



Bruce Nayowith + Camille Adair

Relationship as a Living Crucible: Ascent and Descent in the "Night Sea Journey"

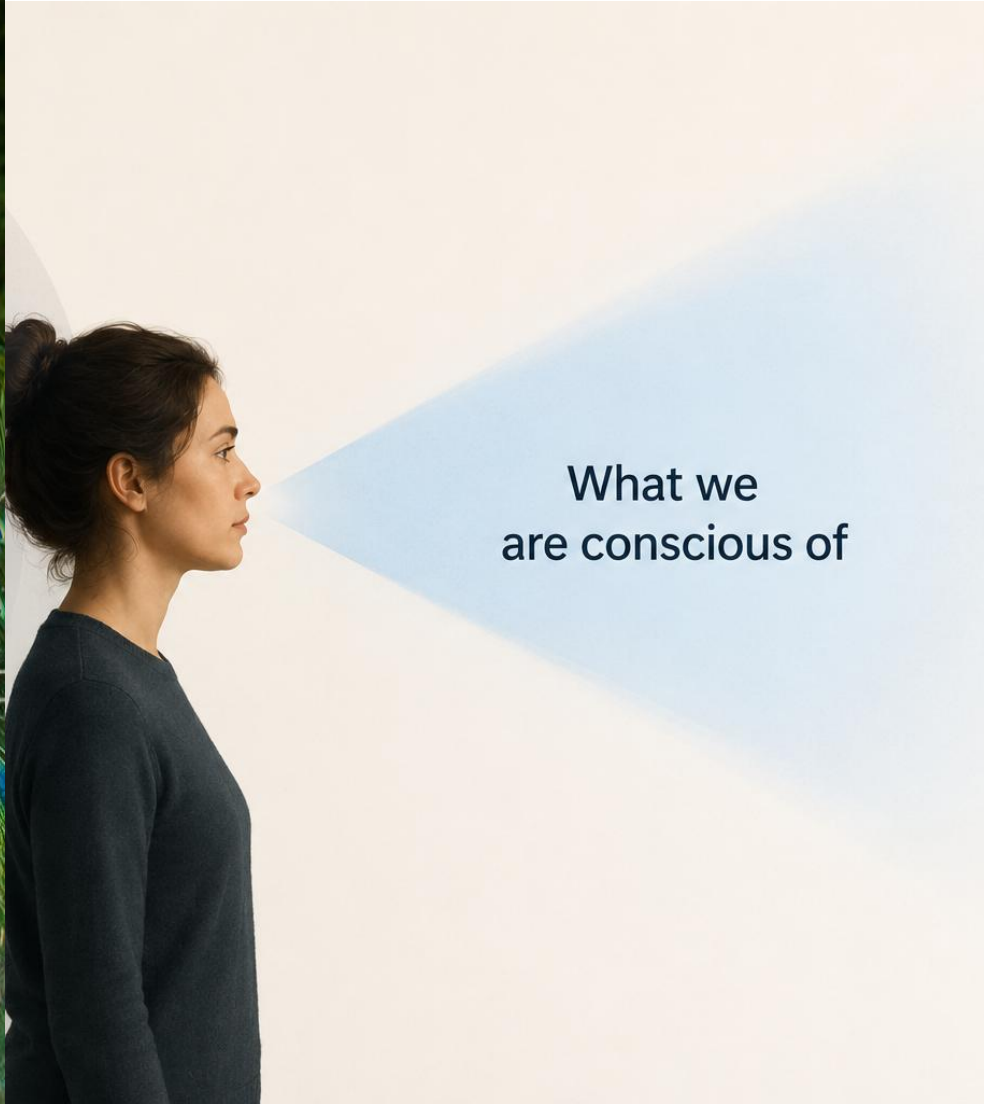
In each relationship are explicit elements, people, and things.



Underneath those parts are implicit, hidden, invisible dynamics.



Together, the explicit and the implicit create a field – a dynamic field of energy and information.



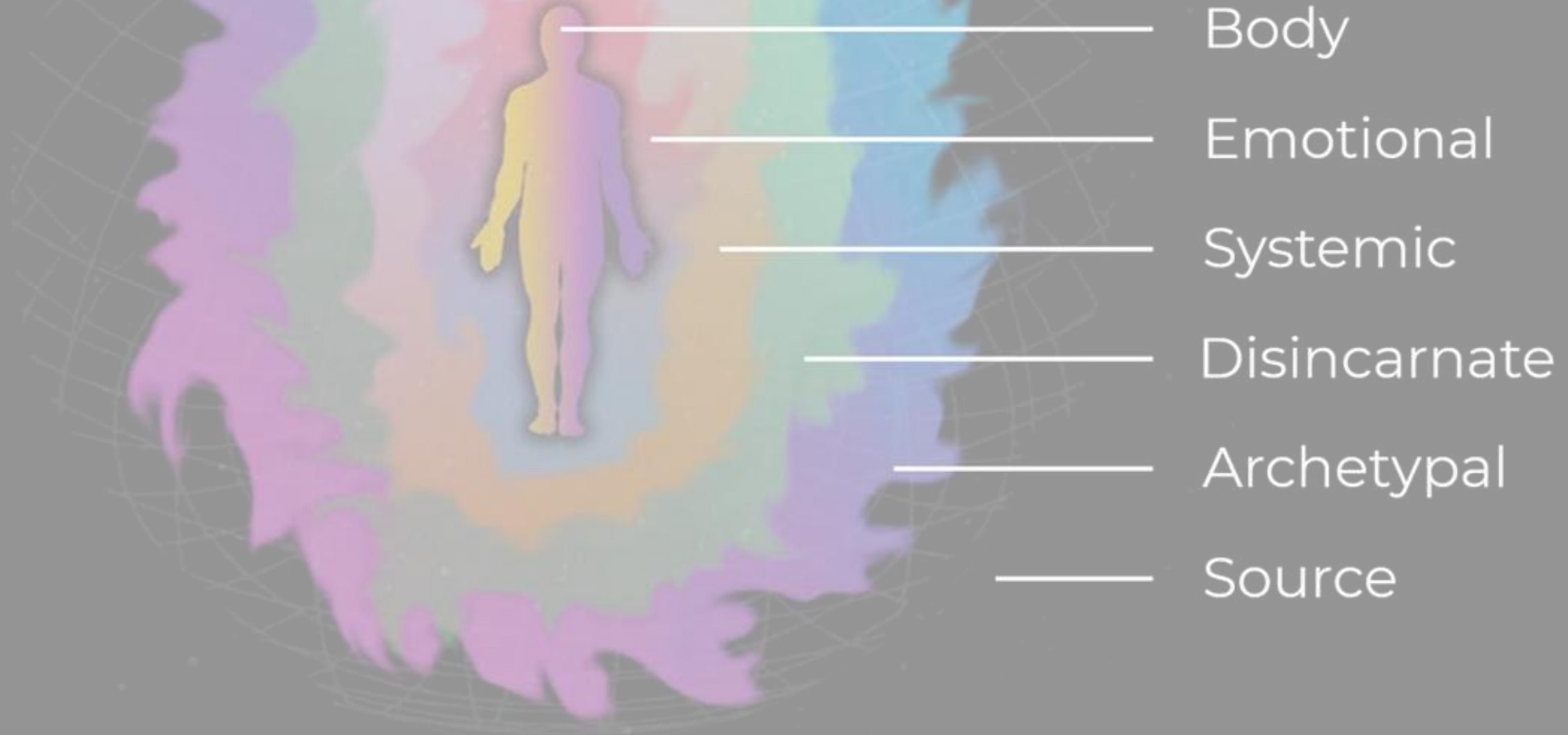
What we
are conscious of

What's in our field?

Unconscious fields shape more than you realize.



People come together with their projections, cultural myths, shadow, ancestral material, and archetypal influences.

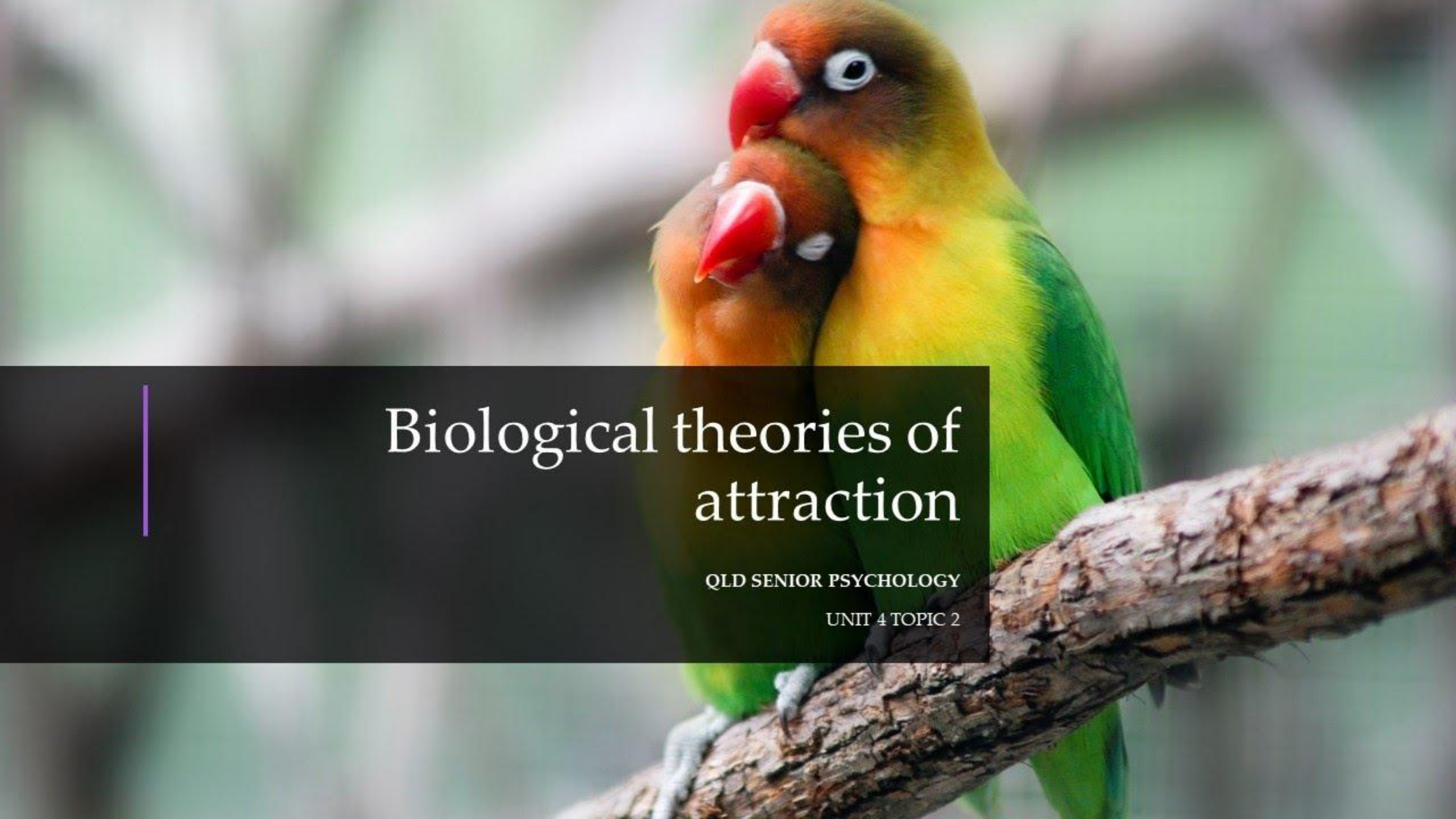




**BIOLOGICAL
FORCES**

Biological drive for coupling



A close-up photograph of two lovebirds perched on a thick, textured tree branch. The bird in the foreground is a male, with a bright green body, a yellow-orange throat, and a brown head. It has a large, bright red beak and a white ring around its eye. It is facing slightly to the left. Behind it, another bird, likely a female, is partially visible, showing similar but slightly different plumage. The background is a soft, out-of-focus green, suggesting a natural, forest-like environment. A dark, semi-transparent rectangular box is overlaid on the lower half of the image, containing white text. To the left of this box, there is a thin vertical purple line.

