



CHRISTOPHER ANDERSON  
INTERVIEW WITH AUTHOR



Foundation For Man and Woman Balance  
[admin@manandwomanbalance.com](mailto:admin@manandwomanbalance.com)

[www.MANANDWOMANBALANCE.com](http://www.MANANDWOMANBALANCE.com)

# CHRISTOPHER ANDERSON

## Healthy Relationships – The Truth Process for Men and Women Interview with Chris Anderson

**Maria Halyna**

*The Truth Process for Men and Women is a two-day workshop facilitated by Chris Anderson. For times, dates, and contact information please go to website at [www.manandwomanbalance.com](http://www.manandwomanbalance.com). This interview ran in OPEN EXCHANGE in their Jan. - Mar. 2006 edition. Excerpted from a fascinating interview with Chris Anderson.*



*A man and a woman argue about their cars. The argument escalates without any agreement. The man drives his car into the back of the woman's car one day because it was his day to park in their favorite spot and she has disobeyed his request. The car became an obstacle to a healthy relationship.*

**Maria:** Well I am here with Chris Anderson. I am Maria Halyna and Chris Anderson has been kind enough to do an interview with us for this upcoming article. This is December 10, 2005 just before the holidays. And we are happy to have this article. The theme is healthy relationships. We have a workshop coming up. My first question is, how do we restore faith in healthy relationships when it seems so many people like to keep unhealthy ones?

**Chris:** To restore faith, to make for healthy relationships, we have to know what the center is ... that which will hold a man and woman together.

**Maria:** Could you expand upon that a little bit?

**Chris:** Men and women are trying to come together today from different (imbalanced) positions that won't connect. They can't meet each other; they can't meet each other at the heart of things. And so they have a clash.

**Maria:** You talk of that in your concept of misunderstanding, that there is a massive misunderstanding going on .. is that what you refer to.

**Chris:** Yes ... We don't know what the center is ... sometimes I call it the eternal as well.

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Maria: The what?**

**Chris: The eternal.**

**Maria: What do you mean by a spiritual glue that you refer to?**

**Chris: That would basically be the same thing. That would be the connective point where a man and woman could come together ... a unity together and their relationship would hold. So that's the whole deal ... how do we do that?**

**Maria: What does unity come together on?**

**Chris: Unity comes together from opposition ... I think one of the critical mistakes that we make is that we try to come together from a oneness (another word for unity)--as if we are all one or something going in—rather than our opposition or difference. That does not really work or even exist actually. We must come together from our opposition ... and until we understand what the opposition is we can't come together into unity. So we are trying to come together into unity from an unconscious positioning ... it doesn't work ... We have to know what our opposition is .. what our difference is ... precisely ... from which we then can unite.**

**Maria: Does that mean that we retain some sort of understanding of who we are prior to considering what unity is? Does that sort of imply what you are saying?**

**Chris: No, we have to know what our opposition is.**

**Maria: Could you elaborate on that?**

**Chris: A man has to know what he is and a woman to know what she is ... who they are as a man and as a woman for there to be unity.**

**Maria: I think I am saying the same thing by saying we retain who are before we can unite...because in retaining who I am I know who I am so ... but I bring that into a relationship if I want to be in a relationship. I retain the qualities I've gotten through experience ... through life.**

**Chris: No. Different issue all together.**

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Maria: Ok.**

**Chris: It's not retaining who you are... the experiencing as it were is in knowing who you are as a female in opposition to who you are not (male). It's an abstraction. It has nothing to do with your experiences in life.**

**Maria: So you are saying ... in my example ... a woman needs to know that her opposite is a man.**

**Chris: That's correct.**

**Maria: Interesting. So you say that you have to acknowledge the opposition in order to unify.**

**Chris: A woman ... in your case ... the woman needs to know who she is as a woman in contrast to who she is not. The man is who she is not. So when she knows who she is as a woman then obviously the opposition is the man. Then the opposition is created ... its understood, brought to consciousness ... and from that consciousness of the opposition the unity can occur. Unity will never occur until there is clarity of the opposition.**

**Maria: I think that the word opposition is a strong word. I think that is often where conflict begins. But lets move on to another question. What makes your books on relationships different that other relationship authors?**

