

Generating Balance:

An Ontological Ingredient
For Global Transformation

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Where do we begin looking in order to address the entanglement of world issues and controversies that vitally touch all human beings on planet Earth? We find ourselves deluged by daily news that provides evidence for how incredibly out of balance we humans are. What restores balance to humans? Our challenge is to provide ourselves with an ontological tool, one that is based on our *being*, which we can utilize to restore balance in any personal or professional circumstance.

Our tendency is to look in three distinct directions whenever we want to resolve an issue or crises. Exploring the atomic **micro-world** of gluons and mesons has given us many useful technologies, but it is not likely that it will give us the balance in our humanity that we are looking for. Certainly microwave ovens and micro-technology are useful, at least for those of us in the world who have electric wall outlets. But atomic research has also produced weapons that have contributed to our lives being more out of balance. We can be grateful that we have learned that what seems so small and insignificant can be quite awesome and valuable. This applies to seven billion humans.

We also tend to look in the opposite direction, the immense **macro-world** of our galactic universe. The few astronauts who traveled even slightly into our relatively tiny solar system came back having experienced what became called *the overview effect*. They looked back at our beautiful planet and although lost for words, said this: *we are all one; we are all in this together; war and strife solve nothing*. The challenge is to get leaders to recognize this. We could offer all world leaders a ride onto a spaceship promising them a return ticket ONLY if they made authentic promises for real solutions. This could work, except we have a budgetary and transportation crises that prevents it. Realistically, leaving the Earth is not going to save us in the near future either.

But we still have our human sized **meso-world** of seven billion neighbors. How is balance possible here? Our social systems and governments are primarily invested in self-preservation and dominance, and do not share enough common principles for getting along with one another. They cannot even agree on whether, or when, war and violence are justified. When political leaders are out of balance, citizens tend to follow. Certainly some of our nations have made inroads towards opening the doors of wellbeing, freedom, and diversity, but the jury is still out on others.

What are we humans to do?

Faith is a guide for the majority of people on planet earth. There are so many beautiful and valuable teachings! So what about God? Oops. Here we have to be careful because of the different spokespersons who insist that we first have to use the proper name. But which one: God, Allah, the Divine, Jehovah, Wakan Tanka, Yahweh, Brahman, and many others? Again, getting humans to agree is a problem. History is against us. There are so many people of faith that continue to behave quite intolerantly and violently with one another. When religious leaders are out of balance, their faithful tend to follow. Certainly religions have given us moments of courage, community, and hope, but the jury is still out on others.

We find ourselves spinning our wheels. We know that our human world is out of balance, and that the consequences are both evident and immediate.

It is said that “*Necessity is the mother of invention.*” We are clear on the *necessity* of global transformation. In the context of balance, let’s take a quick look at the other two words in this saying.

Mother?

We all honor those who came before us that were dedicated to making the world a better place. Nations are proud of their founding fathers. We officially recognize the father of psychology, the father of mathematics, and the father of science. In addition, we also have founding fathers for hate groups, terrorist organizations and tyrannical dictatorships. Unfortunately, not all fathers are the same. Again, something is out of balance. Over the centuries we have not named many founding mothers.

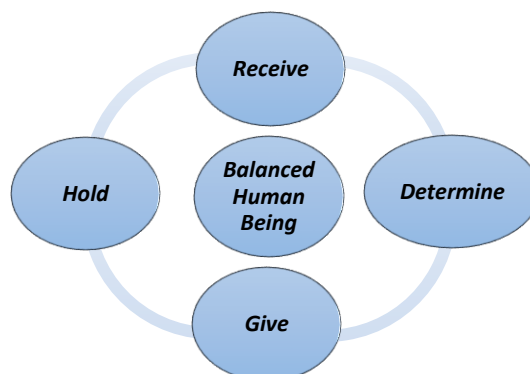
For several thousand years our cultures have been patriarchal with plenty of evidence that they have been centered on domination, possession, distrust, sexual and racial discrimination, and war. We can only speculate what a matriarchal culture on a big scale would be, because we have not experienced one, at least in human memory. So there is more imbalance here. Certainly, just as a man or woman can be out of balance, so can a patriarchal or matriarchal culture. Our challenge is balance.