Biological theories of attraction

QLD SENIOR PSYCHOLOGY

UNIT 4 TOPIC 2



**BIOGRAPHICAL
and
PSYCHOLOGICAL
INFLUENCES**
enter into implicit
memory
in Relationships

**HER FATHER'S
INFLUENCE**

She experienced warmth, consistency, and being cherished by her dad.

Now she's drawn to a partner who feels safe, steady, and devoted.

**HIS MOTHER'S
INFLUENCE**

He experienced deep emotional connection, openness, and feeling truly seen by his mom.

Now he's drawn to a partner who is warm, expressive, and emotionally present.



The field of our family contains

multiple cross-generational dynamics,

covert repeating patterns,

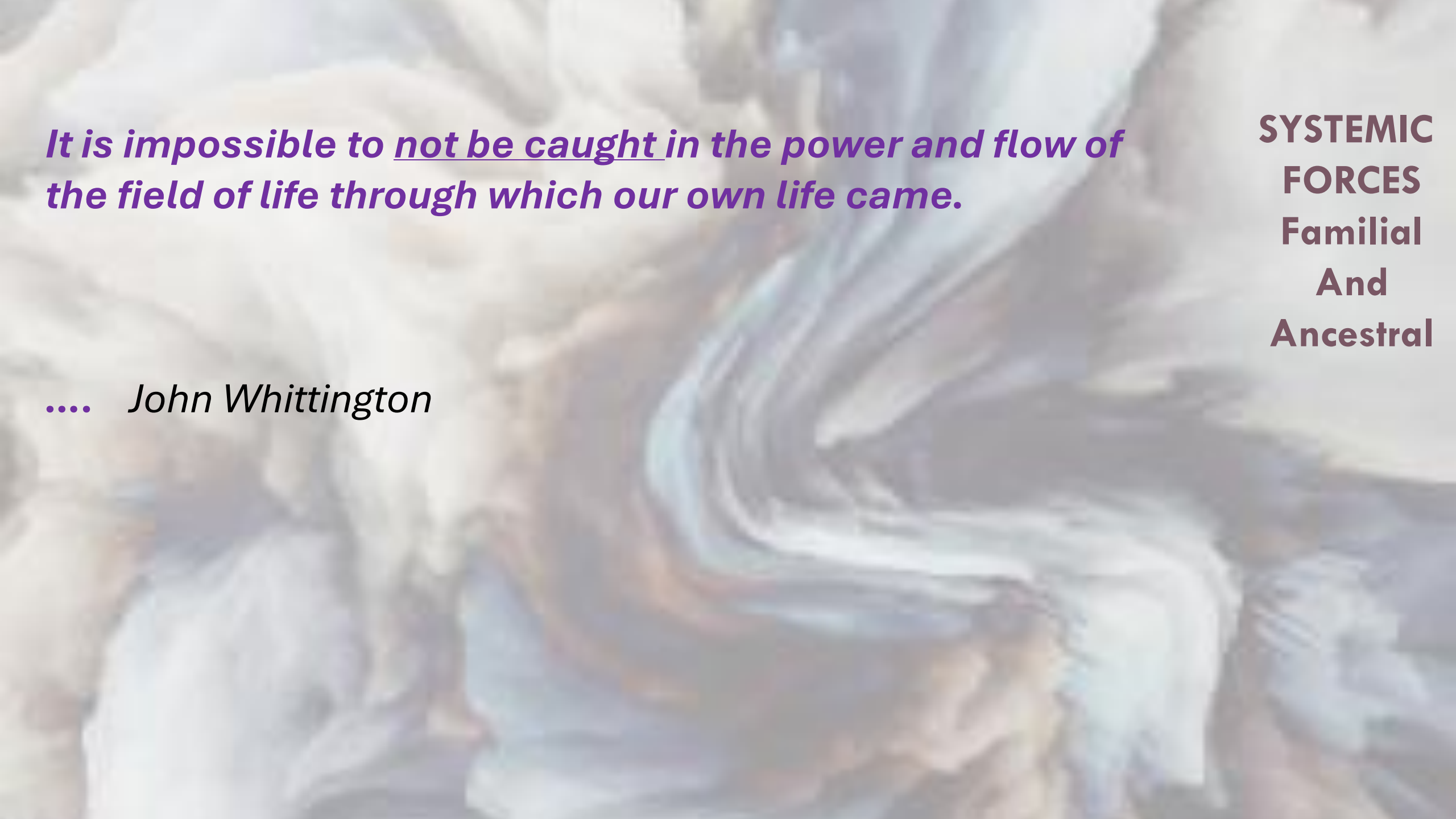
hidden loyalties,

deep resources

as well as ***the flow of life and love particular to our family.***

John Whittington

**SYSTEMIC
FORCES
Familial
And
Ancestral**



*It is impossible to not be caught in the power and flow of
the field of life through which our own life came.*

**SYSTEMIC
FORCES
Familial
And
Ancestral**

.... John Whittington

**SYSTEMIC
FORCES
Familial
And
Ancestral**

INFLUENCES BEING PASSED DOWN THE GENERATIONS

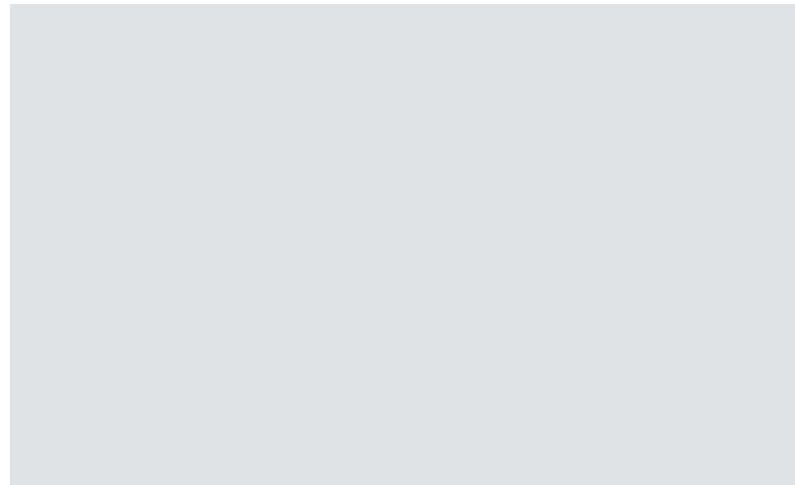


***All the unspoken rules of belonging in this system
resonate in us and become embodied....*** John Whittington

**SYSTEMIC
FORCES
Familial
And
Ancestral**

ARCHETYPAL FORCES

By William-Adolphe Bouguereau -
Unknown source, Public Domain,
<https://commons.wikimedia.org/w/index.php?curid=432856>