**Chris: I define these terms opposition and unity. Nobody else has done that before. So whether it's a strong term or not it has to be defined.**

**Maria: Sort of like ... it sounds slightly scientific when you call a desk a desk ... it's because you need to name it ... In that the same way... you are saying that you define terms for the language you can use for relationships?**

**Chris: Absolutely scientific in that sense. We haven't known what a male or a man actually is in the universe ... what is his purpose universally. Neither have we known what a female is in the universe.. her purpose. There is a lot of stuff around that. But the fact is we haven't known what that actually is. If you were to ask somebody what a male is or a female is they really couldn't answer. They would give some vague generalities but they couldn't answer. If you ask, what is the purpose of male in the universe? ... or what is the purpose of female in the universe? And why do these two ... why are they necessary... for the functioning of the universe? People can't answer that.**

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Maria:** My guess is that people would try ... I mean ... are you saying ... that people will be off the mark in terms of how they would define them? I mean, I know what a man is and what a woman is.

**Chris:** There would be some generalities perhaps ... but there wouldn't be a clarity. It's the generalities that are messing us up. We don't have clarity on that.

**Maria:** What do you think the coming age is ... since you've mentioned your theories on this Age of Relativism as harmful to relationships? What would the Age of Relativism lead into?

**Chris:** Well, the Age of Relativism ... which means there isn't a standard to things ... leads to collapse. The system cannot hold at the center.

**Maria:** What is the next hopeful age?

**Chris:** The next hopeful age as I see it would be Man and Woman Balance... that is clarifying the relationship ... so we can have the relationships we want.

**Maria:** Ok ... and could you give that a term?

**Chris:** Man and Woman Balance.

**Maria:** Isn't relativism where everything is compared.. You can read an article right now about Po Bronson who is an author, and he tries not to compare things ... but we are in an age now where things are constantly compared and that's the Age of Relativism ... and we've been sort of ... somewhat forcibly involved in that. What can replace that? What can make things a little more balanced?

**Chris:** Relativism is the age when things aren't compared.. when there isn't any standard ... the age of ...

**Maria:** That sounds like anarchy..

**Chris:** It is. That's my point about it ... the age of comparing that you are talking about comes from an absolutism not a relativism ... which is what I suggest. The problem is the absolutisms from the past have not been balanced. It is our imbalanced absolutes that people are rebelling against.

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**There has been an imbalance in the structure going in where we have one side or the other. But today the direction we are going in is that of no comparison. One word we use for that today is diversity ... difference but without comparison. It is a disaster waiting to happen. My suggestion is that we create a new absolutism where the parts are defined and balanced.**

**Maria: So re-create the categories. Does that sound like it?**

**Chris: In a way...**

**Maria: Where's the balancing point between man and woman and how do we get there?**

**Chris: How do we get there? We have to know who we are as men and women... and then the balance follows.**

**Maria: Is that an automatic thing that sort of arises naturally?**

**Chris: Once the terms are defined as it were ... scientific as that sounds ... the balance arises naturally. You see, when a man knows what he is ... then he will know what he is not ... and when he knows what he is not ... he knows what he needs ... as much as he needs himself.**

**Maria: In knowing what he needs he has to take care of what he needs ... not harm that ... right?**

**Chris: He has to cherish her with his total life.**

**Maria: Can you define balance?**

**Chris: Yes ... very easily ... equal and opposite. That's the definition of balance.**

**Maria: Can you elaborate?**

**Chris: Well ... equality in the relationship means that they are both equal in the necessity to the relationship. There is not a superior or an inferior. They are equal in necessity. One does not exist without the other. That is to say, *one is not without the other, both are needed for either to be.* They are equivalently necessary to the relationship yet they are opposite in function**

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

or purpose to the relationship. When a man understands that he would say, "I can't live without you." That is what a man would say. He understands that he can't actually survive in any form physically, mentally, spiritually without his other.

**Maria:** That's a lot to consider.

**Chris:** Well, it's a very simple concept. We haven't made these abstractions .. so .. they are not even in our game ... we haven't even languaged them. They are not in our consciousness at all. When you understand the balance then you create the definitions. It's no more difficult that 2 plus 2 equals 4 ... a child can understand this. It is no more difficult than a teeter-totter ... understanding the balance of the teeter-totter.

