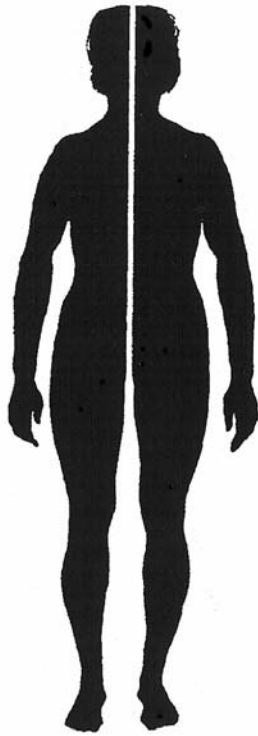


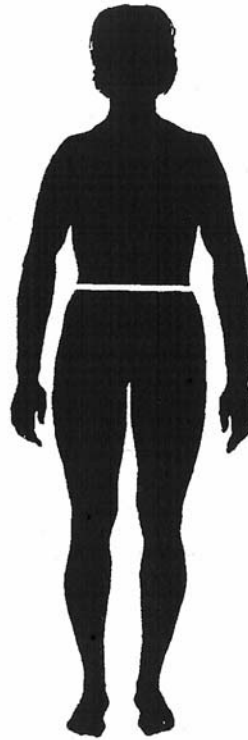
# The Polarity Splits

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Right/left split



top/bottom split



Front/back split



head/body split



torso/limbs split

# Polarities Checklist

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Say "Focus on \_\_\_\_\_," filling in the blank with an item from the checklist.

## STATEMENT

STRONG WEAK

### THE RIGHT AND LEFT HALVES OF THE BODY: The Masculine and Feminine

"Focus on your active, masculine side."

\_\_\_\_\_

\_\_\_\_\_

"Focus on your feminine, receptive side."

\_\_\_\_\_

\_\_\_\_\_

### THE TOP AND BOTTOM HALVES OF THE BODY: The Spiritual and the Earthly

"Focus on the ethereal, spiritual part of your nature."

\_\_\_\_\_

\_\_\_\_\_

"Focus on the earthly, physical part of your nature."

\_\_\_\_\_

\_\_\_\_\_

### THE TORSO AND THE LIMBS: The Inner and the Outer

"Focus on your private, inner nature."

\_\_\_\_\_

\_\_\_\_\_

"Focus on your public, outer nature."

\_\_\_\_\_

\_\_\_\_\_

### THE FRONT AND THE BACK: The Past and the Future

"Focus on your past self."

\_\_\_\_\_

\_\_\_\_\_

"Focus on your future self."

\_\_\_\_\_

\_\_\_\_\_

### THE HEAD AND THE REST OF THE BODY: The Mind and the Body

"Focus on the rational, thinking part of your nature."

\_\_\_\_\_

\_\_\_\_\_

"Focus on the physical part of your nature."

\_\_\_\_\_

\_\_\_\_\_