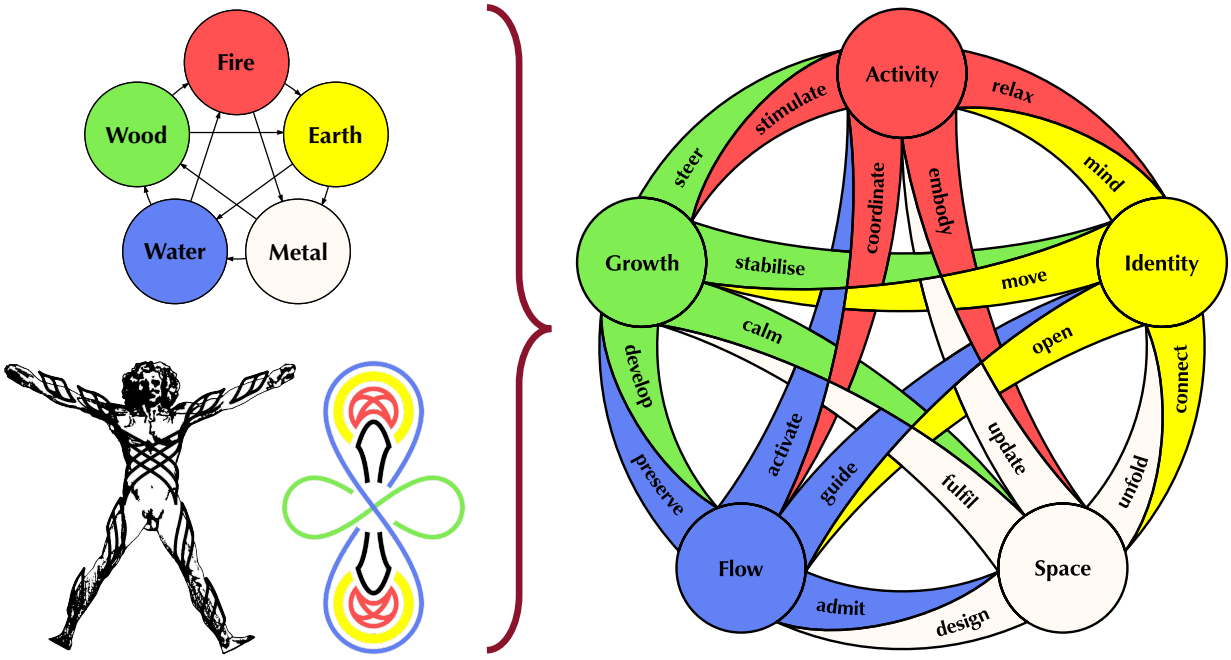
SPIRALIK PEACE DEVELOPMENT

SpiraliK® is a concept of the holistic method of kinesiology («the science of movement»), which belongs to the field of complementary therapy. By integrating various basics, SpiraliK has created an integral movement and development model in which movement is understood as the smallest common aspect and connecting principle of all life processes. This profound approach enables the differentiated recording of life and development processes from any perspective at the interface between body and mind. This allows us to decode the common organisational processes of learning, health, development, relationships and finding meaning and gives us direct access to their regulation. This article presents the basic principles and outlines ways in which the approach can also be used for peace development.

1. Basics

The SpiraliK model is essentially based on three approaches that deal in depth with individual aspects of movement and integrates them into a new whole:

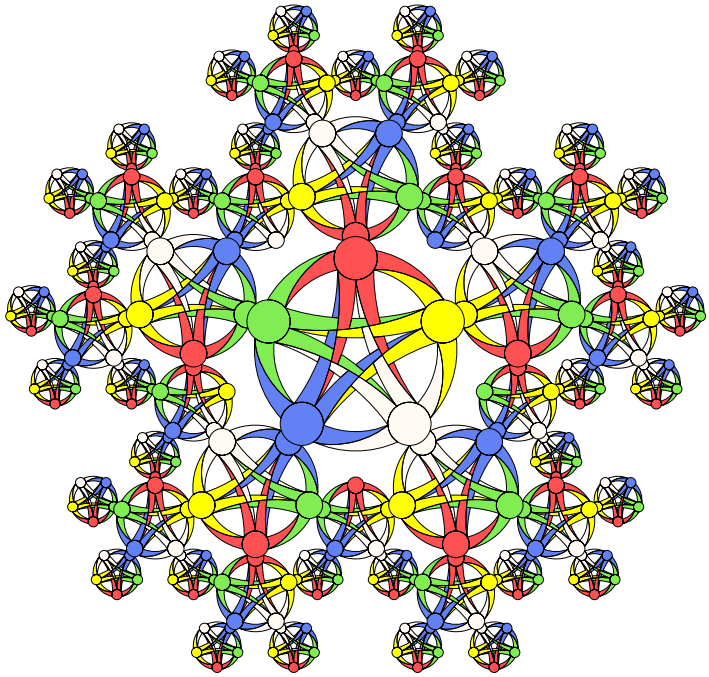
1. **Energy model – 5 phases of transformation:** This model from Traditional Chinese Medicine (TCM) shows how natural movements are underlying a common universal rhythm.
2. **Coordination model – Spiraldynamik®:** This model shows how the human body is organised in a spiral shape, from which natural movement patterns can be derived.
3. **Development model – Spiral Dynamics®:** This model shows how development processes follow stereotypical sequences and are organised at different levels on the basis of values.