**Maria:** Do both men and women have an intrinsic need for balance?

**Chris:** Well yes ... because they are both singularly imbalanced. It's like sodium and chlorine ... if you look at sodium ... by itself it isn't balanced ... same with chlorine. When they come together and form a perfect salt they're in balance... Once they form that perfect salt and they are in balance together.

**Maria:** I see what you are saying but I still can't apply that exactly to people ... because that's more like the table of elements reference.

**Chris:** Well, that's what we're made up of...

**Maria:** That's on a scientific level ... I know a lot of people who don't need to find somebody else to be balanced.

**Chris:** Mis-premise. This whole line of thinking ... that we can find a wholeness within ourselves alone is a mis-premise.

**Maria:** Well ...there is a no man is an island kind of mentality in what I am referencing. I am saying that our relationship to the world is sort of ... somewhat ... can almost replace our relationship with just one other person.

**Chris:** Our relationship to the world is just a reflection of our relationship with this one other person ... not the other way around. The world is an exact duplication of the balance, or lack there of, we have in our most immediate man and woman relationships. So if you want to save the world, you save your immediate man and woman relationship. It will never work the other way around.

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Maria: That's implying then that only people in relationships can save the world.**

**Chris: Absolutely. Only relative to the balance that they hold together. The balance is the reflection, the mirror of the whole world. The world is a reflection of the degree of balance in relationships. That is how it is. That is how it always been and always will be.**

**Maria: Why do you think men and women ask each other to adopt points of view that are threatening to the balance we have in ourselves in relating to each other? I will illustrate. You can decide that your dominant, like the two people who are in relationships can decide that single people don't have what it takes to make a good impact on the world. That could be a threat to a single person because a single person is thinking that, actually, I have done a lot of good while I have been single. I don't have as many things to deal with. I don't have to be involved in a relationship. Being involved in a relationship is a lot of work. That is the only way to be in a relationship.**

**Chris: The truth of the matter is that you are always involved in a relationship. That is the understanding of the eternal. It is an illusion to think that you are not with your other half right now. That is an eternal relationship that is occurring spiritually forever.**

**Maria: We haven't met yet?**

**Chris: Yes, that is right. That is the other side of the take...when you understand spiritually that your are communing with your other throughout every moment of your life. So the whole idea that you are singular is bogus. No one is ever singular.**

**Maria: Very interesting. Ok ... let me ask this, what is the truth that humans seek?**

**Chris: Understanding who they are as men and women, and creating a balance together.. understanding that this balance is what makes the universe go around. There is a procreant element in here.**

**Maria: You talked about that, not here but in previous conversations. Can you elaborate on that?**

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Chris:** Yes, when a man and a woman come together, each touch ... from each point of unity comes the next division. That is the procreant element. We might call it the reproductive aspect of the universe. Every point of unity divides again into the perfect opposition which will again unite. So that is the procreant or reproductive aspect of the universe. So the universe doesn't exist; we are creating it moment-by-moment.

**Maria:** And let's say that connection, that connective tissue that occurs between people has been somehow damaged within the connectivity of the relationship. Can you recreate those bonds? I mean, are there assumptions that have gone completely wrong that has caused it. How did it happen?

**Chris:** It happened because the relationship was structurally imbalanced going in. It was structurally imbalanced because we have not made the correct abstractions in our minds to understand what the balance is ... what the two are and so forth and so on. Make the abstractions; correct the imbalance. If you want the historical analysis of it, it is this. Back thousands of years ago when we were on the planet basically in a preconscious state, we really hadn't identified our individuality at that point. We had more of a group or collective type consciousness, a tribal type situation. At some point over a period of hundreds perhaps thousands of years, consciousness began to manifest. How that happened is that people started to make an abstraction. Consciousness just doesn't come out of the ozone, it comes out of thinking, out of thought. People started to make an abstraction. They made one abstraction that allowed them to become consciousness. It always is the same abstraction that creates the beginning of consciousness. Historically, what we call that age is monotheism. I am not going to give you what the specific abstraction is at this point. I would rather save that for the Truth Process program. But historically the age is known as monotheism, which we are still in I might add. The mistake made was that there are two necessary abstractions needed to be conscious, to understand the balance as it were. We have yet to make the second abstraction. That is what the Truth Process program is about, making that second abstraction. Once the second abstraction is made then it all falls into place. We understand what the balance is, all the parameter points of it. Until that time we are stuck, forevermore, in an imbalanced situation between men and women. All the introspection, all the psychology, all the praying, all the whatever, will not help put Humpty Dumpty back together again. The only thing that will work is the making of that second abstraction. So mankind, historically, has made the first abstraction. He is bogged down in an imbalanced structure or paradigm, and will be so until he makes that second abstraction. It is the second abstraction that will bring forth the balance between men and women.

