



Embracing the THIRD WAY

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What is a Polarity?

A situation in which two interdependent and seemingly contradictory states must be maintained for success over time.

Benefits of Navigating Polarities

- Better results
- Higher morale
- Improved communication
- Creative thinking
- Stronger relationships

Preferencing

Place more value on one pole

- Natural
- Informed by our worldview
- Not inherently bad

Attaching

Adopt the point of view as a personality trait

- Identity
- How we view the world
- Ego attachment



Either/Oring

Win/Lose scenario

- Short term win \neq Long term success
- Destructive to the people involved
- A cycle of ineffectiveness

Otherring

Encounter people with the opposite perspective and make them wrong

- Feel threatened
- Resistance
- Need to protect ourselves
- Double down

What is the Third Way?

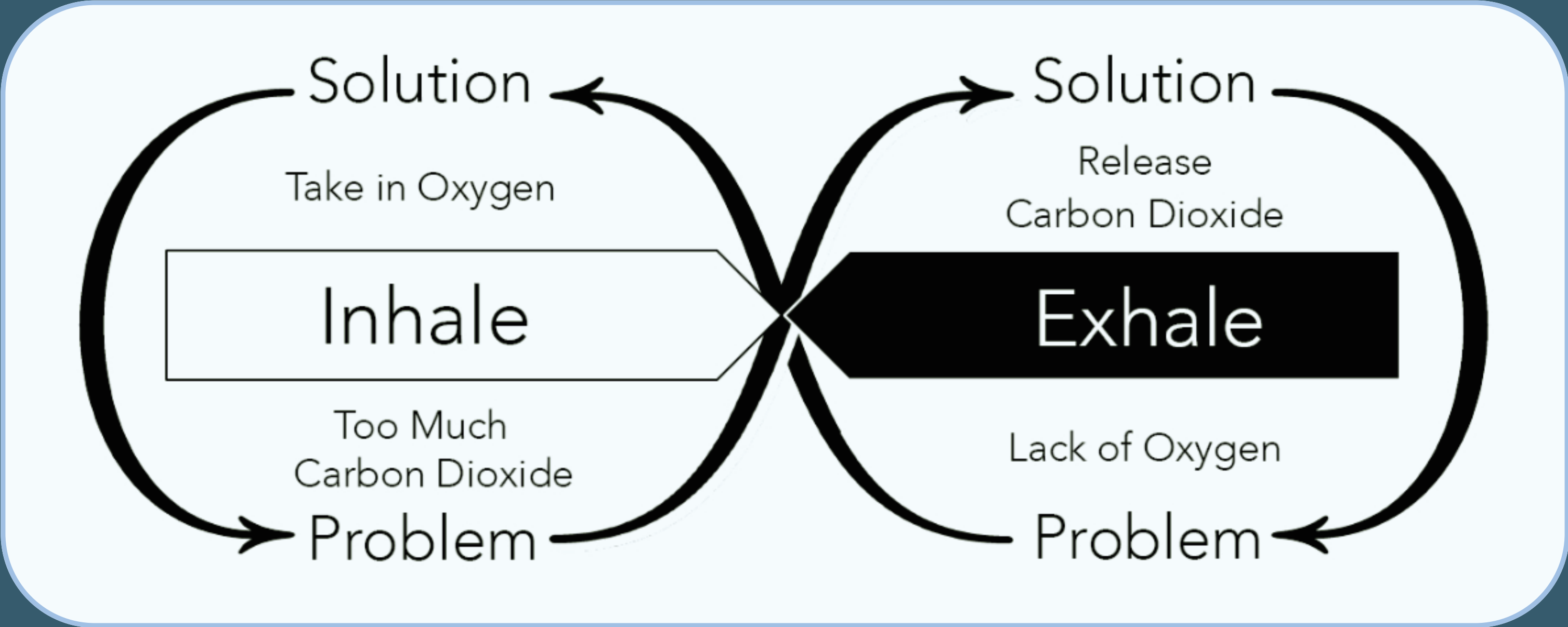
“Once we can stand in that third spacious way, neither fighting nor fleeing, we are in the place of grace out of which newness comes. Creativity comes from here, and we can finally do a new thing for the world. **The work of the soul is attachment; the work of spirit is often detachment.**”

