

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/embrace)			Drive	Forceful
Hollow	Immunity		Single-minded	Active
Humanity			Decision-making	Daring
			Powerful	Sharp
			Solid	