

POLARITY RESOURCES

Polarity Pathways Group (PPG)

***Spiral Dynamics* by Don Edward Beck and Christopher C. Cowan** introduces 1st and 2nd Tier stages in the evolution of consciousness. This model demonstrates the 'leap' from Either-Or (1st tier) to Both/And (2nd Tier) which is what the 'creation from polarity' (3rd Way) enables us to experience.

Ken Wilber, philosopher and creator of the four quadrant integral model, has within this model the paradigm of 'transcend and include' which speaks to the 3rd Way of creating from polarities. Books by Wilber: *No Boundary*, *Integral Spirituality* and many others. See his website: <http://www.kenwilber.com>

***Owning your Own Shadow* by Robert Johnson**, as a noted lecturer and Jungian analyst, he is the author of multiple books, in this book Johnson sees owning one's shadow as means by which wholeness is restored to the personality to heal the wound of separation with the emphasis of putting our fractured world back together again.

***Happier than God* by Neale Donald Walsh** addresses the Law of Creation and the Law of Opposites which is the witnessing and understanding of the polarities that are inherent in life.

***Why Good People Do Bad Things and Dark Side of the Light Chasers* by Debbie Ford**, describes the Shadow aspect of all of us where she explores many of the polarities held in the Shadow that we constantly deal with. She also describes how we hide and deny our dark sides (polarity work) and reviews practical methods to reclaim them.

***Ask and it is Given and The Power of Deliberate Creation* by Jerry and Esther Hicks**, addresses polarity constantly in their message about holding one's individual connection to Source energy while creating from contrast in order to experience a life filled with ease and joy.

***Polarity Management: Identifying and Managing Unsolvable Problems* by Barry Johnson, P.H.D.** takes us into the beginnings of understanding and managing a polarity that is present.

***A New Earth: Awakening to Your Life's Purpose* by Eckhart Tolle** looks at the current state of the world and the necessity for humanity to take a radical inner leap to an entirely new consciousness in order to create a new, saner, more loving reality.

PRIMAL POLARITY: FEMININE AND MASCULINE

Marion Woodman is a writer, international teacher, workshop leader, and Jungian analyst who works with myths, stories and archetypes in dealing with analytical feminine psychology. We invite you to look at her book co-authored with Robert Bly, *The Maiden King: The Reunion of Masculine and Feminine* which is a rich look at the Primal Polarity (PPG's term) of Masculine-Feminine energies within an individual as well as with another.

David Deida is a leader in exploring male and female spirituality. He has CD's, seminars, books and more. His book *Intimate Communion* is a great place to begin! See his website <http://www.bluetruth.org>

Robert Johnson, as a noted lecturer and Jungian analyst, is the author of multiple books exploring myth as a method for understanding masculine and feminine psychology and the power of polarity as a creative force. Books include *He, She, We, Ecstasy* and more.

***King Warrior Magician Lover* by Robert Moore and Douglas Gillette** provides a Jungian introduction to the psychological foundations of a mature, authentic, and revitalized masculinity.