Three Streams of the Future

The Patterned Future

2. Habit

Comfort · Repetition
· Routine

3. Trauma

Wounds · Fear
· Stuckness

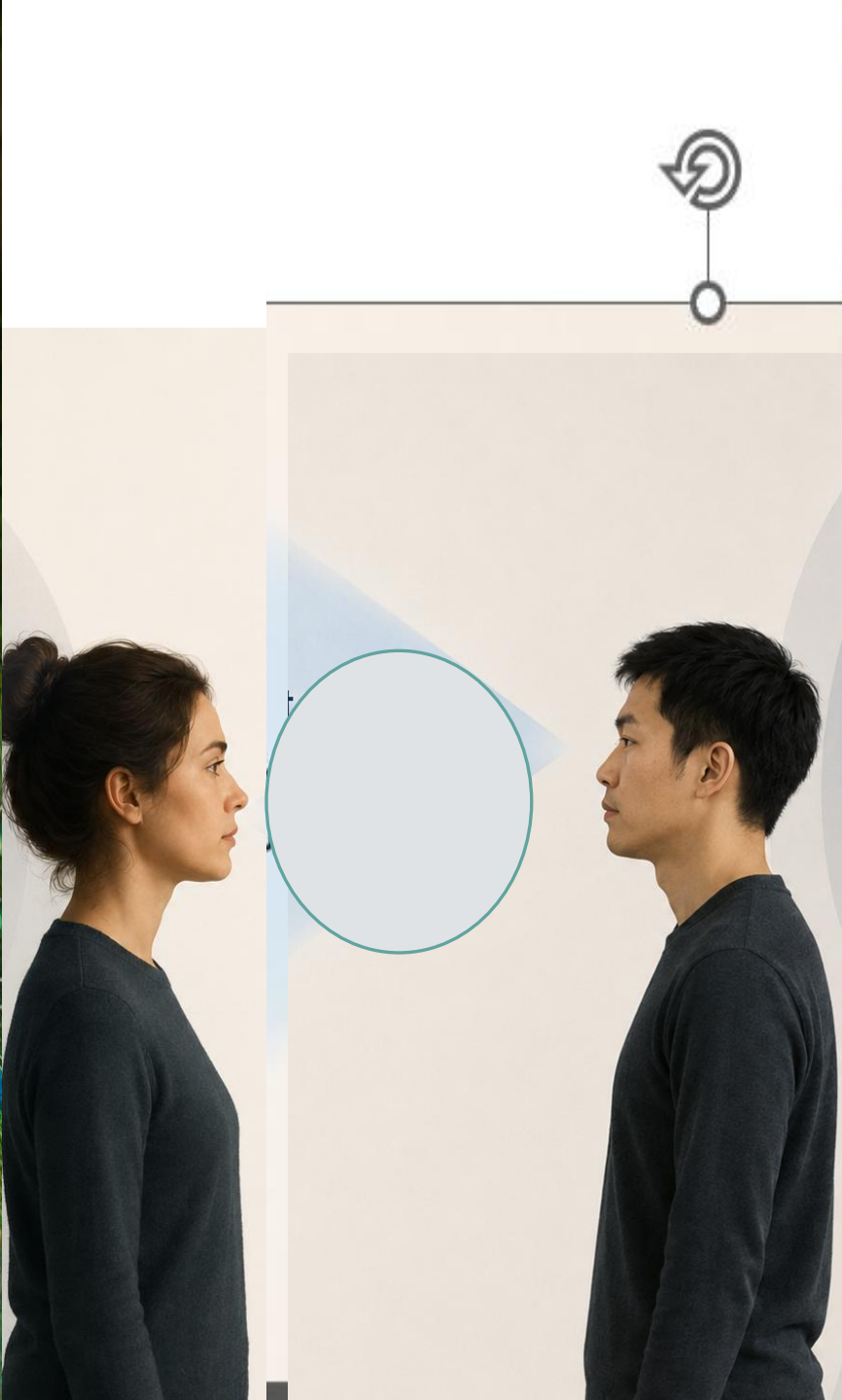
1. Emerging Future

Creativity · Possibility · Growth

2. Habit

· Comfort
· Repetition · Routine





Trauma

Wounds · Fear
· Stuckness

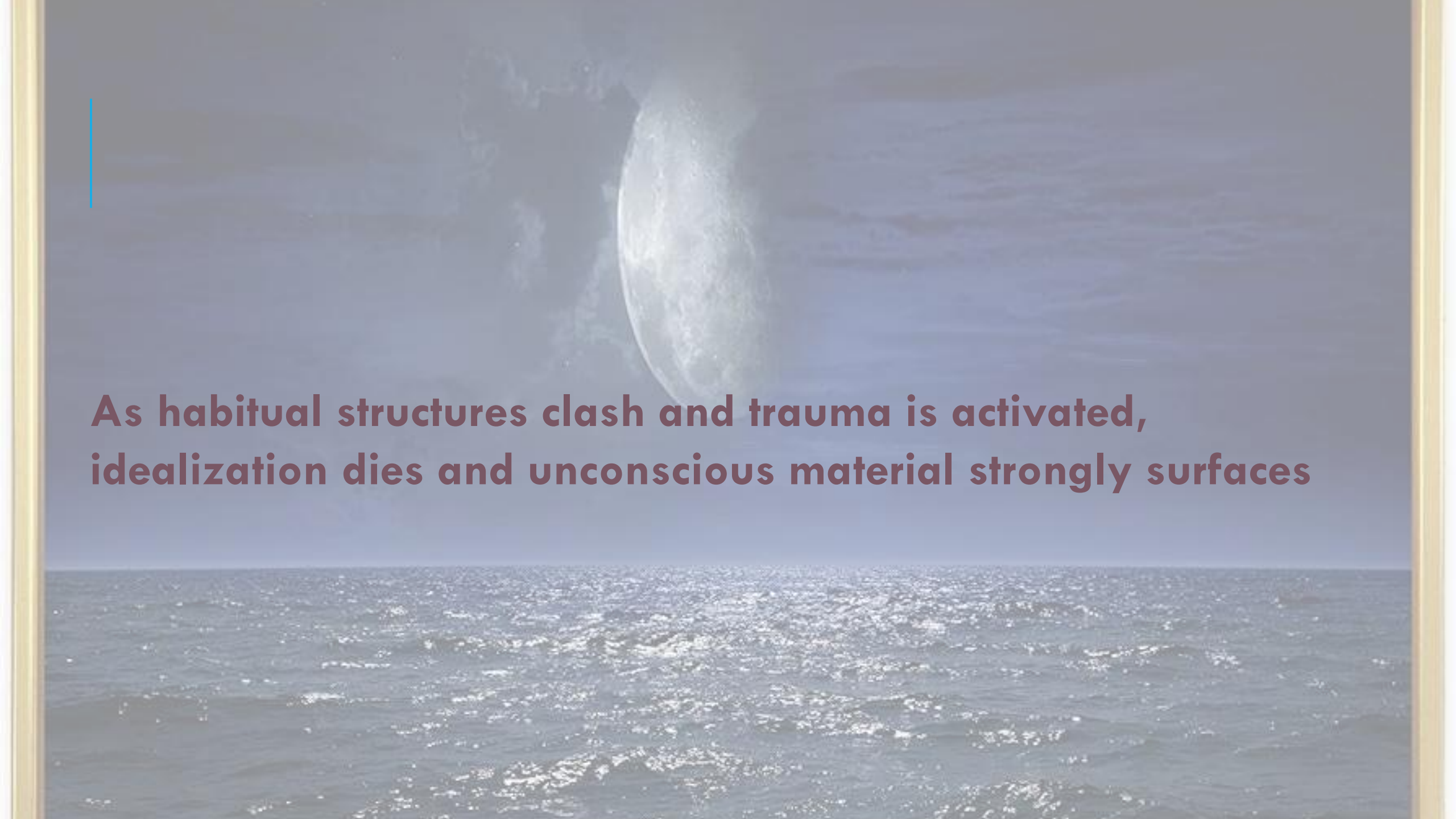
Emerging Future

Habit

Comfort · Repetition
· Routine

The image features two human silhouettes standing back-to-back, holding hands. They are positioned in the center against a cosmic, starry background. Each figure is surrounded by a large, multi-layered, rainbow-colored energy field that resembles a nebula or a protective aura. A bright, glowing energy stream connects the chest areas of the two figures. The overall color palette is dominated by purples, blues, and oranges, creating a mystical and ethereal atmosphere.

As intimacy deepens, the relationship may
descend into states of confusion, conflict,
disillusionment, and suffering.



**As habitual structures clash and trauma is activated,
idealization dies and unconscious material strongly surfaces**

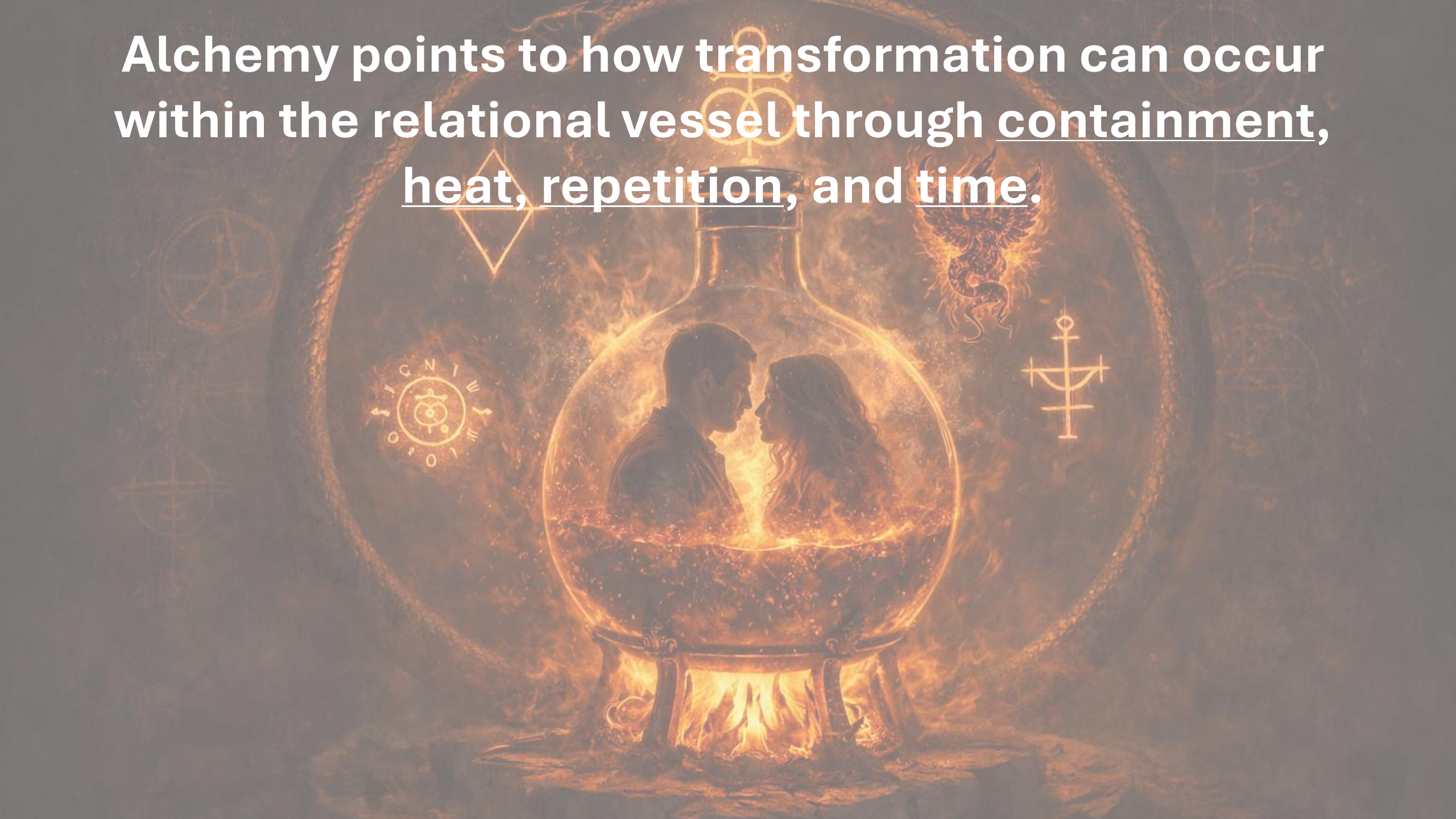
A NEUROBIOLOGICAL DEFINITION OF TRAUMA:

TRAUMA IS **UNINTEGRATED MATERIAL** CHARACTERIZED BY
EXCESSIVE **RIGIDITY**, **CHAOS**, OR BOTH

DAN SIEGEL MD



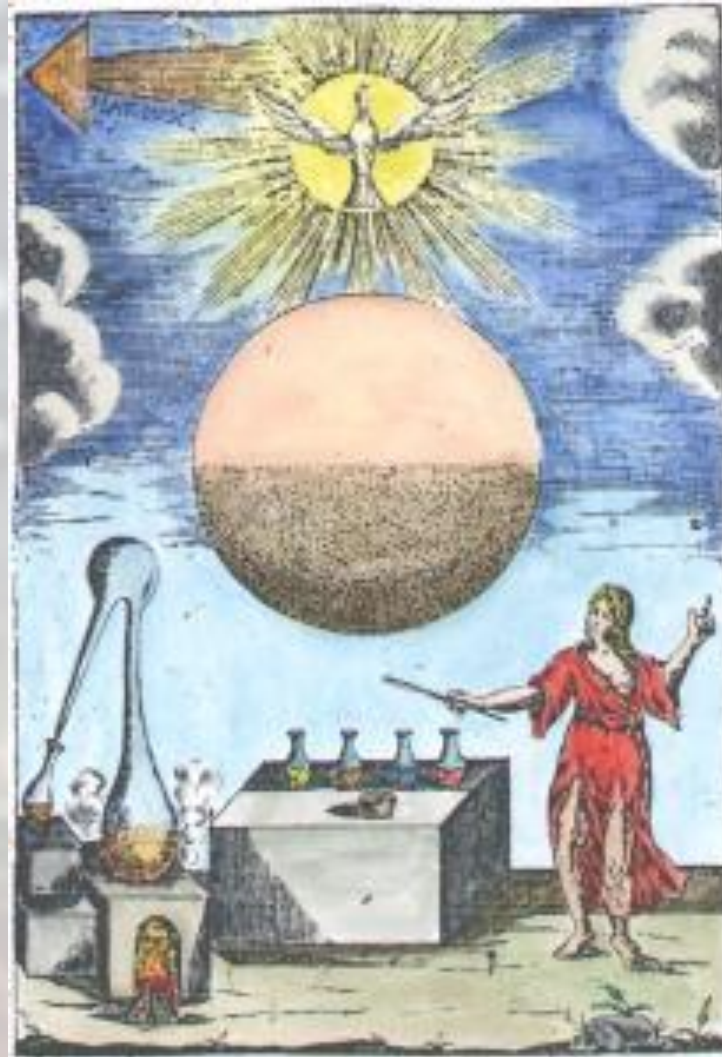
Alchemy points to how transformation can occur within the relational vessel through containment, heat, repetition, and time.





**The crucible of relationship can allow our Trauma
and Limiting Habits to be transformed**

THE PURPOSE OF ALCHEMY IS TRANSFORMATION-- substances, the self, and of reality as it is experienced



To Transform 'Lead' Into 'Gold' – "Base Elements" Into Something More Refined

Formation of new
energetic 'structures'

Emergence of a Third
Presence



Activating Luminous
Energetic Potentials –
"The Lapis"



ALCHEMY: REORGANIZING THE PATTERNED PAST

This process can be quite intense, and goes through stages and cycles



The stages that have been described involve

-burning off of impurities,

-separating elements,

-dissolving,

-combining

– blackening, whitening, yellowing, reddening.

These involve heat, containment, pressure, and time.