The illustration shows the five phases of transformation of TCM in the upper left image, the spiral organisation of the human body in the lower left image (© Spiraldynamik®), its symbolic representation in the lower right image, and the resulting SpiraliK tool, the «movement spiral» on the right.

2. Basic Assumptions

- **Holistic relationships:** Living systems have the potential to organise themselves holistically by realising the spectrum of their needs through balanced relationships within their own internal and external networks. For example, the better the components of a human being, such as cells, organs, muscles, bones, nerves, etc. work together, the healthier a person is. The same applies to societies whose parts cooperate well.
- **Nested hierarchies:** Living systems organise themselves as «part-whole»; on the one hand, they are themselves a whole consisting of different parts, and on the other hand, they are also part of superordinate systems on whose functionality they depend. Our organs, for example, are a whole consisting of cells, but at the same time they are also part of the human organism, which is itself a whole, but also part of partnerships, families and states.



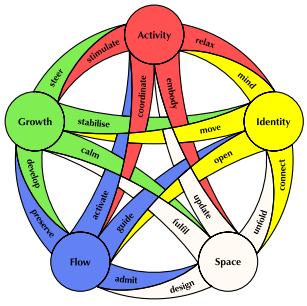
The «movement spiral» clearly illustrates the nested hierarchy of the part-whole elements. The same principles apply at every level, meaning that any viewpoint can be processed in the same way.

- **Dynamic areas of tension:** Living systems therefore operate in a dynamic field of tension in which they should allocate their resources in a balanced way between their own (internal) needs and those of their higher-level (external) networks, as both areas are essential for their own functioning.
- **Healthy development processes:** A balanced allocation of resources leads to healthy learning and development processes, as the constant interaction between the different parts leads to their differentiation, so that when they are sufficiently mature, they integrate into a new entity at a more complex stage of development. This is the classic principle of evolution at work here.
- **Dynamic imbalance:** Stressful experiences can disrupt the dynamic balance of resource use, meaning that needs can no longer be met through a balanced network of relationships. In such cases, the systems affected primarily attempt to compensate for their needs by influencing their environmental conditions in their favour.

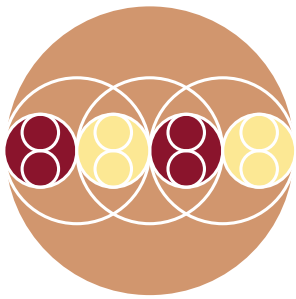
- **Spread across system boundaries:** By influencing external conditions in favour of one's own needs, the conditions for other parts of the system can be impaired, causing them to also attempt to influence conditions in their own interests. This leads to conflicts that spread beyond system boundaries into other systems.
- **Polarised areas of tension:** The additional effort required to realise needs leads to the development of a self-reinforcing cycle. The more resources one part has to invest in realising its needs at the expense of another, the more the other part has to reject this in order to protect its own needs. This in turn increases the effort required to realise a need, as the resistance of the opposite pole must first be overcome. The two polarised needs are mutually dependent and together create a polarised area of tension.
- **Negative imprinting of resources:** Polarised needs appear – consciously or unconsciously – simultaneously on the stage of our perception and thus shape our inner organisation over time. This creates entanglements between the desired needs and the associated lack of coverage of the countervailing need. In order to protect themselves from the inherent negative entanglements, resources that are consciously sought by one component are unconsciously rejected by the other, further driving the cycle of polarisation.
- **Blocked development processes:** Pending development processes in the form of differentiation of the parts and their integration into a new entity at a more complex stage of development are blocked as a result. Without targeted countermeasures, this polarisation mechanism can, over time, lead to physical or mental illness on a personal level, relationship problems in partnerships, or conflicts on a political level.

