

Zero infinity: Multidimensional healing of experiences

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Zero Infinity: Multidimensional Healing of Experiences

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Abstract

The Satir Model (Satir, Banmen, Gerber & Gomori, 1991) is an inclusive, systemic therapeutic model that offers innovative concepts and interventions that lead to deep transformation. Virginia Satir was a pioneering, creative and brilliant therapist. This article will introduce and present a systemic and geometrically based concept “zero infinity” as an innovation and new offering to the Satir Model. Zero infinity has emerged from my research on Satir’s Personal Iceberg Metaphor (Lum, 2000) and treating thousands of individuals, couples and families since 1994, when I was first exposed to the Satir Model intensive training. I will share some experiences, understandings and influences that have helped me to discover zero infinity. This concept has been influenced by my Asian heritage and Canadian Western upbringing. Video links will visually and verbally demonstrate how zero infinity relates to healing within four dimensions of a person.

Keywords

congruence, energy, experiential, infinity, multidimensionality, yin yang, zero point

Virginia Satir was conscious of and named the present moment “Now,” while staying cognizant of negative impacts from past events. The experiential nature of the Satir Model enables a person to free up and release stuck energy in the present moment. I will present an original psychological concept of “zero infinity” that systemically makes sense of the multidimensional aspects of being human. This concept emerged from my practice as a therapist and my own personal experiences. I will discuss some concepts that have influenced my thoughts about zero infinity and weave these ideas into application with the Satir Model.

Multidimensionality

Satir wove four dimensions of height, width, depth and time / space throughout her ingenious interventions in family therapy demonstrations. Using height to highlight a relational dynamic, Satir would ask a petite wife to stand on a step stool and look eye to eye with her tall husband. She would lean her upper body forward and lower her head in order to look directly into the eyes of a young toddler. Demonstrating width, Satir would guide the stepfather to pull tight on the left hand or arm of his wife, and her son to pull tight on the right hand or arm of his mother, accentuating the opposing tensions between the two males for her attention. Depth was illustrated by intentionally questioning and exploring how external events impact a person’s internal experiences. Time was explored by externalizing past events in the present (through sculpting, questioning, and experiential awareness). Space was utilized by moving and sculpting people spatially close or far, facing toward or away from each other. Satir would discover the impacts of these physical pictures, as people were readily able to get in touch with their emotions and then verbally or nonverbally express them.

Five Therapeutic Elements for Transformation

Dr. John Banmen and Kathlyne Maki-Banmen identified five therapeutic elements for transformational change. Therapy must be experiential, systemic, positively directional, change-focused, and be led by a congruent therapist (Banmen & Maki Banmen, 2008). Satir was aware of the limitations of cognition and knew that change needed to be experiential, in the present (Satir et. al, 1991). An experiential session contains moments where the client has a feeling-level awareness of past negative impacts in the present. Learning how to facilitate experiential moments to facilitate change for clients is crucial.

The Satir Model addresses intrapsychic and interactive systems in therapy (Banmen, 2008). Systemic thinking includes micro and macro, tiny and expansive, cell and cosmos. Satir was able to bring common sense and simplicity into complex human systems.

Satir had a deep belief that growth can happen for all human beings and was positively strength based (Banmen, 2008). If external change was not possible, internal change was possible. Change is available for anybody especially when a now moment is facilitated. Satir’s mind was beyond simple, as she comprehended complexities of the human condition and the intricacies of family dynamics. She emphasized the need for congruency both within a person and between people.

Energy

In quantum physics, vibration and energy make up all living things. When we are born into this world, a breath of oxygen energizes and enlivens our body, emotions, mind, and spirit. Energy does not die, energy transforms. An example with transformation of form, is that water can freeze into ice, melt back into water and turn into steam. Satir spoke about a circular field of energy around a person, and named vibrations that she could sense, touch and see (Banmen, 2008). Satir believed that a person's self-worth affected their life force, which she likened to electricity and power (Banmen, 2008). Braden wrote, "Energetically we are electrical in nature" (Braden, 1993, p.22). The concept of energy has allowed me to visualize zero infinity changing energy blockages within a person into energy flow.

Zero Infinity

"Neither from nor towards; at the still point, there the dance is"

(Eliot, 1943, p. 9)

This article attempts to integrate zero point and infinity to explain change and transformation. I have named it simply, "zero infinity." I illustrate how zero infinity came to exist in this therapeutic context and to share my time line and journey.