Some descriptions are more linear, some more cyclical. Here are two:

<https://aerikarkadian.com/2025/10/17/alchemy-the-four-stages-nigredo-albedo-citrinitas-and-rubedo/>

<https://www.thecollector.com/spiritual-alchemy-occult/>

The Role of the Container

Images from Spendor Solis, famous alchemical text



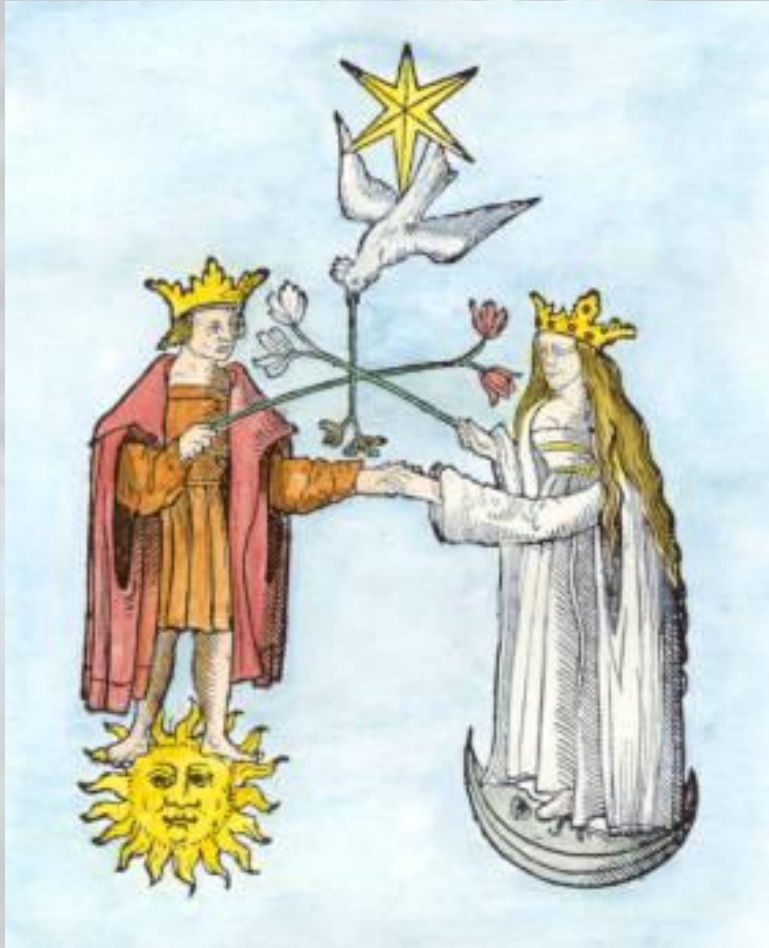


Two of the alchemical principles relevant to relationships are:

-The Axiom of Maria – a way to work with the energies and elements

-Holding the tension of opposites in a way that leads to the emergence of something transformational

A CENTRAL AIM IN ALCHEMY IS THE **CONJUNCTIO-** A UNION OF OPPOSITES Creating wholeness from polarity through **the emergence of a** **Transcendent Function**





**Out of the One comes the Two
Out of the Two comes the Three
Out of the Three comes One as the Fourth.**

Encountering “one” cluster of confusion or intensity and staying with it, **two elements, or polarities may be distinguished.**

*This can occur with:
Internal Family Systems (Parts work)*

Constellations (various elements or members of a system represented)

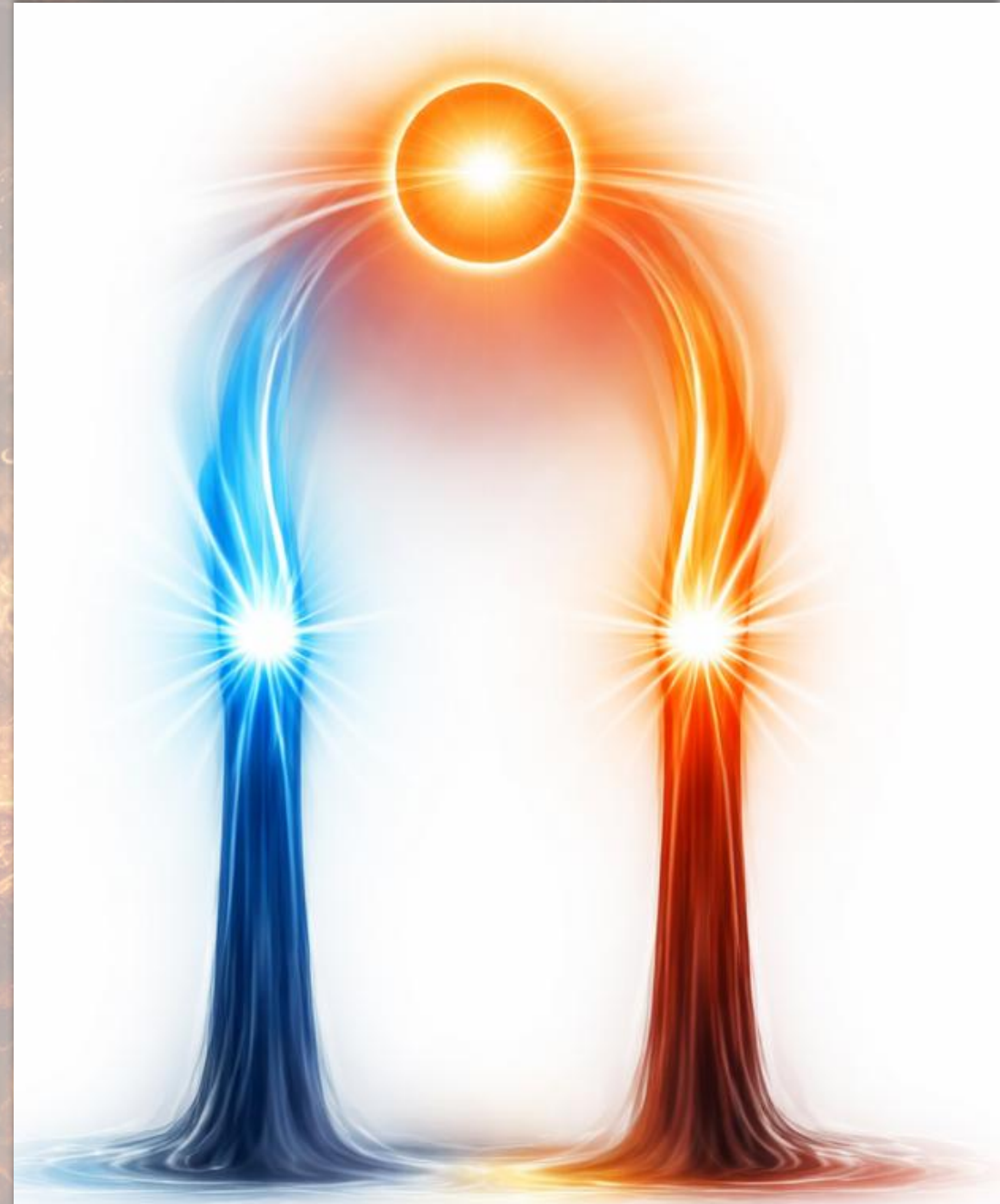
Numerous other processes



Masa Confusa

If it is possible to skillfully hold the tension of these opposites, **a Third can emerge**

If the polarities are held without trying to 'fix' anything, often A Third Presence shows up in the field (or, as a healing movement in Constellations)





THE AXIOM OF MARIA

OUT OF THE ONE, COMES THE TWO,
OUT OF THE TWO, COMES THE THREE,
AND OUT OF THE THREE COMES ONE AS THE FOUR

COMMENTS?
QUESTIONS?



Experiential Practice

One of the keys to alchemical process

A man in a white shirt and dark tie is pulling on a rope from the left. A woman in a pink dress is pulling on the same rope from the right. They are both looking at each other. The background is a vibrant, abstract mix of blue, green, and yellow. The rope is thick and brown.

THE CREATIVE POWER OF INNER TENSION

HOLDING MIXED FEELINGS

— THE ENGINE OF MATURITY —



THE INTEGRATIVE PROCESS

DEPTH • WISDOM • WHOLENESS

The work is not about trying to resolve the tension.

The work is **holding the tension.**

“Holding mixed thoughts and feelings together in our mind and body at the same time is the engine of maturity.”

Gordon Neufeld

Alchemy Mini

Holding the tension, allowing something to emerge rather than actively seeking resolution or compromise

What happens when we sit with two polarities together inside of us?

Choose something that you feel as an active polarity **in your life: within you, or within a relationship.**

Groups of 3. Seeker assigns:

A -One side of a polarity (NOT a person)

B-The other side of the polarity (NOT a person)

Seeker (your process) – represents “**The Alchemical Container**” (The Inner Witness/Holding Space)

Seeker - Allow yourself to be with each of these, holding the space, and notice what emerges in you or in the field.

“Representative perception is the part of constellations that is the most powerful and most reliable, but also the part that is hardest to understand or describe.

What is clear, is that **we all have the capacity to tune in to**, with a remarkable degree of accuracy, **the field of information held in individuals and other relational systems.”**

John Whittington *“Systemic Coaching and Constellations”*

COMMENTS?
QUESTIONS?



GROUP CONSTELLATION

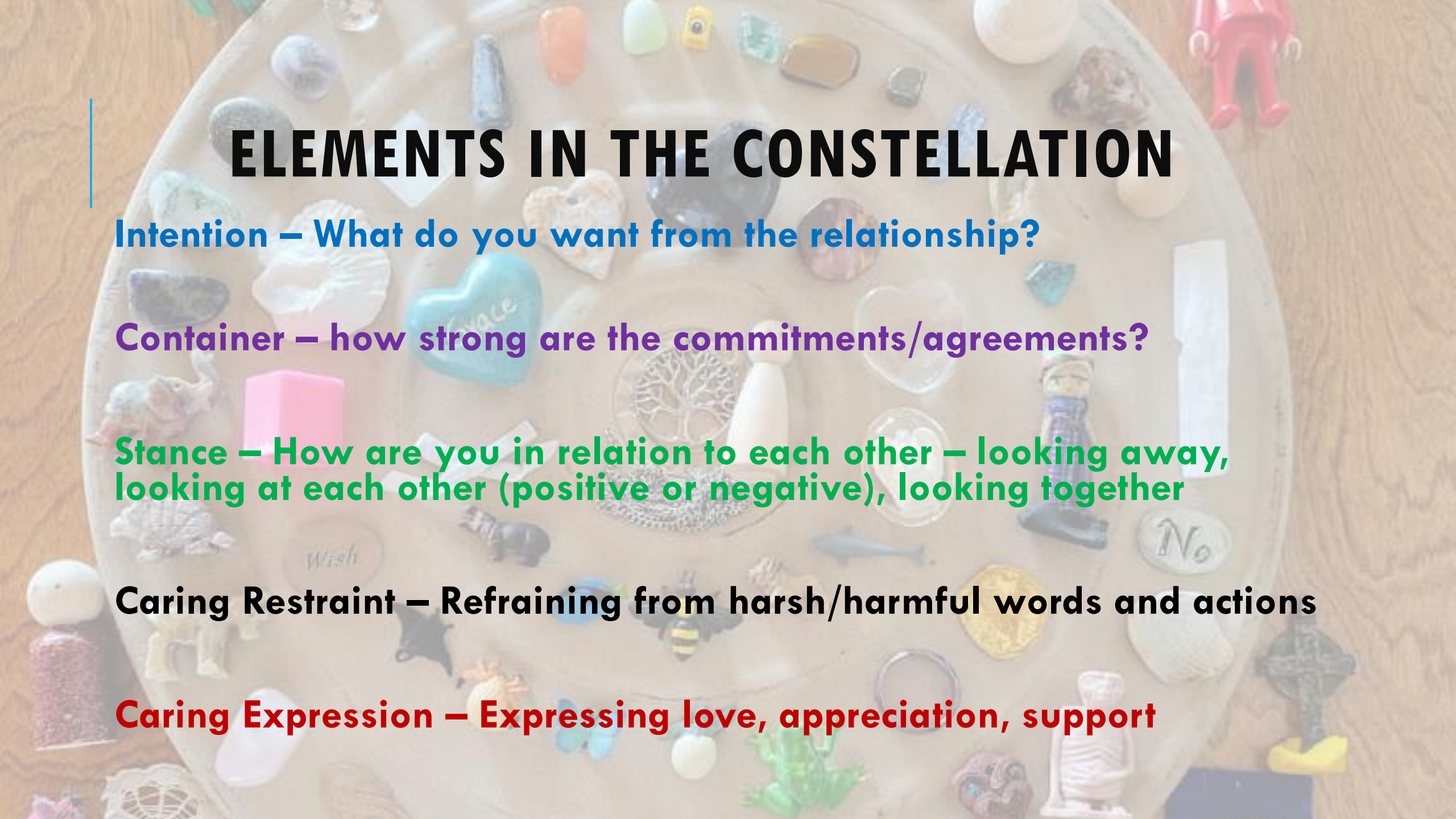
There are 5 Representatives on the board. Each is representing some element related to alchemy and relationship.