3. Solution Approach

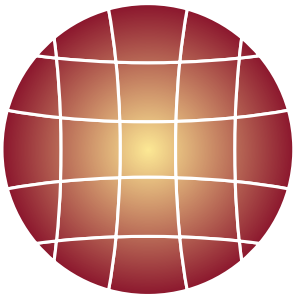
- **Deciphering negative influences:** Using these basic assumptions, we interpret negative situations as an expression of polarised needs dynamism, which leads to blocked development processes. In order to roughly identify areas of tension for any given point of view, we use our methodology to compile an «organisational profile» consisting of the criteria «dynamics», «relationship», «system», «perception» and «development»:



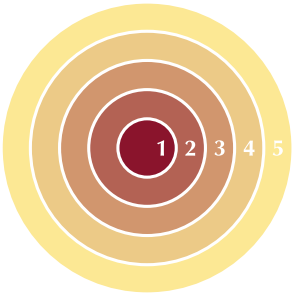
Dynamics



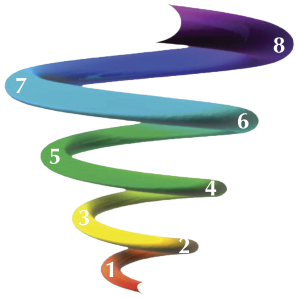
Relationship



System



Perception



Development

- The organisational profile automatically focuses attention on the priority aspects, making it easy to determine the polarised needs. Let us assume that the evaluation results in the needs «support» and «self-determination». The negative situation is the result of having to reject «support» because it is characterised by «external control», while conversely, «self-determination» is associated with a «lack of support» and is therefore also rejected. Accordingly, the area of conflict is experienced as «externally controlled lack of support». The recognition that the background of a negative situation can be traced back to two positive resources that have lost their original function due to stressful experiences can already contribute a great deal to the solution.
- **Realignment of needs:** Once negative states have been identified as polarised / «entangled» resources, they are realigned, or «unentangled» so that they can gradually resume their original function within the structure. The previously polarised resources learn to differentiate themselves from one another or complement one another until, with sufficient maturity, they integrate into a new entity at a more complex stage of development and the blockage dissolves.

The reorientation can be initiated at various levels:

- **Consciously change your attitude:** view needs as positive polarities, shift your perspective between the two points of view, become aware of the resources available for both needs
- **Consciously change your behaviour:** implement a balanced consideration of both needs in your behaviour
- **Develop conditions:** examine existing conditions for the realisation of needs with a view to optimisation and, if necessary, realign functions and structures
- **Review resource use:** question the ratio of energy use for the direct realisation of needs compared to investments in favourable conditions and realign if necessary
- **Unconsciously change attitude:** balance inner organisation by stimulating self-regulation through therapeutic measures for: individuals, partnerships, leaders of organisations

4. Application for peace development

We deliberately use the term «peace development» for our approach, as although the service is also suitable for short-term interventions, its strengths lie primarily in supporting a sustainable and holistic strategic orientation.

In line with the basic assumptions described above, we interpret armed conflicts as an attempt by warring parties to compensate for internal imbalances by using armed force to influence external conditions in favour of their own needs. By imbalances, we do not necessarily mean major state failure; rather, they can also be subtle polarizations. With our methodology, we focus our attention specifically on those aspects that are priorities for the upcoming development process.

A holistic assessment is particularly important in order to sensitise warring parties to the hidden repercussions of their own behaviour described above, in case they reject a holistic conflict resolution due to their immediate interests. Our analysis of subtle areas of tension gives conflict parties willing to cooperate access to new perspectives based on their current point of view, which can also change their interests. With productive options for action, they can gradually develop a path towards independent and sustainable fulfilment of their needs.

Based on Russia's current war of aggression against Ukraine, we will use Russia as an example to illustrate our approach using fictitious assumptions (in reality, Russia would define its own needs). The Russian state justifies its attack, among other things, by claiming that it is necessary for its security in order to protect itself from Western influences. Russia's corresponding need would be «security», so the opposite is currently the case, namely «fear». From a holistic perspective, we conclude that this lack of security is offset by an excessive use of resources in favour of another need, which comes at the cost of «security». We postulate the need for «pride» as the counterpart, derived from the narrative that the collapse of the old Soviet Union is still experienced in Russia as the opposite of «pride», e.g. as «humiliation». In our example, the area of tension is formed by the polarised needs of «security» and «pride».

Under these conditions, resources used for «pride» will (unconsciously) reduce those used for «security», meaning that «pride» is characterized by «fear» and «security» by «humiliation». The self-reinforcing dynamism of internal and external relationship processes paradoxically leads to the two undesirable states of «fear» and «humiliation» being promoted rather than reduced, the more resources are invested in combating them. Under these circumstances, «proud security» or «secure pride» is just as impossible as the integration of the resources at a more complex level, e.g., in the form of «self-confidence», as would be the case in a healthy development process. The learning task for Russia would therefore be to gradually realign its internal relations – its state organization – so that the way in which «security» is achieved also promotes «pride» and vice versa. In this way, «pride» and «security» could be more finely tuned to each other and cooperatively realize the new need.

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