Consider zero point (known as the zero point field, the still point, and no thing) as a doorway into the infinite. Gregg Braden spoke of zero point as appearing still yet in motion (Braden, 1993). No thing is not nothing, rather, no thing is the absence of thing or object. Within these moments people can experience peace, quiet, or no thing. Spiritual teacher Gangaji teaches the importance of stopping in order to experience stillness. (Gangaji, 2007) Within stillness is an alive presence or consciousness, which is experienced in the now. The Self "I am" represents spirit and soul which includes consciousness (Banmen, 2008). Light and breath within holds our spark of life force.

Infinity has captured the imagination of many minds, and has been widely studied in the fields of mathematics, philosophy, physics, poetry, cosmology, and religion. Relatively compared to other fields, there has been limited exploration or adaptation of infinity by the world of psychology (Falk, 1994). Satir spoke about infinite possibilities for creation and infinite ways of learning (Banmen, 2003). Infinity seemed to explain endless possibilities. I imagined zero infinity as a twisted Mobius strip, the inside and the outside of the infinity loop being continuously connected through moving energy that loops back and forth, round and round.

I am not a mathematician, scientist, philosopher, religious scholar or poet. With my interest in psychology, family systems, and spirituality, I have been surprised to be so drawn to quantum physics, science, geometry, and cosmology. I have a Christian upbringing and have been drawn to Satir, Taoism and Gangaji.

As a Canadian-born Chinese, I was influenced by both western and eastern cultures. Having zero and infinity in my awareness has been long standing. As an adolescent, I was privileged to perform a Chinese ribbon dance. I loved the motion of the silk ribbon making the symbols of infinity, figure eight and the circle, along with up and down wave-like

motion. I loved the movements from left to right, up and down, round and round as infinity was being traced in the air.

Zero and infinity merged as one symbol came into existence from my study of the Satir Model, listening to Gangaji, taking Tai Chi, thesis research, ten years of public speaking for the UVic Speakers Bureau, teaching personal growth workshops, counselling thousands of clients, supervising practicum counsellors, writing (Lum, 2000; Lum, 2002; Lum, 2008; Lum, 2010) and presenting at conferences (Lum, 2010; Lum 2016). I used zero infinity often in combination with the Personal Iceberg Metaphor to create experiential moments of healing with numerous clients. Many students I have counselled have voiced that my use of zero infinity has increased a positive focus in their lives.

Imagine an infinity symbol with a zero or circle in the middle where the infinity lines cross as an X in the centre (Lum, 2010). The pinhole in the very center is the zero point, still point, centre point, or point of connection to Source. Being still allows the zero point to be accessed, which contains a place of expansion. Robert Frost alluded to this circular mystery, “We dance around in a ring and suppose but the Secret sits in the middle and knows” (Booker, 2004, p. 534).

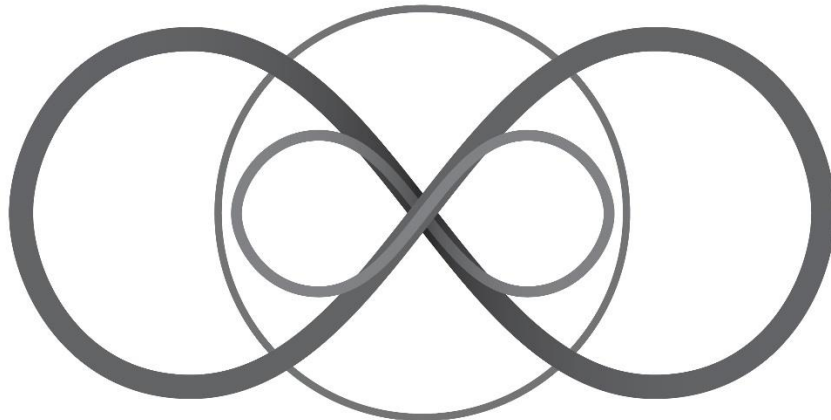


Figure 1. Zero Infinity

Within the zero point of infinity is potential for congruency. I envisioned a constant light emitting from the deepest being of the person. I was pleased to discover that Satir noted that people had an inner light that was stuck in a black column of restriction and that changing this darkness into light created possibilities (Satir, 1988). I imagined that people have an ever present spark of light within their hearts. I also envisioned that negative energy can prevent this light from emitting its energy, and that transformation is about changing dark energy into light.