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Maria:** The age of monotheism is an interesting thing that I would like to expand on because right now we have a religious war going on that is significant, I think ... involved in our day to day life if you are in anyway connected to religious groups and seeing that unfortunate sword fight going on. However, religion has often been something that helps communities stick together. And not all of them are monotheistic, however, I feel that in what you are saying...

**Chris:** They are all monotheistic.

**Maria:** Well, the ones, the religions all over the world ...

**Chris:** No, it is not a religious term the way I am using it. It is a philosophical term. They are all monotheistic from a philosophical perspective. It is not the religious perspective I am interested in.

**Maria:** Thanks for clearing that up.

**Chris:** So they are all the same. Doesn't matter if you are Buddhist, Muslim, Christian; it is all under the same banner.

**Maria:** Do you believe in soul mates and men and women having a sense of finding someone who seems to be made of the same fabric?

**Chris:** In the scope of eternity there always comes a time when two life forms meet. A male and a female happen to step towards each other out of circumstance and instantly no questions need ever be asked. That is my response.

**Maria:** Sounds like you do. I will leave that up to interpretation.

**Chris:** The essence is, *and instantly no questions need ever be asked.* When you find your soul mate no questions need ever be asked. It is known. You see, the message of man and woman balance is a knowing. Maybe that is what you were asking about doubt. It is not a doubting; it is a knowing. When you understand the concept, from that point in time, we actually can start having a soul mate, for the first time perhaps, because the balance is known. When the balance is known then it can be experienced. We run into great confusion when we are trying to experience it when we really haven't defined it. I am not saying that some people don't feel the balance. The fact that we even have the idea of soul mate means that we do; the balance is intrinsic to us. But when we haven't defined it, it creates great confusion in the whole thing.

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Maria: How do we stop abusive relationships and turn them into satisfying relationships?**

**Chris: Both men and women need to understand, eternally speaking, that they are not alone. (I am not speaking religiously here.) They really need to bring that idea into their relationship. It comes back to the ideas of equal and opposite. Men and women are absolutely equal in necessity to life and are absolutely opposite in function in life. There is not one thing about them that is similar although we both have similarities. We both breathe, for example, but that is not the point. The point is our opposition. From there we can begin to truly cherish each other in that we know that we cannot survive without each other ... that's what this whole message is about.**

**Maria: It almost feels taboo to discuss differences between man and woman. Can you explain that?**

**Chris: That's because the idea of differences has been used against women for thousands of years. Men have used their equated superior position on the teeter totter saying that a man by nature is superior to woman. So women today just cringe at the idea of difference or opposition because they have been stereotyped through that term as being lesser. If I was a woman, I wouldn't want to go anywhere near it myself. But we have to understand that we've been defining things from an imbalanced position going in ... so these definitions have been used against us so much today that what we want to do is throw out all definitions altogether and go back to relativity. It is man and woman balance that will correct this. Man and woman balance is the balance of the universe ... the eternal truth that we have been seeking.**

**Maria: You've compared your philosophy more to Aristotle and Socrates rather than to Wayne Dyer and Deepak Chopra. Can you explain that?**

**Chris: I would have to credit Aristotle as the person who really laid claim to the importance of abstraction/definitions. He did so through what we commonly know as the laws of identity, non-contradiction, and the excluded middle ... not to get into those right now. You can almost put Aristotle and Socrates together and you would be pretty close to what I am talking about. Socrates has this wonderful quote which says: "Everything has its opposite and only one opposite." Although he is not really known for that quote, consider taking it to heart and putting it into the critical definitions that Aristotle gave us. You really have something. So what is being said in the popular culture to me doesn't have much significance.**

