

***The Holy Trinity and The Law of Three***  
Cynthia Bourgeault, 2013

Binary systems are tensions of opposites (p15)  
male female  
yin yang  
light dark  
conscious unconscious  
Twofoldness leads to cyclic reoccurrence (p18)

The Law of Three – forward movement requires a third force of heading or direction (p16)  
Ternary forward-motion and progress (versus binary cycles) operate under the asymmetry of the Law of Three (p18)

1 <sup>st</sup>	seed	affirming force	
2 <sup>nd</sup>	ground	denying force	
3 <sup>rd</sup>	sunlight	reconciling force	
4 <sup>th</sup>	new young bean sprout with new range of possibilities awaiting it		(p27)

Eight foundational principles – (p24)  
1. In every new arising there are 3 forces involved:  
**affirming, denying and reconciling** (or affirming, denying and **neutralizing**)  
2. The interweaving of the 3 **produces a 4<sup>th</sup> in a new dimension**

The 3<sup>rd</sup> force is coequal with the 1<sup>st</sup> force of affirmation and the 2<sup>nd</sup> force of denying. The 3<sup>rd</sup> force is not a product of the first two. The 3<sup>rd</sup> force serves to bring the other two forces into relationship, from which forward momentum can emerge. (p26)

1 <sup>st</sup>	sperm*	affirming	(p27)
2 <sup>nd</sup>	egg	denying	
3 <sup>rd</sup>	intercourse	reconciling	
4 <sup>th</sup>	new life with new possibilities with her own creative force herself		

(\*male and female are *never* stereotypically affirming *or* denying; p28)

Every triad gives rise to a new triad and, under the right conditions, chains of triads. (p28)

All three forces are equally important and necessary for unfolding and transformation. Consequently, “the enemy” is never the enemy.  
Personality + Essence or Shadow + the neutralizing 3<sup>rd</sup> force of changing, dynamic Life (p29)

The 3<sup>rd</sup> reconciling or neutralizing force is where the two forces cease opposing each other and come into relationship with one another. The 3<sup>rd</sup> force catalyzes a new arising.  
Note: not all triads are dynamic; some are static, eg the 3 colors of red, yellow, blue (p30)

Solutions to impasses generally come by learning how to spot and mediate 3<sup>rd</sup> force, which is present in every situation but is generally hidden. Remember, the consequences in terms of orienting oneself toward enlightened action: it does no good whatsoever to simply and forcefully align oneself with one of the two opposing forces in an attempt to overcome the other; a solution will appear only when the third force enters. [Russ Hudson calls the 3<sup>rd</sup> force (non-religious) Grace, something bigger, outside of ourselves.] ... The default setting of our usual consciousness is skewed toward the binary; toward “either/or.” It lacks both the sensitivity and the actual physical capacity to stay present to 3<sup>rd</sup> force, which requires an established ability to live beyond the opposites. ... and reflects an evolutionary advance in consciousness. ... Whatever it is that awakens the mind to this higher level of perception at the same time “draws down” 3<sup>rd</sup> force like a lightning rod. Whatever the actual mechanics may be, the bottom line is that 3<sup>rd</sup> force does not enter a situation automatically; it requires the conscious mediation of an alert presence and a flexible intelligence. (p31-2)