As Before, So Will Be:

“In my beginning is my end. Now the light falls”

(Eliot, 1943, p. 15)

Studying, practicing and integrating the Satir Model since 1994, I personally and professionally have gained confidence, competence and congruency. I am grateful for significant changes that have occurred within myself. My own struggles were strongly impacted by regrets for choices that I did or did not make, and with expectations and yearnings that were not met. I would ruminate, judge, and make decisions about my worthiness. I suffered especially when I focused on and believed the familiar negative stories within my mind. I was able to identify how past decisions whether in childhood, adolescence or adulthood were impacting my present day life. Seeking counselling where the counsellor listened to my story was helpful, yet not transformative. Prior to learning the Satir Model, as a Rogerian based counsellor, I too would listen to the story, explore cognitions, name or discuss feelings, yet change seemed slower, less visible. Identifying and naming feelings was clearly not enough to change these feelings.

Satir Transformational Systemic Therapy training was designed for therapists to practice giving and receiving counselling on their own real life issues. This was a significant reason for my own internal changes, which role playing scenarios, typical in counselling training programs, would not have facilitated. Initially I felt vulnerable and threatened, as therapists counselling other therapists with an observer was very intimidating. I was fearful that I wouldn't be able to display my skills as a therapist and that others would judge me as too sensitive or inadequate. What I found was my willingness to learn, be open, honest and to be vulnerable was pivotal in allowing for my own transformative changes. Professionally I was becoming increasingly effective with clients and students.

I observed that when a person focused on the past in a negative way, they would bring that same negative energy to their present, which in turn would negatively affect their future. If they were sad and had regrets about their past, they had doubt and anxiety about their future in the present moment.

From witnessing many significant shifts in people in relationship to past events, I have been intrigued by what exactly happens in the moment of an energetic shift, a transformational change. The moment would be so noticeable, so palpable and the person would report significant shifts. People would acknowledge physical, emotional, intellectual or spiritual changes about how they felt in that moment regarding a past event, or in relationship to Self. They would also report feeling more connected to their life energy. Facilitating an experiential moment was a key component to this transformation. I would directly ask, "What is happening to you inside right now, as you remember that time?" I would motion with my hands to drop from their head to their heart. I would ask them, "Where in your body are you holding that burden, and what does it have to say now?" I intentionally use the word, "now" through my queries to bring in the present moment. When I was able to facilitate the person's awareness and willingness to have their direct experience, space would open up, so they could identify and feel their feelings. Change happens in a moment, as the healing can be instantaneous, often taking less than five minutes. This often would surprise the person, as well as myself. Freeing people from their well-known, well-versed stories can be such a relief. The key to health and congruency is "feel it to heal it" or even simpler "feel to heal."

Zero Infinity: Video Explanation

Infinity is an elegant way to explain the complexity of what happens in a moment of transformational change. The following link <https://youtu.be/7GWMv85cqEM> is a visual

demonstration. I will also share a general explanation of zero infinity as I have visualized it.

I will speak to four different zero infinity videos in relationship to each dimension. A male figure has been used, however this concept relates to all people regardless of gender expression. At the start of three video demonstrations (Time and Space, Yin and Yang, Heaven and Earth) the bright golden light of the sphere is situated at the heart, where I have imagined zero point to be located. The heart is the space for healing and transformation to occur.

The sphere's bright golden light shows full access and aliveness from life energy, and represents congruency. Infinity purple is continually moving energy in both directions and shows the healthy and smooth flow of life energy. Infinity purple represents congruency. Depending on the dimension, the infinity loop moves either from front to back and back to front, left to right side and right to left side, or up and down and north and south.

I visualized infinity purple turning black when being impacted by negative events or circumstances. Infinity black would steadily increase in size, the more a person indulged in, denied, repressed or judged the story, people, events, or circumstances. Infinity black would expand outside of the person's former bright golden sphere. The flowing movement of infinity black would initially move downward (representing negative energy) move back or forth, left to right first in one downward direction, looping up and then downward in the other direction. The negative energy cycle thus is caught in a continuous infinity loop. Simultaneously once negative movement starts and continues, the bright golden life energy sphere within a person's core would decrease and turn black, corresponding to negative infinity black. Notice the constant white light flashing in the heart centre, emitting a tiny spark of light that represent the core Self.