Sense into each one at a time.
How do you feel about/in relation to each one?

Are you drawn to any?
Feel averse to any?

What comes in response to each of these?

Then, take a little time to write down a few notes about each. Any new insights?



ELEMENTS IN THE CONSTELLATION

Intention – What do you want from the relationship?

Container – how strong are the commitments/agreements?

Stance – How are you in relation to each other – looking away, looking at each other (positive or negative), looking together

Caring Restraint – Refraining from harsh/harmful words and actions

Caring Expression – Expressing love, appreciation, support

KOROA FRANCE

#HACEVISIBLELOINVISIBLE

COMMENTS?
QUESTIONS?



Thank you for sharing this time and space with us!

Camille Adair APRN

Camille Adair - Relearn Human Connection

Camille@camilleadair.com

Bruce Nayowith MD

Engaging Emergence | Bruce Nayowith MD

bnayowith@yahoo.com

ADDITIONAL SLIDES

Support For Alchemical Relational Process

Intention — what do you want from the relationship?

Container — strong enough commitments/agreements

Stance — Working together rather than against each other

Caring Restraint (not harming, not 'dumping')

Caring Expressions (supporting, expressing, growing love)

Emerging Future

Creativity · Possibility · Growth

VARIOUS APPROACHES TO COUPLES' WORK

Approach	Starting Question
EFT (Sue Johnson)	How do we rebuild a secure attachment bond?
Gottman Method	What behaviours predict relationship success or failure?
IFS (Richard Schwartz)	How do we heal wounded parts and restore Self-leadership?
Esther Perel	How do we keep desire alive within the security of love?
Gestalt (Chew-Helbig)	What is happening between these two people, here and now?

Caring Expressions – Positivity Resonance

The micro-movements of connection, of feeling felt –
“**Positivity Resonance**” registers in many people as love,
and may activate bonding and attachment circuits.

Love 2.0 - Barbara Fredrickson

The resonance of love is
a vibration that harmonizes
heart-to-heart.

-Harold W. Becker/www.thelovefoundation.com



Resonant Language

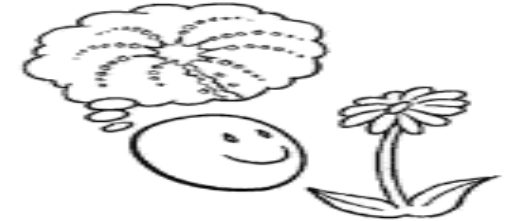
A LIST OF RESONANT (RIGHT HEMISPHERE) LANGUAGE



Feelings and Needs



Body Sensations



Fresh Metaphor

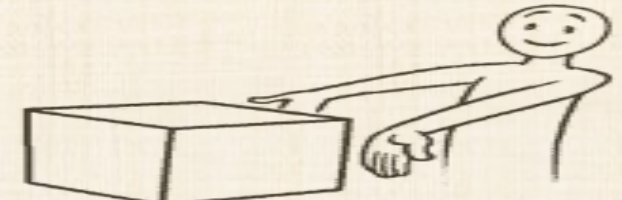


Impossible
Dream Guesses

Offering empathy



Poetry and the
Poetic Visual

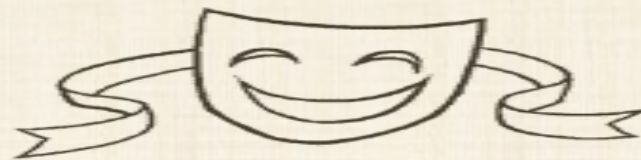


Acknowledging
What Is

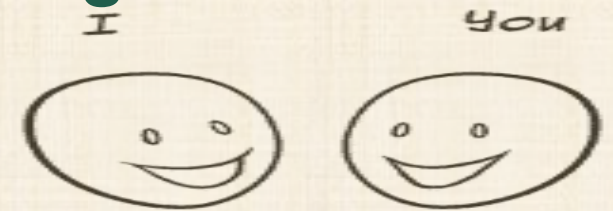
Offering Resonant Listening



Swearing



Some Humor



Relational Language

Caring Constraints Minimizing Destructive Elements

Gottmans' – “4 horsemen of the relational apocalypse”

Contempt

Criticism 5 positive to 1 negative vs 4 positive to 5 negatives

Stonewalling

Defensiveness

Predicted divorce rates after 15 minute observation period!

Six Things That Predict Divorce

<https://www.gottman.com/blog/the-6-things-that-predict-divorce/>

Harsh Startup to the discussion

The “Four Horsemen”

Flooding – partner’s negativity so sudden, overwhelming

Body Language

Failed Repair Attempts –happy couples argue, too

Bad Memories of Relationship History

“The first step to improving a marriage is understanding why relationships fail.” John Gottman

Meltdown Prevention

Check Your “Gauges” to stay in your best self

MPFC important in decision-making, social cognition, emotional regulation, and processing social information

<https://www.jimfazioib.com/wp-content/uploads/2020/09/9-Functions-of-PFC.pdf>

Attuned Communication

Emotional Balance

Response Flexibility

Fear Modulation

Empathy

Intuition

Morality

Meltdown Prevention

Check Your “Gauges” to stay in your best self

Excessive somatic activation is associated with lower brain centers taking charge, more reactivity, and less access to mature and loving ways of relating.

-Internal Checking: Pause and sense into this for you both

“How are our nervous systems right now?”

-External Checking: The Gottmans monitor pulse rates with couples, pausing therapy when either partner’s pulse reaches 100 to encourage some kind of self-soothing.

Meltdown Prevention

Prevent **“Attaining Critical Mass”** by cooling down the system

Agree to a Time Out.

It helps to set a time when to check back in, so that one partner does not get anxious or feel shut out.

Use a “Flash Card” or pre-arranged signal:

“This feels awful. Can we start again and really listen to each other?”

“I want us to stop what we are doing to each other. Both of us.”

A man and a woman are sitting outdoors in a natural setting, possibly a forest or park. They are both smiling and looking at a map that the man is holding. The man is wearing a plaid shirt and the woman is wearing a light-colored jacket. The background shows trees and a clear sky.

Shift To Constructive Framing Pausing and Noticing

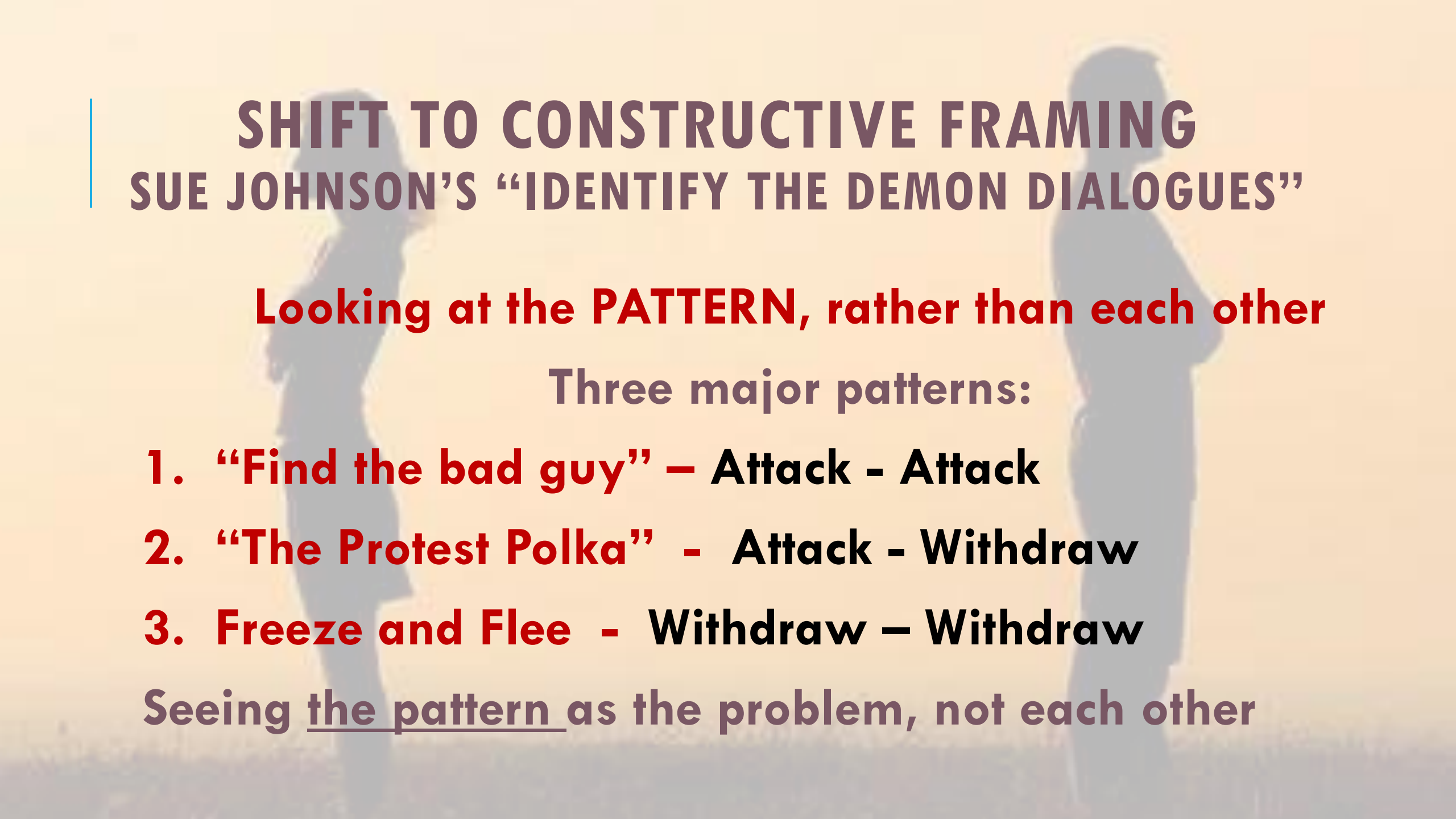
Stepping out of the field of conflict, looking TOGETHER at what is happening, rather than looking at the other as the problem:

At the pattern

At the 'dance'

At the fields affecting the couple

This is an Aikido move- blending with rather than opposing.



