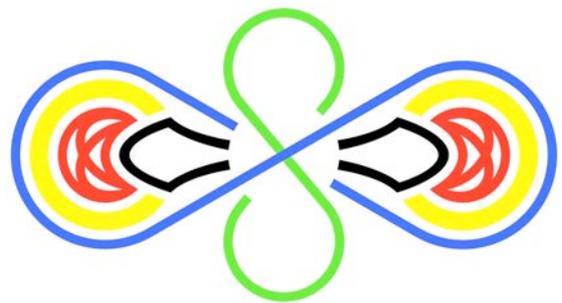


SPIRALiK CONSCIOUSNESS BETWEEN PARADOXICAL ATTRACTIONS

SpiraliK is a concept developed from Kinesiology, a complementary therapeutic method which conceives each person as an equal part of nature and this then as an expression of a dynamically evolving consciousness. SpiraliK uses as a core working element a model based on the dynamic relationship called 'Development Spiral' which is understood as a basic pattern of movement processes and as organizational principle of consciousness. In using the language of relationship dynamics a striking correlation between well-being, health situation and subjective experience of one's own life-world can be identified. Unpleasant situations of any kind can be perceived as inner and outer polar relationship patterns that block each other by paradoxical driving forces. The development of consciousness and self-regulation are specifically supported by means of balancing techniques.

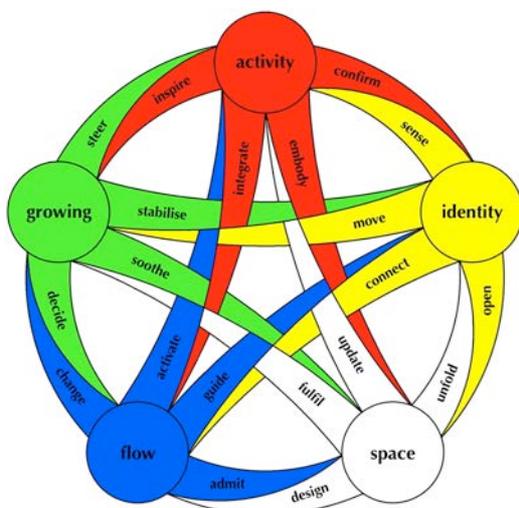
The development of consciousness can be understood as polar interaction of two basic principles: in the evolutionary process on the one hand nature seeks an increasing differentiation of an original unit (development of the parts), at the same time, the counter-principle will be promoted in the form of a continuous integration of the resulting diversity to a new unit on a higher level (development of the whole). This creative and dynamic process constantly drives itself and thus ensures its own balance.

Basically, the two driving forces can be characterized as need for individual freedom on the one hand (individual pole) and being connected on the other hand (collective pole). The more balanced the ratio of the two poles evolve, the more the system's state feels congenial. Each system of consciousness is always both, part (individual) within a larger collective, as well as by itself a collective which consists of several parts. Therefore, the principle applies to both the inner human development (body, mind and soul) as well as for the development of societies as part of which each person lives.



Pattern of a polar relationship system

Internal or external stress experiences can cause disturbances in the development process that sooner or later demand a correction to maintain the operability of the system as a whole. Imbalances lead to an inner splitting: The by themselves positive energies of the two poles are perceived negatively. Thus, the system falls into the paradoxical situation of a self-reinforcing process (so-called vicious circle), in which the two poles reject each other the more strong, the more they have to fight for their existence.



Working model: Development Spiral

With the model of the Spiral Development the current development factors can be determined in any situation as a polar relationship pattern in which relations between the external and internal events become obvious. Based on these findings, the development dynamics can be activated by using simple equalization techniques for self-regulation such that the system will gradually return to its equilibrium. The organism is specifically guided to a deeper level of consciousness in which the conflicting aspirations of the poles are dissolved and instead integrated into a new unit. Thus important personal areas such as health, self-empowerment, reconciliation, freedom, integrity and personal responsibility are sustainably encouraged.

Dominik Schenker, June 2014



Presentation and workshop with Dominik Schenker (trainer, physiotherapist and kinesiologist, Switzerland) at the conference "Freedom – our responsibility" in Bloemfontein, South Africa, September 26-30, 2014

Key terms

SpiraliK, kinesiology, Spiraldynamik, consciousness, awareness, development, development of consciousness, process of evolution, process of involution, Five Phases TCM, Five Spiraldynamic Principles, Development Spiral, paradoxical driving forces, blocking, self-regulation

Individual encouragement

The consciousness model as introduced in the presentation allows the participants a new reference to their own identity in the context of their own personal circumstances. Significant drivers of an impairing or desired development can be recognized and supported on a physical level in the desired direction using elementary techniques.

Glossary

Blocking	Internal separation of a system of consciousness which leads to conflicting orientations of system parts caused by stress experience
Kollektive pole	Pole within a polar system of relationships which stands for the quality of the collective
Development Spiral	Working model of SpiraliK, developed as the bonding of the Five Phases of TCM with the Five Principles of Spiraldynamics
Evolutionary process	Pursuit of consciousness after increasing differentiation of its original unit and integration of the created diversity to a new unit at a higher level
Five Phases TCM	Fundamental Model of Traditional Chinese Medicine which looks at nature as an energetic continuum
Five Spiraldynamic Principles	Organizational principles of the human musculoskeletal system from the perspective of Spiraldynamik
Individual pole	Pole within a polar system of relationships which stands for the quality of the individual
Kinesiology	Therapeutic method within the complementary therapies
Paradoxical driving forces	Inside forces that drive the parts of the system in a direction which is objectionable to other parts, and thus enhance the internal splitting
Self energizing process	Chain through feedback reinforced active factors which leads to a mutually build up of certain values
Self-regulation	Ability of a natural organism to maintain its internal dynamics even in an equilibrium
Spiraldynamik®	Coordination model for the human body
SpiraliK®	Kinesiology concept, developed since 1996 by Dominik Schenker
Stress experience	Experience in which an organism is forced to react with fight or flight

Contact

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