A way to release negative energy represented by the large infinity black is to have a person fully experience their feelings. A healing infinity blue located within the inner black energy sphere, would represent the direct experience of feeling one's feelings without indulging a story. As feelings are acknowledged, honored and felt, infinity blue moving in both directions would reduce in size, dissolving into zero point. Simultaneously the larger infinity black decreases and dissolves into zero point. One must stop and be still to consciously connect into the core spark of light found in zero point.

I visualized a green spiral emerging from within the zero-point core, and spiralling back out through the person's life energy sphere, completely cleansing and dispersing negative black energy or residue out of the body. The sphere turns bright golden yellow once black energy is released. An infinity loop reversal would happen as represented by a green infinity loop. It would first move upwards, rising to the left (representing positive growth energy) curving around, then rising on the right, curving around, and repeating the infinity loop cycle. The golden sphere of light expands, increasing life energy. Green represents positive growth and the heart center. Infinity green turns into infinity purple, which represents harmony and flow, and the bright golden energy circle represents congruence. The shining light that expands out from the body into the world displays congruency, life energy and presence.

Zero Infinity Video: Time and Space

The following video link <https://youtu.be/A17ySh4gxIE> is a demonstration of zero infinity in relationship to time and space (past, present and future). I envisioned a negative black infinity loop

moving downward toward the past or from the backside of a person, then curving upward and downward through the front side of a person, bringing negative energy into the future. I witnessed and learned how anxiety, fear of the future, fear of making poor decisions, fear of betrayal, fearful anticipation, fear of loss of love, lack of trust, inability to dream of the future were negatively propelled by a negative past. If a person has been traumatized in the past, the trauma needs to be processed and released in order to enable body systems to flow freely into the present and future. I was aware of how past stories that get retold over and over, or are indulged will strengthen the negative story, until the person identifies with this negative story. People who are feeling stuck, blaming self or others, projecting, judging, complaining, comparing, denying or numbing, will not be in a congruent harmonious state. When the energy blockages from the past are cleared, healed, or events are acknowledged, then the person may be freer to experience their present, which impacts the future.

As Within, So Without

“...release from the inner and the outer compulsion, yet surrounded by a grace of sense, a white light still and moving”

(Eliot, 1943, p. 9)

Satir created effective tools for transformation. “Virginia believed that close friend John Banmen understood her therapeutic system more than she did (King, 1989, p. 32). From Banmen’s astute observations they co-created the Personal Iceberg Metaphor (Lum, 2000). In my research, I discovered that the Personal Iceberg Metaphor “is simple to understand, yet challenging to actualize its complexity” (Lum, 2000, p. 103). It is a visual representation of the internal and external worlds of a person.

The levels of the Iceberg are Self: I am, yearnings, expectations, perceptions, feelings and feelings about these feelings, coping stances and behaviors. The behaviors include the event, circumstance and story. The coping stances are strategies to deal with stress. If a person has an experiential session, and they change in one level, others levels of the Iceberg will change. If a person changes their perceptions of an event, feelings may be felt, perhaps allowing expectations to become more realistic, thereby fulfilling deeper yearnings. Congruency exists as a way of being that is beyond coping.

I completed Satir training with John Banmen in 1994. Through twenty years of in-depth study and practice of the Satir Model, I noticed that deep changes happened for many clients and therapists, including myself. In 1999 I conducted research for my thesis (Lum, 2000) focused on the therapist’s experience while integrating the Personal Iceberg Metaphor.

In August 2000, I presented my research at a Satir Institute of the Pacific advanced residential training. What I discovered from my research and conveyed in my talk, was that in the centre of a three-dimensional Iceberg Metaphor was congruency. I envisioned that when one is connected to Self and to the earth, then one’s energy positively expands upward, downward, inward and outward. I imagined a spiral coming out of the core of my Self and expanding up into the heavens and another spiral expanding down into the earth.

In 2008 while having the auspicious opportunity to sit with Gangaji, as I went deeper into and beyond my feelings, my body actually felt internally as if it were spiralling

outward. I experienced an internal unwinding of energy, and my upper body actually physically rotated in numerous circular motions as I sat. I got the sense of a spinning top. I imagined that spinning out was a clearing of residue and unprocessed emotions regarding past events. Therefore, I used a green spiral to clear out negative dark residue.

