this dynamic that benefits humanity and its relationships within the human race and with nature. But, the two extremes have to learn to appreciate the essential right to exist of the opposite, and the which allows the emergence of this dynamic.

No shower can function to create the warm water we love without a means of moderating the polarized extremes of hot and cold water. The necessity of both extremes maintaining their original source is also critical so that the two are not brought together such that their identities are lost. The hot comes from a water heater through a narrow pipe. The cold water comes from the main line through another narrow pipe. In this way the sources are kept distant while only a stream of their polarized nature, hot and cold, are guided to merge through the showerhead. The extent of their flow is controlled through the handles of a shower. This is where the free will and choice of the user are exercised.

To extend the imagery of The Shower into human relations, when the polar opposites fail to allow the mixing of their extreme states, people are cast into chaos and destruction. This is true within the individual, family, and the community. It is critical that the people work together in compromise.

I hope with the presentation of the imagery of The Shower that we can begin to move beyond the belief in the limitations placed on the polarized state and thus gain entry into the third dimension where these extremes are put into the service of all life living in harmony.