SHIFT TO CONSTRUCTIVE FRAMING

SUE JOHNSON'S "IDENTIFY THE DEMON DIALOGUES"

Looking at the PATTERN, rather than each other

Three major patterns:

- 1. "Find the bad guy" – Attack - Attack**
- 2. "The Protest Polka" - Attack - Withdraw**
- 3. Freeze and Flee - Withdraw – Withdraw**

Seeing the pattern as the problem, not each other

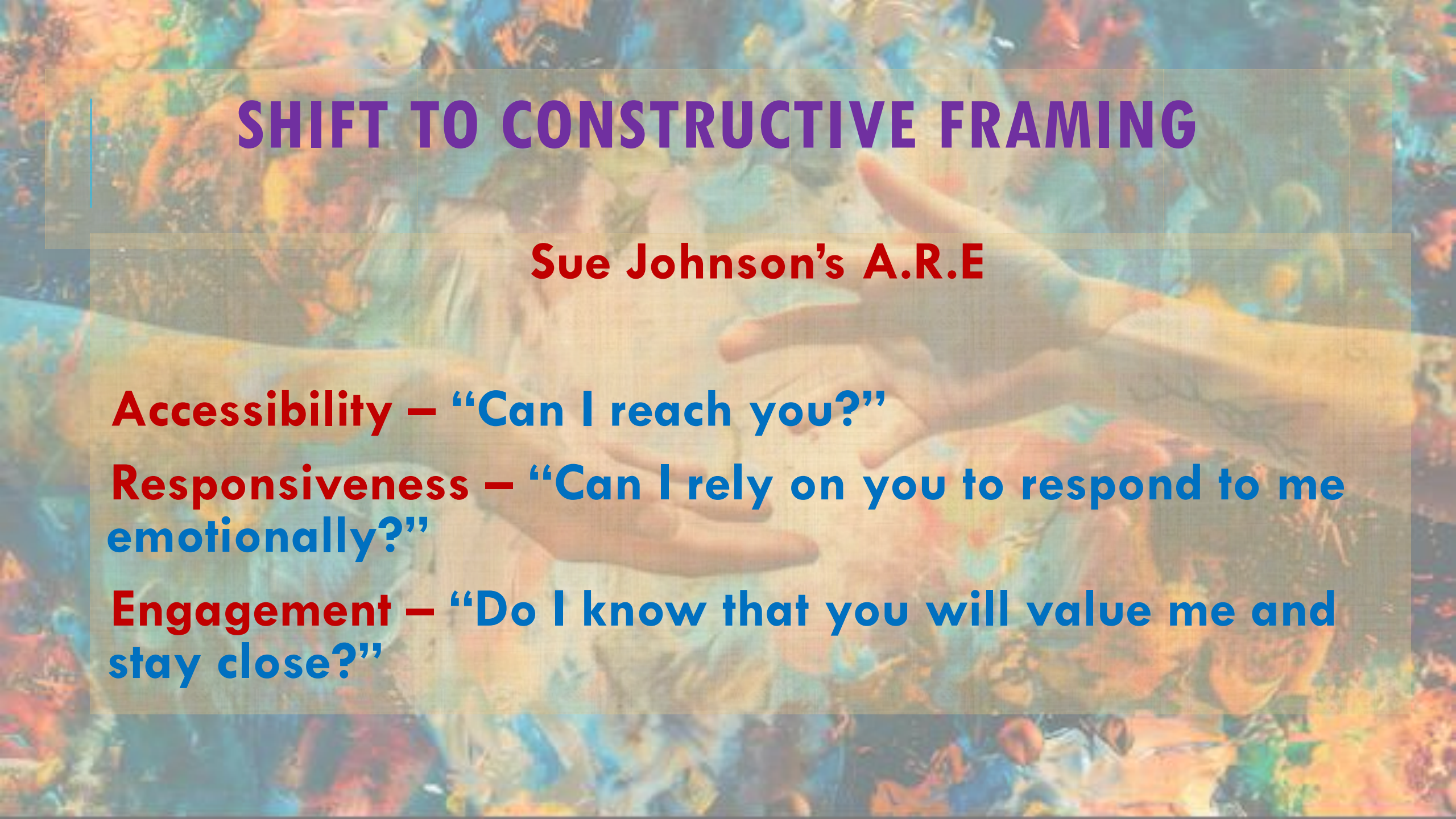


SHIFT TO CONSTRUCTIVE FRAMING

Recognizing Protest Behavior

Often, protests and complaints are bids for affection and attention.

How these are responded to is very important.

The background of the slide is a soft-focus photograph of two hands reaching out towards each other, palms facing up. The hands are positioned in the center, with fingers slightly spread. Below the hands, a thick layer of autumn leaves in various shades of orange, red, and yellow is visible. The overall lighting is warm and gentle, creating a sense of connection and hope.

SHIFT TO CONSTRUCTIVE FRAMING

Sue Johnson's A.R.E

Accessibility – “Can I reach you?”

Responsiveness – “Can I rely on you to respond to me emotionally?”

Engagement – “Do I know that you will value me and stay close?”

7 Stages Of Emotionally Focused Therapy

Recognizing the Demon Dialogues

Finding a Raw Spot

Revisiting a Rocky Moment

“Hold Me Tight” – Engaging and Connecting

Forgiving Injuries

Bonding through Sex and Touch

Keeping Your Love Alive

Non Violent **COMMUNICATION**

“All judgments are tragic expressions of unmet needs”

Clear observations, expressions of feelings, underlying needs, and doable requests

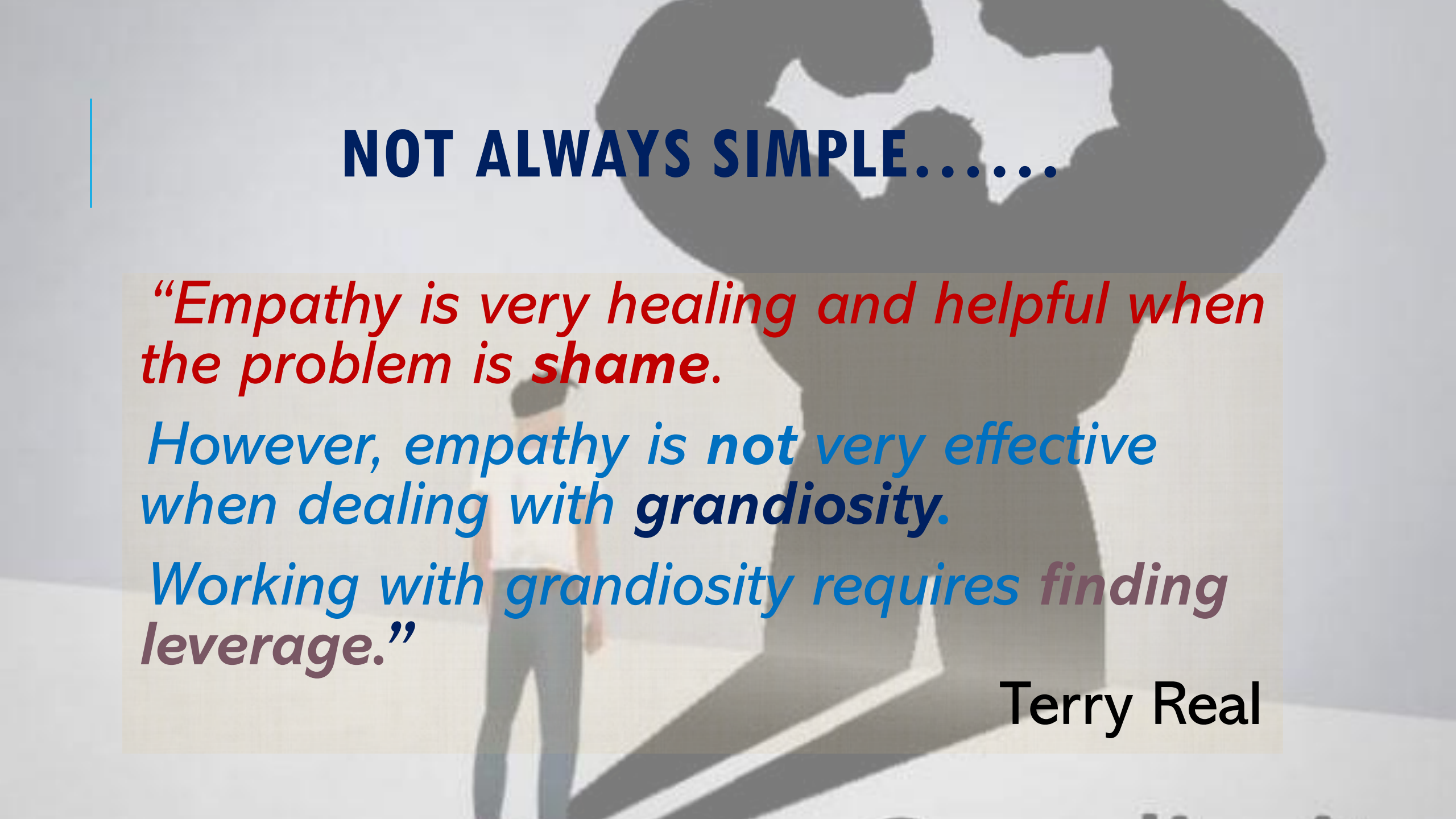
Listening to others in this way

Offering empathy

Navigating
Difficult
Conversations

VARIOUS APPROACHES TO COUPLES' WORK

	Gestalt	EFT	Gottman	IFS	Perel
Core question	What is happening here and now?	How do we rebuild secure attachment?	What behaviours predict success?	How do we heal wounded parts?	How do we keep desire alive?
Change theory	Paradoxical: acceptance catalyses change	Structured: 9-step corrective experience	Skills-based: replace destructive patterns	Unburdening: release exiles' burdens	Narrative: reframe the story of desire
Therapist	Field participant	Empathic choreographer	Expert coach	Guide to internal landscape	Cultural provocateur
Difference	Connective tissue	Attachment injury	69% perpetual problems	Parts triggering parts	Fuel for desire
Shame	Pathos of the field	Secondary emotion	Reduced via less contempt	Burden on exiles	Cultural constraint
Trauma	Present-moment phenomenon	Attachment injury protocol	Aftermath processing	Accessing exiles	Narrative integration
Evidence	Case studies	35+ years RCTs	40+ years research	NREPP-listed; growing	Clinical case studies
Culture	Inherently emic	Developing cross-cultural	Primarily etic	Primarily Western	Strong multicultural lens

The background of the slide features a large, dark shadow of a person in a dynamic, possibly dancing or expressive pose, cast onto a light-colored wall. In the lower-left foreground, a person is seen from behind, walking away from the viewer. The overall scene is dimly lit, with the primary light source coming from the left, creating the shadow.