The following video link <https://youtu.be/STmFkhggpeg> is a demonstration of zero infinity in relationship to the Personal Iceberg Metaphor. In this video the bright golden sphere has not been used, as the Iceberg is central. The Iceberg is a visual representation for the inner world of a person. The zero point represents the entry into the connection with Self: I am. Negative infinity black can impact all levels of the Iceberg. When feelings are felt all the way through, it will impact change in other levels. The core light within will move through all levels especially when there is flow, balance, harmony and congruency.

The Iceberg intersects with the time and space dimension. For example, if a person regrets his or her past and carries a negative perception about others, infinity black may grow larger and they might be distrustful of others in the future. The Iceberg could intersect with the width dimension, e.g., if a person thinks they are right and that the other is wrong, it may negatively impact their feelings or expectations of themselves or the other. Using the zero infinity, the same process would be used to release negative feelings, thoughts, expectations or behaviours.

As Is Dark, So Is Light

“So the darkness shall be the light, and the stillness the dancing”

(Eliot, 1943, p. 19.)

In this section I wish to share and weave how Satir, Taoism and Gangaji teachings have influenced my thoughts on zero infinity. Since learning Taoist tai chi as an adult, I was struck by how physical movement deepened my understanding of the Satir Model. I could sense up and down, left and right, up, forward and backward movements within my body. I was drawn to tai chi because of its Chinese origins, and because I have a tendency to live in my mind and emotions. My desire to get more connected to my body has helped me understand how balance within the body leads to balance in mind, emotions and spirit.

I was drawn to Gangaji's teachings in 1999. Gangaji facilitates simple inquiry and supports direct experience with Self. Having my own direct experience with Gangaji was profound and similar to having my own experiential Satir-based sessions. Gangaji encourages each person to discover awareness and consciousness. Satir sessions are also a discovery process, where the therapist encourages the client to become aware and find answers within. I have a deeper understanding of yin and yang through understanding the concept of non-duality from Gangaji's teachings, and this has influenced zero infinity.

Satir, Gangaji and Taoism are aligned in the aspect that every negative has a positive, and that harmony brings health. In the Satir Model there is a hopeful outlook that positive intentions underlie negative actions or beliefs, and that positive parts can add to and transform negative parts. The world is filled with examples of duality, polarity and binary situations. Some examples are right or wrong, good or bad, positive or negative, yes or no, light or dark, all or nothing, secure or insecure, energy or exhaustion, optimism or pessimism, hopeful or hopeless, success or failure. These opposites are complementary to each other, creating diversity and complex systems (Sabelli, 1998). When energy is flowing

throughout the body, then harmony exists. Unfortunately, many people have blockages to their energy flow within the body which can result in dis-ease and reduced access to life energy. I believe that therapy helps people to access their life energy to become balanced and harmonious.

Yin and yang is an ancient Asian concept that represents the interconnection of opposing forces, that both dark and light exist and both good and bad exist. Congruence is the harmony of yin and yang, where yin is within yang, and yang is within yin. In the yin yang symbol this is represented by the black dot within the white swirl, and the white dot within the black swirl.

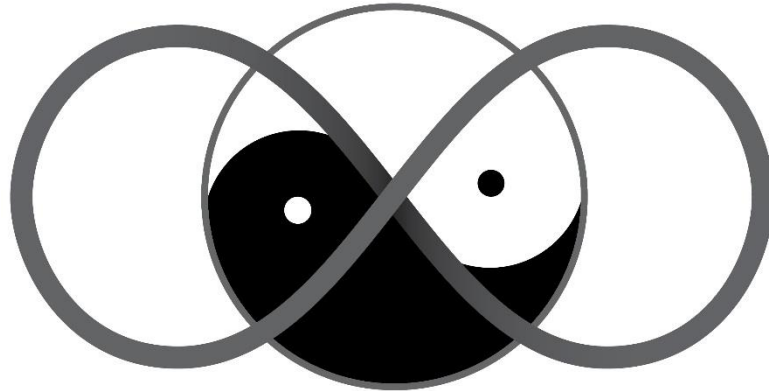


Figure 2. Zero Infinity Yin and Yang

In a first counselling session, a client asked, “How do I love myself?” Using my own connection to Self, and my knowledge on how to create an experiential moment, I was able to facilitate an experiential session with the client in relation to her adult children. At the end of the session, she stated, “Today’s the first day I’ve loved myself, after so many years of feeling the opposite.”