~ Richard Rohr

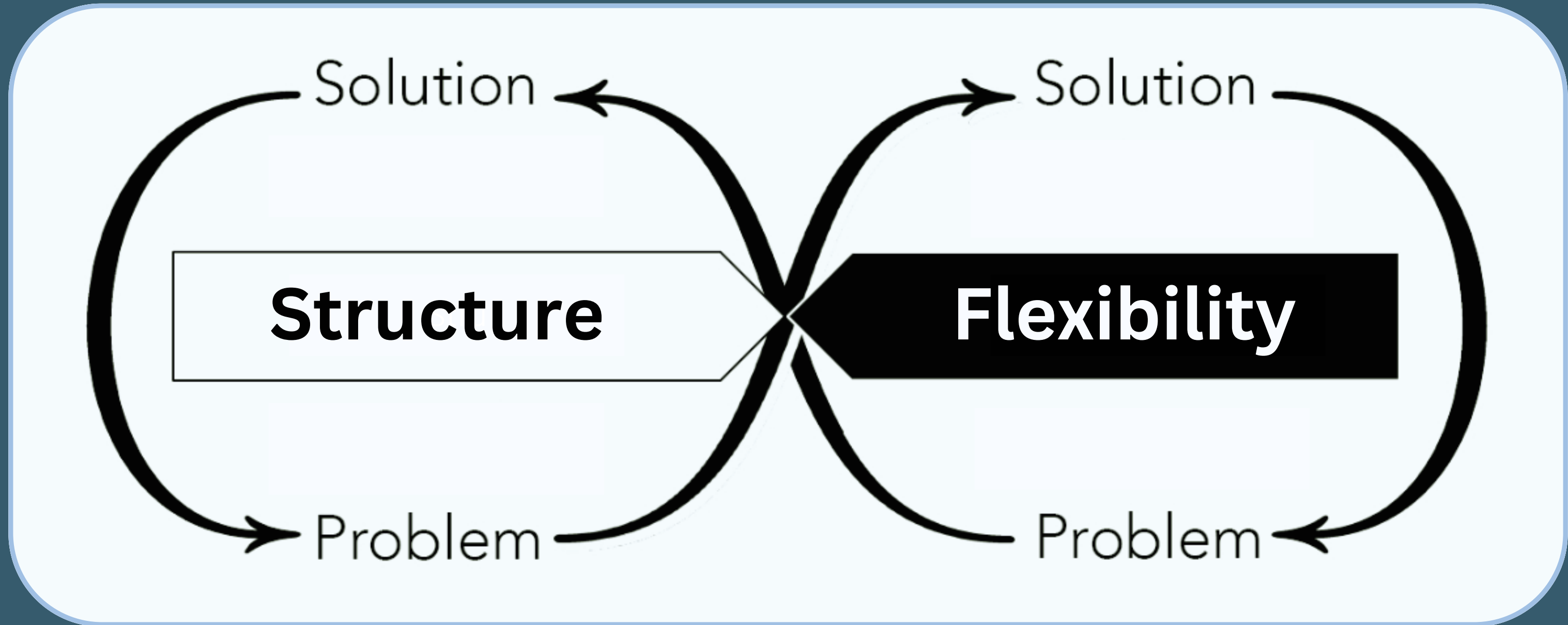


We are seeking to make polarities an object rather than a subject.

Take a Breath



Let's find the Third Way!



Identify the benefits of healthy-use
in this situation

Benefits

Benefits:

Identify the benefits of healthy-use in
this situation

- What benefits occur as a result of focusing on/showing up with this pole?
- What positive impacts does this pole bring to the situation?
- How does this pole contribute to overall success?

Overuses

Identify the consequences of overuse
in this situation

Overuses:

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in this situation

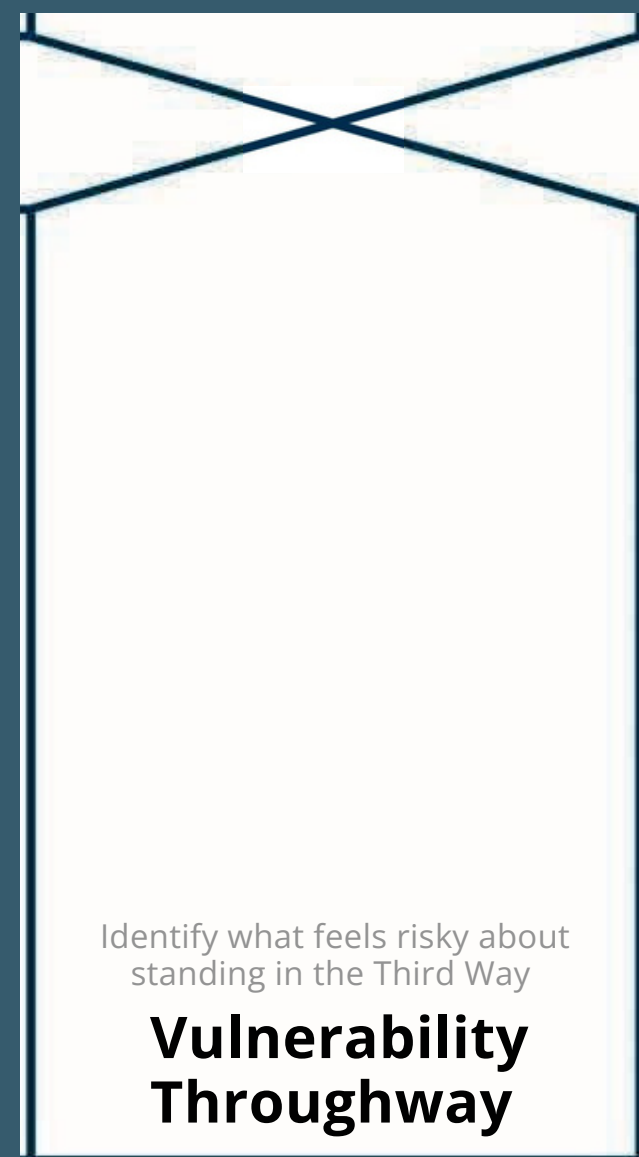
- When this pole is overused - when there is too much of it - what happens?
- What occurs when this pole is taken too far?
- What happens when this pole is focused on to the neglect/exclusion of the other pole?

Transformational Third Way

Identify what it would look like to
integrate both poles

Transformational Third Way: Identify what it would look like to integrate both poles

- What would it look like/feel like to have the benefits of both poles in this situation?
- What is possible by, or the impact of harmonizing both poles?
- How do you see the world if you blended X and Y?
- What mindset would result from holding both poles simultaneously?
- What would you be experiencing?
- How would other people be experiencing you?



Vulnerability Throughway: Identify what feels risky about standing in the Third Way

- What feels risky about holding both poles together?
- What would you need to 'loosen up on'?
- What needs to be held or remembered to integrate the poles?
- What would be the most uncomfortable part of standing in the Third Way?
- What do you have to be ok with?
- What part of who you are or what you value needs to shift/expand?
- What's at stake for you if you step into the Third Way?

Strategies:

Identify actions to stand in the Third Way

- What will you name this Third Way?
- What actions will you take?
- How could you get more of the benefits of Y without losing the benefits of X?
- What can you do to stay with the vulnerability that arises when pursuing the Third Way?
- How can the tension creatively occupy your heart?
- What courageous action is needed?
- What can you do to experience and act from a place of integration?
- What support might you need?
- What will you do to monitor this polarity over time?

Strategies

Identify actions to stand in the Third Way or step into the Vulnerability

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Identify what feels risky about standing in the Third Way

Vulnerability Throughway

Naming your Third Way

“When there's no name for a problem, you can't see a problem. When you can't see a problem, you can't solve it.”

~ Kimberlé Crenshaw



This is equally true for solutions.



We are at a crossroads.

The world is being destroyed by the
tension of unrecognized polarities
and unwillingness to change.

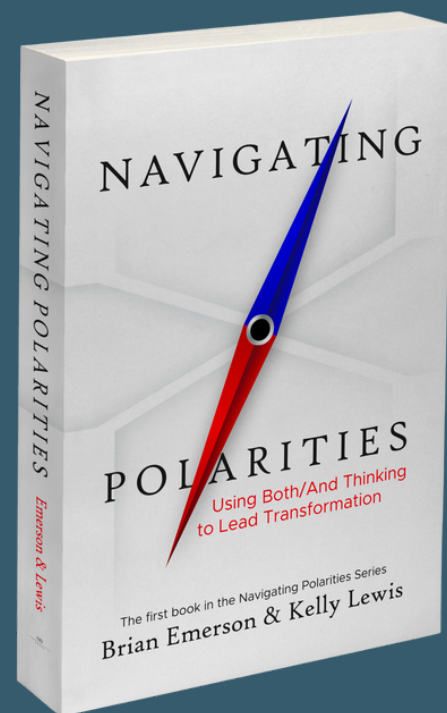
**It is our responsibility to
lead the way.**



Resources

Navigating Polarities: Using Both/And Thinking to Lead Transformation
by Brian Emerson & Kelly Lewis

NavigatingPolarities.com



Thank you

Polarity Tool
& Resources



RevKris.org/resources

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