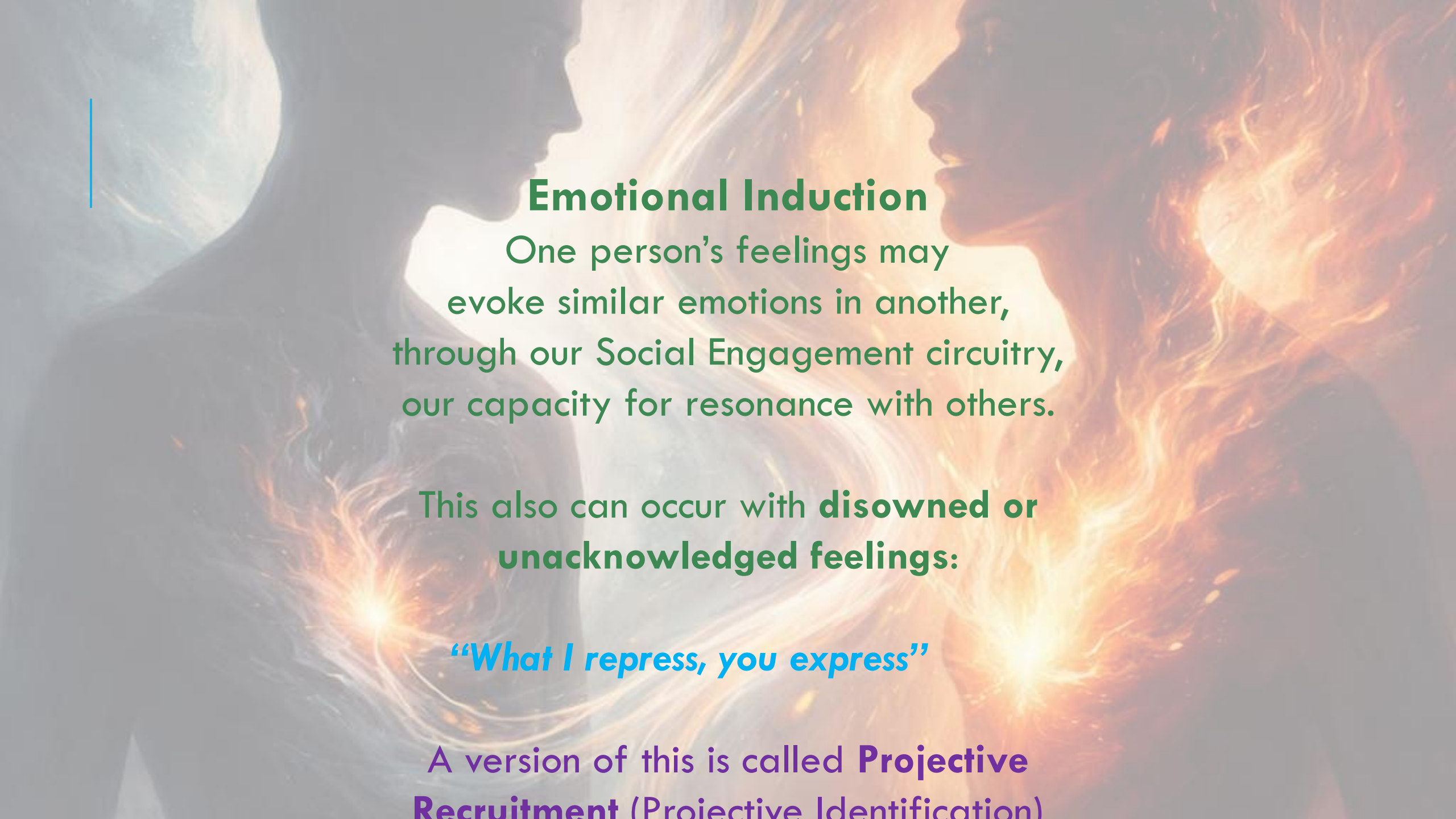
NOT ALWAYS SIMPLE.....

“Empathy is very healing and helpful when the problem is shame.

*However, empathy is not very effective when dealing with **grandiosity**.*

*Working with grandiosity requires **finding leverage**.”*

Terry Real

The background of the slide features a soft-focus image of two people's profiles facing each other. Overlaid on their silhouettes are vibrant, ethereal energy fields. The person on the left is associated with a cool, blue-toned energy, while the person on the right is associated with a warm, orange-toned energy. These fields appear to interact, with glowing points of contact and swirling patterns of light. A thin blue vertical line is positioned on the far left side of the image.

Emotional Induction

One person's feelings may evoke similar emotions in another, through our Social Engagement circuitry, our capacity for resonance with others.

This also can occur with **disowned or unacknowledged feelings**:

“What I repress, you express”

A version of this is called **Projective Recruitment** (Projective Identification)

Hold Me *Tight*



SEVEN CONVERSATIONS
for a LIFETIME of LOVE

.....
Dr. Sue Johnson

Developer of Emotionally Focused Couple Therapy,
the most successful approach to building loving relationships

Useful Resources On The Journey

An entire program for identifying challenges and deepening love.

Based on a VERY successful program that includes an understanding of attachment, bonding, and patterns that interfere with and can support loving relating.

TALK TO ME

Like I'm Someone You Love



RELATIONSHIP REPAIR IN A FLASH

"Just about any couple using this material could humanize their relationship."

—Harville Hendrix, Ph.D., *New York Times*–bestselling author of *Getting the Love You Want*

Nancy Dreyfus, Psy.D.

Expanded & Updated
with 25 new
Flash Cards for
Real Life

Useful Resources

“Flash Cards” for communication and navigating challenging spots in relationships that can go off-track.

Also contains great insights and words of wisdom in each section about why communication goes wrong, and ways to make it more effective and less reactive.

INTERNATIONAL BESTSELLER

THE WAY OF THE SUPERIOR MAN

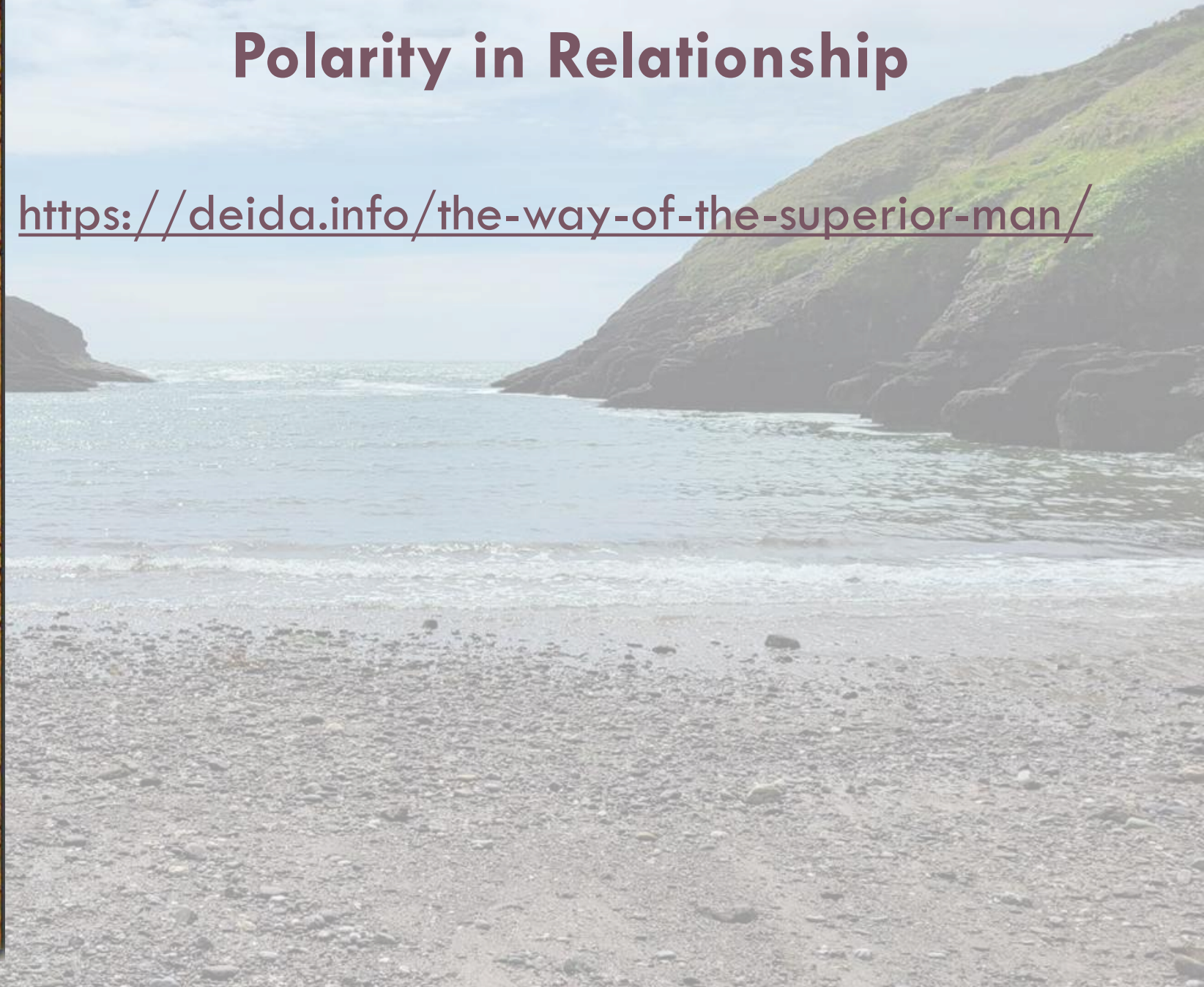
20th
Anniversary
Edition

*A Spiritual Guide to Mastering the Challenges
of Women, Work, and Sexual Desire*

DAVID DEIDA

Polarity in Relationship

<https://deida.info/the-way-of-the-superior-man/>



Robert A. Johnson

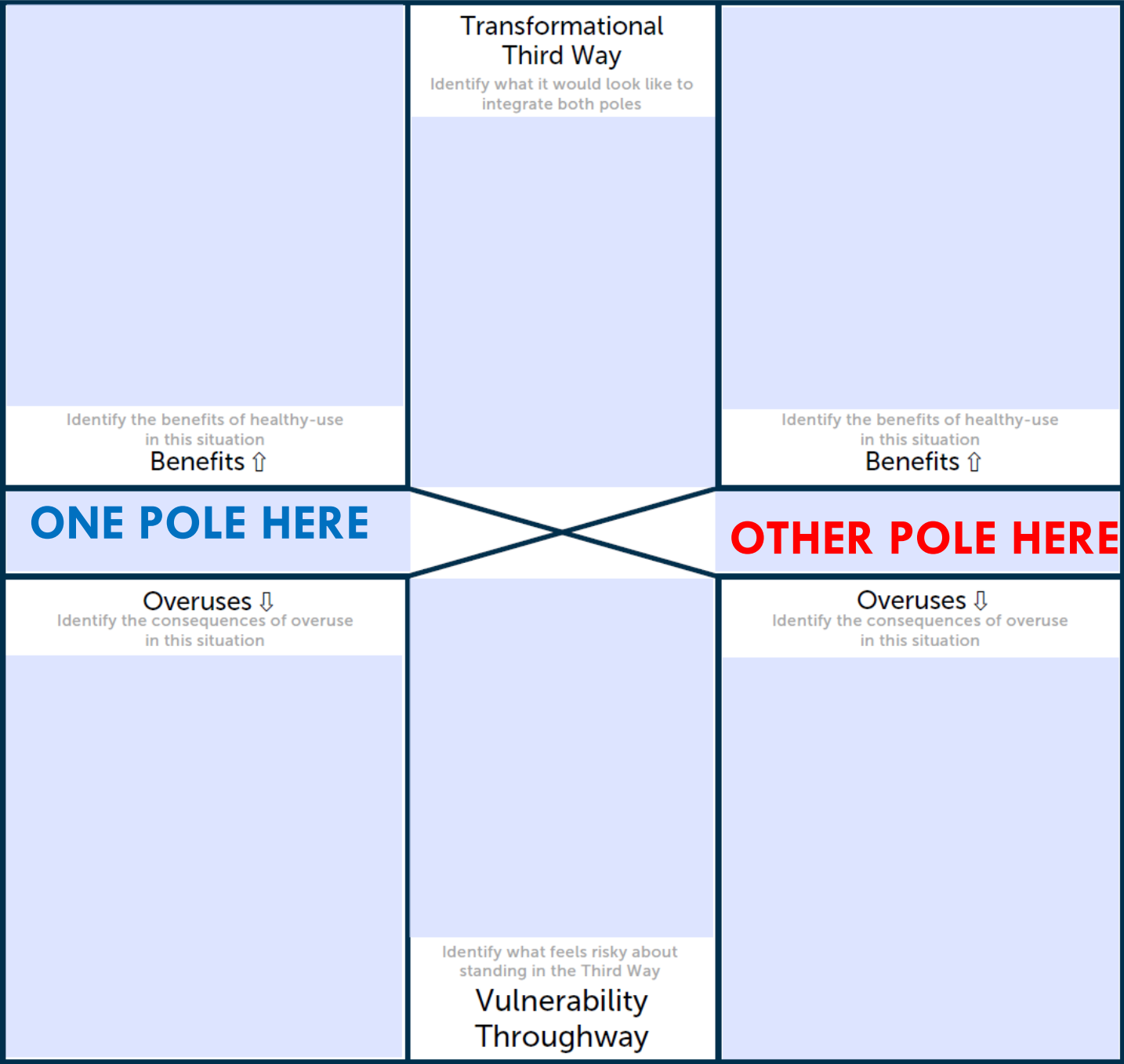
WE

Understanding the
Psychology of Romantic Love



Useful Resources

A Jungian perspective on romantic love – its cultural history, why it is so powerful, where it goes off-course, and some suggestions about how to hold both romantic and earthly love.