Satir and Gangaji believe pain is an ally because it gives information that something within is out of balance (Banmen 2003; Gangaji, 2007). I surmised that for a negative energy, the opposite positive energy holds the potential healing quality. If a person is rigid, then softness or flexibility can bring balance. If a person is serious, fun or laughter bring balance. If they are overthinking and analyzing too much, they could benefit by becoming more playful and creative.

One’s focus of attention can have a significant impact on life experiences. The example of a glass half empty or a glass half full is dependent on the focus and attention of the observer. After having an experiential counselling session, my client stated, “It feels empty and full at the same time.”

Satir encouraged harmony within, in order to light up another person’s darkness. Through adding light, she became a beacon of light for so many around the world. I embraced the concepts of adding light to darkness, the harmony of yin and yang, and the existence of non-duality. These paradigms have positively influenced the ideas behind zero infinity.

The following video link https://youtu.be/B9n_erlfrDM is a demonstration of zero infinity in relationship to duality, polarity or binary situations and how one can connect to flowing life energy. Imagine a person facing forward. Zero point is centered at the heart, and the infinity loop is moving side to side, left to right, right to left. If a person identifies

with their negative story, or justifies or gets into conflict with being right or wrong, good or bad, better or worse, infinity will expand as infinity black reducing the person's energy and potential for congruency. A person must experience their feelings without the story, just feeling the feelings as an energy. As the energy moves through the body, often I will encourage the person to acknowledge and exhale the negative energy. The yin and yang symbol represents the flow of movement and balance between the opposite and complementary energies. I visualized that when the yin and yang are flowing smoothly, that harmony is present which contributes to congruence and life energy can shine forth.

As Above, So Below

“And the way up is the way down”

(Eliot, 1943, p. 30)

Researchers have found “... the mathematical symbol of infinity is drawn in the stars, in the center of the Milky Way” (Lamua, 2013, p. 38). Ancient Chinese wisdom acknowledged opposites as Heaven and Earth uniting to create the Universe. I wondered about infinity as a bridge from one world to another, universe to human. A vertical zero infinity seen as a figure eight can be used to show the relationship balance between heaven and earth, the sky above and ground below, the mind above or the heart or gut below.

I was curious about whether the connection to the cosmos also paralleled the connection to the cells. As was my paternal grandfather, my father was a greenhouse operator, growing plants and vegetables. He was acutely aware of needing the sun above, air, water, steam, fertilizer, beehives to tend to the plants and soil beneath his feet. How reassuring to discover that Satir loved plant growth and related this metaphor to human growth. Practicing tai chi and noticing my feet pushing downward toward the ground, while receiving energy upwards through the body, has given me an experiential sense of connectedness.

Satir believed that through our roots we are all linked to one another as buds on a tree (Satir, 1988). Reflecting upon the tree and its connection to the earth, I created a body movement exercise to use where I ask people to stand with their feet tightly together, then lift their arms up like branches and notice what happens when they imagine feeling a breeze, wind and then gale force winds. They experience how unsteady their feet and body feels, with the swaying movement in their upper bodies, arms and hands. They could easily topple over. I direct them to widen their feet to hip width as tai chi teaching encourages remaining planted in the feet. I ask them to locate anxiety, notice where tension is held, then to deeply move into that place, and slowly exhale tension or negative energy either out of their mouths into the sky, or through their feet into the earth's root system as they exhale. People frequently report a solid heaviness in their feet and a sense of being supported by the earth.

In late 2000, I volunteered to be a client for a video-taped counselling demonstration (Satir Institute of the Pacific, 2001) as I had benefitted from watching live demonstrations during Satir therapy trainings. We are connected with similar life themes, and what happens in a counselling session for a client, may resonate within me. It is vital that I clear my own personal unfinished business in order to become a better therapist. The presenting issue was about letting go of past love relationships in order to make space for the current

relationship. At one point in the session, my head dropped forward. I remember how heavy my head felt, and I was not able to keep it upright, thus I used a pillow to rest my head. I had been trying to figure out the relationship, and overthinking was keeping me disconnected from my heart. In that experiential counselling session, I was able to reconnect with my heart. This session greatly heightened my awareness about how the head and heart can work separately, if one is not in balance. This experience influenced my vision of the heaven and earth concept.

