

Polarity Balance

Find the items to place on each side of the figure and ask to bring balance (resolve)

Use	Wall	Mirror	See-saw	Surface	Yin/Yang	Active/Passive
Purpose	Centre	Balance	Yin/Yang	Truth	Healing	Healing to Obtain
Choice	Possibilities	Imagination	Options	Needs/Wants	Polarity	
Virility	Tolerance	Upliftment	Wisdom	Compassion		Detachment
Victory	Impetus	Sensitivity				

Polarised items to place on either side of wall, mirror etc.

Yin	Female	Yang	Male
Social	Wholeness	Defence Patterns	Risk
Heart	Emotion	Head	Mind
Soul	Right Brain	Physical	Left Brain
Eyes Closed	Serendipity	Eyes Open	Planning
Trust	Channelling	Control	Scepticism
Hopes	Certainty	Realism	Limitations
Commitment	Allowing	Analysis	Systems Thinking
Accepting	Advantages	Fears	Escape Routes
Pros	Inspiration	Cons	Contingency Plans
Inspiration	Imagination	Practical	Doubts
Risk	Spiritual	Uncertainty	Waiting
Inner	Internal	Safety	Methodical
Freedom	Expectation	Research	Rules
Gut Feeling	Fulfilment	Outer	External
Achievement	Attainment	Rules	Disappointment
Bliss	Love	Safety Net	Worst Scenario
Mellow	Affirming	Assessment	Evaluation
Change	Warm	Critical Path	Urgency
Best scenario	Ever	Financial	Considerations
Self	Praise	Implications	What ifs
Input	Not knowing	Cold	Now
Liberty	Lightness	Others	Criticism
Light	Well-being	Outcome	Output
Prescience	Perspicacity	Knowing	Restraint
Perspective	Sure-footed	Heavy	Dark
Propitious	Auspicious	Besieged	Locked Up
Grace	Soft	Curse	Jeopardy
Vulnerability	Aspiring	Abhorrent	Complexity
Sensitivity	Compliant	Hard	Immediate
Supportive	Receptive	Power	Achievement
Considerate	Patient	Protection	Ambitious
Opportunity	Malleable	Strong	Determined
Passive	Impassive	Go-getting	Get-up-and-go
Multi-tasking	Juggling	Closed	Transmission
Trust	Mellow	Impulsive	Inflexible
Open (heart/mind/arms/brace)		Drive	Forceful
Hollow	Immunity	Single-minded	Active
Humanity		Decision-making	Daring
		Powerful	Sharp
		Solid	