

WALKING THE MIDDLE PATH



DIALECTICS: What is it?

Dialectics teaches that

There is more than one way to see situations, circumstances and people.

Everyone is unique and has different points of view, all of which can be valid.

It is important to avoid seeing the world as "all or nothing" or people or situations as "right or wrong".

Things that seem opposite, or are opposite, are sometimes both true.

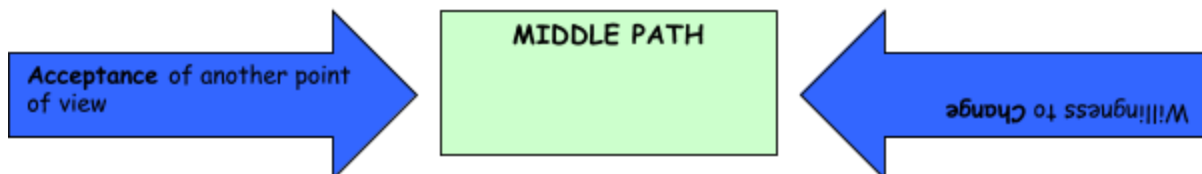
Change is possible and probable.

Meaning and truth change over time.

The way things are today can change tomorrow.

Change in one thing or in one person, leads to other changes.

There is no absolute truth!



Examples:

- You can be independent and dependent at the same time
- You can be strong and ask for help
- You can love and be angry at the same time.

This perspective helps pave the way toward the middle path by helping you:

- Become less stuck and less attached to your own way of thinking.
- Let go of needing to be "right".
- Expand your ways of considering life situations
- Be more flexible and approachable
- Avoid blaming others and assume others are wrong.