In postsecondary institutions, the intellect is highly revered, and many students end up living too much in their minds. People may come to counselling because they are experiencing anxiety, fear or doubt so much that it affects the ability to sleep, as they try to figure out situations mainly through thoughts. This often results in becoming disconnected from their head and heart, heart and gut, and head and gut. From an experiential counselling session, a client commented, "I feel straighter and more upright, more centered." I remember helping an overthinking person to imagine the figure eight moving energy between her head and heart, especially so that she might drop into her heart space. She later reported "I've used the figure eight and it helps me connect to my heart. It's one of the best tools I've had in a long time." Another client reported that imagining the figure eight in her body helped her to stay centered. So don't figure out, figure eight!

The following video link <https://youtu.be/vMh4wvAQoiA> is a demonstration of zero infinity in relation to heaven and earth. Imagine a person facing forward. The infinity symbol is facing north and south, looking like the figure eight symbol. Now, imagine there is a larger figure eight symbol that is balanced between heaven and earth, north and south, up and down. This figure eight symbol expands outside of the boundaries of a person's body. It expands up into the heavens and to the earth. Next, imagine that another figure eight within the body is present. It reaches the mind and gut and is centered in the heart. These two figure eights represent the outer and the inner, the external and the internal. Now imagine a third figure eight which is centered in the energy circle located at the heart. Infinity purple represents flow, connection and congruency. When there is balance, all three infinity purple loops are flowing.

Imagine two scenarios of being unbalanced. In the first scenario the top black infinity loop is larger than the bottom black infinity loop. Here the person is living too much in their imagination (head in the clouds, a dreamer) or living too much in their thinking mind. When a person is thinking so much, they lose connection with the earth below and can feel ungrounded and, thereby, can lose connection with their gut and especially their heart. Too much focus on thinking can keep a person stuck in his or her head, often referred to as head games, mind games, over-thinking, mind maze, monkey mind, on the hamster wheel, being top heavy, being thick skulled, clenched jaw, etc. By living and staying in one's head, anxiety is fostered and maintained. I have found that many clients who excessively think often tend to be shallow breathers. Without deep belly breathing, oxygen does not fill up the lower part of the torso where many central organs are located. Either oxygen enters the top part of the chest and is exhaled outwards where it does not get to oxygenate body cells and organs, or the oxygen is exhaled upwards where the mind gets over oxygenated or over stimulated.

Now imagine the reverse loop pattern where the bottom loop is larger and the top loop is smaller. In this second scenario the person may be too focused on stability and does not access inspiration or make time for dreaming, creativity and play. This person could be bored, focused on developing their physical body and not developing their mind. Too much

focus on body could be referred to as having one's nose to the grindstone, working hard, being a workaholic, carrying the weight of the world on one's shoulders, having hardships or being earthbound. It could also translate to being uninspired, being heavy hearted, unmotivated, bored, stuck, or being immovable, rigid, or stubborn. In both cases the person is out of balance, and thus they would not be in flow, meaning not congruent.

The close-up shows the healing infinity blue dissolving into the zero point, when one feels his or her feelings, and maintains balance, which also influences infinity black to dissolve into the centre zero point. The negative residue is released, and the figure 8 infinity loops become balanced and flowing. Each infinity loop systemically influences each other.

Conclusion

I am immensely indebted to the vision, artistry and wisdom of Virginia Satir and her vast contribution to the therapy field. This being 2016, the 100th year from Satir's birth, I believe that she would have continued to push boundaries and explore new concepts and possibilities for therapy. This concept has been percolating with me for over ten years. The systemic geometric concept of zero infinity is being offered as a possible new addition to the profound and multidimensional Satir Model. Zero infinity has the potential to be used together with Satir's tools for transformation and other therapeutic modalities. Zero infinity presents an original new way to conceptualize and articulate four dimensions in relationship to transformational change. My hope is that zero infinity will be used to explain how to create experiential moments, how to release and revitalize life energy, and be a novel addition to energy psychology and positive psychology.

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