Biologically we can be out of balance as *females* and *males*. Cultural norms of what it means to be a *man* or *woman* do not teach us balance. The attributes, behaviors and roles of *masculinity* and *femininity* dictated by societies do not teach us balance. The energetic *yin* and *yang* teachings of the Chinese tradition greatly endorsed learning to be balanced, but in the translation too many have turned it into an esoteric theory with little actual practice.

What about *invention*?

We do not even have to invent something new. The three dimensions of atoms, galaxies, and humans share *being*. The human race with all its governments and religions shares *being*. Women and men share *being*. The practice of ontology goes to the core of *being*. The history of human discourse has tended to restrict *being* to something abstract and theoretical, yet it is essential in learning to be balanced in every moment of living and relating.

There is an essential ontological tool that is always available to us that keeps gathering dust the less and less we use it. At the heart of a balanced human being there are the abilities to hold, give, receive, and determine.



One way of learning balance is to simply look down underneath our feet. The planet that we

walk on holds us with stability and strength. The Earth keeps us close and protects us with gravity, otherwise we would fly away towards certain danger. Important limits and boundaries must be respected. There is something very intimate in being held and cared for in this way. Gravity tells us that this planet is where we must learn to live, and teaches us that we are all equal no matter the diversity of humans, plants and animals.

The Earth also knows how to give every living being the minerals necessary for its life. It knows how to receive, hold and nourish a seed. The emergence of a sprout happens in the darkness just below the surface, and when it is ready, there is a push and the shoot becomes evident. It is then received, and held again in a new way. The earth knows how to give just the right amount of water, heat, and air to every living being, guiding it into a bright world where things get hot and cold. Unless balance on the earth is disrupted, all life forms grow, mature, flower and give fruit. If this balance is disrupted, it becomes stubble, and can only be ploughed under. Human history has shown that countries, empires and civilizations have been ploughed under.

Where else can we learn balance?

Plants and animals live in this flow quite well until ecosystems are damaged or destroyed. They hold themselves in life in different ways with a giving and receiving that is so evident in their gentleness and power. They only do what is essential for living without a frantic do-do-do and go-go-go. They provide us with essential nutrition and incredible pleasures of taste. They make our human life possible. Our physical bodies continually receive what plants, animals, and the minerals of the earth give. Calcium and phosphorus hold to form our bones. We breathe atoms of oxygen that enrich our blood. Molecules of water flow through us. We are born into and continually surrounded by these teachers.

Every one of the seven billion humans is born of a woman. So one thing we have in common is knowing the fullness of being in a mother's womb, the tenderness of her body after we are born, and her strength when she held us. Balance is learning that every action we take is a holding, giving and receiving. Look at the tenderness of a baby's giving, the openness of a baby's receiving, and the trust in their being held. When they grow they learn to play with agility, strength, and endurance. They spontaneously hold hands when they want to be accompanied. They naturally give an embrace when they want to share affection. They hold us intently with their eyes when they want to share that which is most profound in *being*.

We do not have to invent anything to learn balance. However we must be open to rediscovering what was given to us as infants, and be willing to let it mature in time as an adult practice.

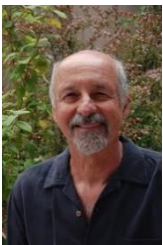
Our humanness can also be characterized by the ability to determine. We have the capacity to determine that which is not going to take place naturally, predictably, or cyclically. We design, invent, shape, influence, give direction, produce and generate. Industry and technology are proof of this. When we do this independent of holding the earth in our care, or without attention to the giving and receiving of life on earth, the result is pollution, destruction and extinction. Striving towards global transformation is a human process of determining. It is not going to happen if we are out of balance in our holding, giving, and receiving.

The ability to determine is to learn to apply and practice this. Leaders of countries and religions, parents, teachers, project managers, executives, police officers, therapists, and coaches are all responsible for holding a certain space, and determining the life and wellbeing that are promised in that space. If they give without dominance and receive without submission, balance will occur. This

can be taught within any social system or religion, and applied in the background of every global issue and in every home. All people can learn to touch and share *being*.

Mother Earth smiles when we play in joy. She does not like it when we fight over things, but she trusts that we will grow up and learn to work it out. At times she can only hold the space regardless of whether what happens is beautiful or awful. There are days when it is pretty tough for all of us to see what the seven billion children do.

We humans are balanced living beings when we learn to hold intimately, give with gentleness, receive carefully, and determine wisely.



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