POLARITY NAVIGATOR®

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

Navigating Polarities

By *Brian Emerson*

A very skillful way to work with polarities and find ways forward

Navigating Polarities

By Brian Emerson

A very skillful way to work with polarities and find ways forward

POLARITY NAVIGATOR®

Strategies

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

- What actions will you take to achieve the things outlined in the Third Way?
- 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?
- Movement requires Courage and Comfort. What courageous action is needed to stand in the Third Way – *what would Courage do?*
- 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?

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* if you were holding both poles?
- How would *other people be experiencing you* if you were holding both?

- 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?

Identify the benefits of healthy-use in this situation
Benefits ↑

- 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?

Identify the benefits of healthy-use in this situation
Benefits ↑

X

Y

Overuses ↓

Identify the consequences of overuse 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?

- What feels risky about holding both poles together?
- What would you need to "loosen up on" in order to blend both poles?
- 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 in order to blend both poles?
- 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?

Identify what feels risky about standing in the Third Way

Vulnerability Throughway

Overuses ↓

Identify the consequences of overuse in this situation

- When this pole is overused – when there is too much of it – what happens?
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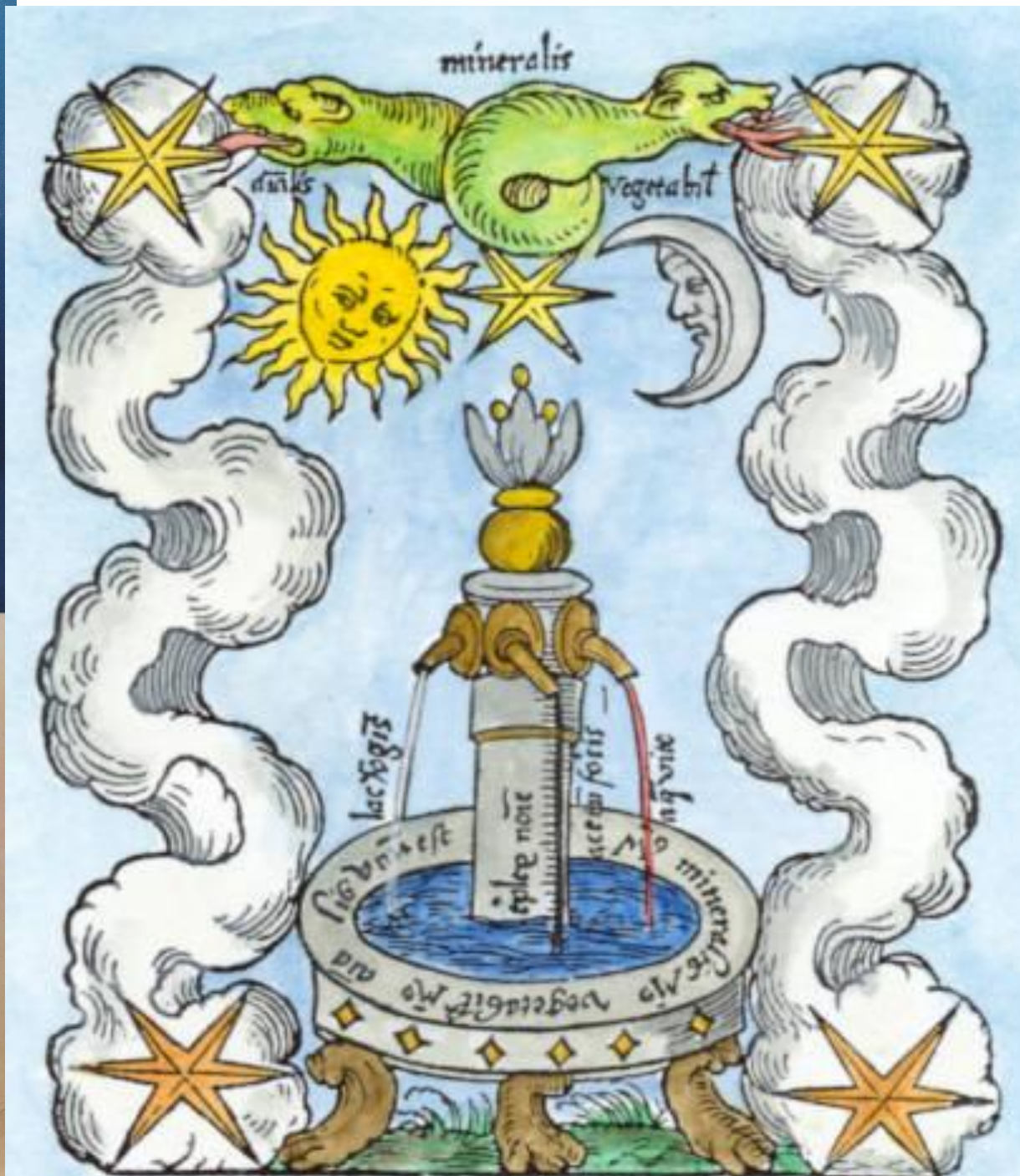
On Becoming an
Alchemist

A GUIDE FOR THE MODERN MAGICIAN

Catherine MacCoun

"An enchanting, engaging, and insightful work that investigates the power of our creativity and our relationship to the laws of the universe."

—CAROLINE MYSS, author of *Entering the Castle* and *Anatomy of the Spirit*



4 Types Of Relationships

[HTTPS://WWW.ALISONARMSTRONG.COM/](https://www.alisonarmstrong.com/)

Legacy Model

Goals: This model emphasizes the importance of **family and intergenerational success**. Couples often focus on building a stable environment for their children, leaving a lasting impression or legacy.

Focus: The primary concern in this model is the **well-being and success of children or future generations**. Couples prioritize their offspring's development and achievements.

Traits: This model often entails discussions about family values and long-term goals related to children or collective legacy.

Strengths: Strong commitment to family values; generates deep sense of purpose.

Challenges: Can become overly focused on children, leading to neglect of personal needs or relationship dynamics.

Companionship Model

Goals: The main objective is **enjoying life together, sharing experiences, and fostering emotional connections**. Couples often engage in **social activities and shared hobbies**.

Focus: Couples in this model prioritize being together and enjoying shared experiences. It's about companionship and mutual support in daily life.

Traits: These couples often value common interests and a harmonious lifestyle, seeking to maintain an emotional connection through shared activities.

Strengths: Creates a strong sense of emotional intimacy; helps in sustaining long-term friendships and interactions.

Challenges: May struggle during periods of conflict or change if the relationship's foundation is primarily fun or harmony-oriented.

Support Model

Goals: This model prioritizes **personal growth and the pursuit of individual dreams** within the framework of the partnership. Partners are seen as allies in each other's journeys.

Focus: Here, the primary aim is to support each other's personal growth and aspirations. Individual goals are significant, and the relationship is seen as a support system.

Traits: Partners **empower each other to pursue their passions or career goals**, often leading to mutual respect for each other's autonomy.

Strengths: Fosters independence and empowers partners to strive for personal goals, often leading to mutual respect.

Challenges: Risk of drifting apart if personal goals dominate and partners neglect relationship maintenance and shared experiences.

Karma Model

Goals: Focuses on **self-discovery and personal transformation through challenges** faced in partnerships. It encourages partners to develop resilience and adaptability.

Focus: This newer model emphasizes personal growth through challenges that partners present to each other. Relationships are seen as opportunities for evolution.

Traits: Partners in this model are attracted to each other because they **challenge one another**, pushing for personal and emotional development.

Strengths: Can lead to profound personal growth and a deeper appreciation of each other; challenges are viewed as opportunities.

Challenges: May lead to stress and conflict if one partner feels overwhelmed by continuous challenges without sufficient emotional support.

THE SPLENDOR SOLIS – ALL 22 PLATES IN SEQUENCE

From Prima Materia to the Red Sun – The Alchemical Journey



1. ARMS
OF THE ART
The beginning



2. THE
PHILOSOPHER
The solution



3. THE KNIGHT
The purification



4. THE KING
& QUEEN
The union



5. MINING
THE ORE
The separation



6. THE
ALCHEMICAL
TREE
The growth



7. THE
DROWNING
KING
The dissolution



8. THE ANGEL
& THE DARK MAN
The resurrection



9. THE
HERMAPPRODITE
The rebis



10. THE
DISMEMBERED
BODY
Putrefaction



11. THE
BOILING BATH
Calcination



12. FEEDING
THE DRAGON
The fixation



13. THE
THREE BIRDS
The volatilization



14. THE
TRIPLE-HEADED
EAGLE
The sublimation



15. THE
THREE-HEADED
DRAGON
The circulation



16. THE
PEACOCK STAGE
The rainbow



17. THE
LUNAR QUEEN
The whitening



18. THE
RED KING
The reddenning



19. THE
BLACK SUN
The putrefaction



20. CHILD'S
PLAY
The innocence



21. WOMAN'S
WORK
The integration



22. THE
RED SUN
The completion

ROSARIUM PHILOSOPHORUM - 16TH CENTURY

[HTTPS://WWW.ALCHEMYWEBSITE.COM/VIRTUAL MUSEUM/ROSARIUM PHILOSOPHORUM ROOM.HTML](https://www.alchemywebsite.com/virtual_museum/rosarium_philosophorum_room.html)



Holding tension of opposites may help heal Dysfunctional Patterns

Juxtaposed positive disconfirming experiences allow memory reconsolidation (releasing of dysfunctional emotional patterns and beliefs)

“Unlocking the Emotional Brain” by Ecker, Hulley, and Ticic

<https://coherencetherapy.org/>

Many resources on that page, including this article and good videos:

[Ecker-et al-NPT2013April-Primer.pdf](#)

[Two videos on this topic](#)

<https://www.youtube.com/watch?v=XwR6ynN94gU>

<https://www.youtube.com/watch?v=6uO1dz6T0QU>



Many relationships get organized around tensions between:

- **Attachment ↔ Freedom**
- **Eros ↔ Safety**
- **Fusion ↔ Differentiation**
- **Healing ↔ Repetition**
- **Creation ↔ Destruction**
- **Habit ↔ Emergence**
- **Trauma ↔ Vitality**
- **Control ↔ Surrender**
- **Power ↔ Vulnerability**
- **Personal history ↔ Future possibility**

If viewed symbolically, many relationships become a crucible where these forces interact—less “two people with problems” and more **an alchemical vessel containing competing archetypal energies.**

Some Polarities

Care for Self

Active/Intentional

Seek Stability/Structure

Seek Differentiation

Wanting things decided/settled

Focus on what is present and tangible

Deciding based on logic, principles

Right Mode

Upholding Tradition

Valuing Clarity

Care for Others

Allowing/Receptive

Seek Change/Flexibility

Seek Fusion/Deeper Connection

Wanting to keep possibilities open

Focus on deeper patterns and possibilities

Deciding based on feelings, values

Left Mode

Seeking Innovation/Novelty

Valuing Openness/not-knowing

