

## Paradigm Shift In The New Millennium by Bonnie David

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THE INNER BATTLE is the human tendency to dualism, a spiritual warfare with two opposing forces of the unenlightened narcissistic ego against the enlightened self that are manifested in our physical realities. This is a profound contrast between two polarizing perspectives. The unenlightened perspective is the relative, separate, and personal view of the ego that epitomizes darkness; the enlightened perspective is the absolute, universal, and impersonal view of the authentic self that symbolizes the soul or a stream of light.

If the physical reality is perceived to be a continuous battle between light and dark, then the planet would look like a dreary place to inhabit. If we take a close look at our planet, often people resort to either extreme to harbor safety. We have been conditioned to believe that the only way out is to polarize these two forces, to choose one over the other and to completely wipe out the other uninviting force. Drug addicts resort to self-sabotage and violence to bring out their demonic attributes. Evangelists and their followers preach the concept of Christianity to come across as or project angelic qualities. Almost all religions segregate rather than integrate forces of good and evil, dark and light.

An important paradigm shift is taking place. If the old paradigm contains a winning strategy, then why can't we claim victory and come out on top? We are in a constant struggle to meet our own expectations and those of others. We can never please others; yet, we continue with our quest to seek constant approval or conform to a certain standard. If we fail to preserve and defend the status quo, we are labeled as underachievers. If we choose not to follow the herd, we become separate. If we choose to follow the herd and become achievers in the eyes of others, we still feel separate. This inner strife for more and better keeps us trapped in a vicious, perpetual cycle, and it creates an imbalance in the energy flow that takes place moment to moment in our physical and ethereal bodies.

Within the physical temple resides the spiritual or ethereal temple that contains the chakras – in Sanskrit translated as the wheels. Chakras express life force energy and are responsible for our physical, mental, and spiritual functions. An imbalance in the chakra is the direct result of a disruption in the energy flow and thus creates an inner discord. Is it really worth engaging ourselves like warriors in this inner battle of light versus dark for the simple pursuit of winning a prize that is a mere illusion? It seems that this battle is less about victory and more about a shift in perception. It is far more beneficial to conserve our energies and expand our awareness to new ways of thinking and being.

Should we fall in the ancient trap that keeps us locked into our very polarizing beliefs? Should we not alter our core beliefs that hold in place the battle of darkness against light? According to Gregg Braden, New York Times best-selling author of *The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits*, the new paradigm opens the doors of perception and invites us to a new way of perceiving the world.

This new paradigm contains a set of new beliefs that allow us to make an important distinction between our innately polarizing dualism. Our mode of thinking and behavior and behavioral creates an imbalance in our minds, which blocks the natural flow of energy and causes illness to manifest in our physical bodies. As a result of this inner duality and instability, we are never at peace with ourselves and with our surroundings. We constantly view ourselves as separate entities. We see ourselves trapped in an imaginary built-in prison and resort to conducting ourselves in two distinct manners. First, we might withdraw into our own cocoon because we don't feel safe and lead solitary lives. Second, we might mingle with crowds that lead us astray and make us victims of our own karmic past conditioning. Regardless of which path we take, we arrive at the same destination. We become enlightened and aware of both the dark and light within us. Rather than fighting it, we learn to acknowledge and merge with these forces.

We are called on to rise above our polarizing perceptions and heal them. Instead of seeing two entirely distinct impressions of good and evil, we are invited to acknowledge their presence. It is necessary for us not to attach labels and view these forces as friends or foes. Rather, we recognize that both are necessary and are required for our own evolution in life. The dark merged with the light no longer is perceived as either; it simply becomes one form of energy. As we begin to suspend judgments with respect to light and darkness, the yin or the dark and negative in us becomes integrated with the yan or the light and positive. This healing will be reflected in the ways we interact with ourselves and with our surroundings. The old paradigm is deeply ingrained in our collective subconscious that we may not be aware of its inherent presence. This paradigm shift in perception is the next step to expanding global consciousness and becoming the changes we wish to bring about in ourselves and to our global community.



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