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

# CHRISTOPHER ANDERSON

**Maria: As a woman, through my experiences, I've found that combining Eastern & Western philosophies is actually beneficial.**

**Chris: The focus there is on the unity side. We actually know this today as feminism, masculinism being the imbalance on the duality side. The problem with feminism or Eastern thought is that they don't carry on to the next division ... the next division into the male and female. Some may but it is mostly often under the banner of a greater unity. Unity by itself is no more an answer than being in an imbalanced division. Unity in itself becomes an imbalance. Unity doesn't exist by itself; it only exists in relation to a division. There is no singular universe or cosmos. A singular thing doesn't exist. Nothing exists of itself alone. Some people collapse into oneness on the unity side, like there's a universal oneness. Some people collapse into oneness on the individual side. It's all about me. Whether you collapse into oneness on the unity side or on the separation/division side.. the imbalance is still the same. Either way, it is just as brutal and just as deadly to the man and woman relationship. That's why I'm so against oneness. It's the problem, not the answer.**

**Maria: Thank you Chris. I think that explains your philosophy. We are looking forward to the seminar. When is that in January.**

**Chris: January 28<sup>th</sup> & 29<sup>th</sup> in Santa Rosa**

**Maria: How long is the seminar?**

**Chris: Two full days.**

**Maria: What should people bring to prepare for it?**

**Chris: They need to bring themselves. There will be a meal breaks and so forth.**

**Maria: Should they come with a significant other?**

**Chris: If they would like that would be great. It's always nice to have men and women in The Truth Process for Men and Women.**

**Maria: Where is this located?**

Foundation of Man and Woman Balance  
admin@manandwomanbalance.com

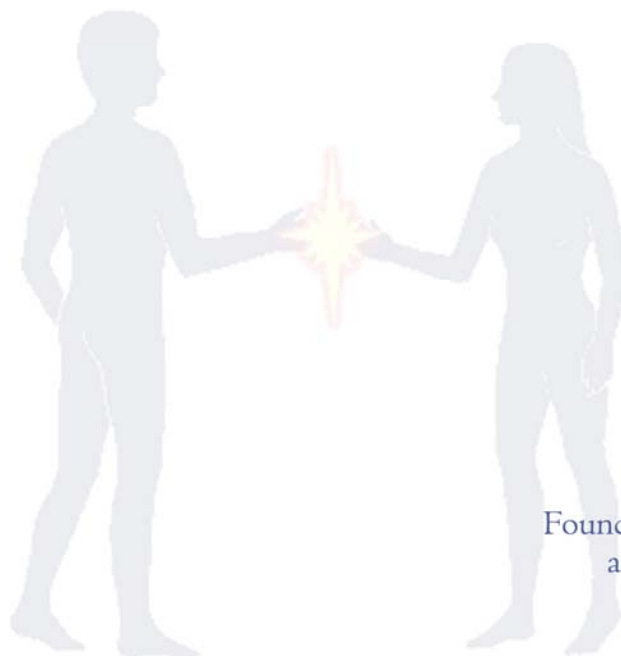
# CHRISTOPHER ANDERSON

**Chris: It's going to be in the Hilton Sonoma Wine Country in the Fountain Grove area in Santa Rosa. People who need to can make overnight accommodations. They even have a swimming pool.**

**Maria: How can people sign up?**

**Chris: Go to the website at: [manandwomanbalance.com](http://manandwomanbalance.com) and click on The Truth Process. Or call 707 575-1280.**

***The Truth Process for Men and Women is a two-day workshop costing \$195 for individuals and \$295 for couples. If you are interested, please call call 707 575-1280 or get more information online at [www.manandwomanbalance.com/workshops.html](http://www.manandwomanbalance.com/workshops.html)***



Foundation of Man and Woman Balance  
[admin@manandwomanbalance.com](mailto:admin@manandwomanbalance.com)

# CHRISTOPHER ANDERSON

## About the Author

**Christopher Alan Anderson** (1950 — ) received the basis of his education from the University of Science and Philosophy, Swannanoa, Waynesboro, Virginia. He also has bachelor of Arts degrees in philosophy and psychology from Sonoma State University, Rohnert Park, California. He is the author of some twenty-five books and booklets on metaphysics creating a new paradigm for life called Man and Woman Balance. He also has created and presents the workshop called *The Truth Process for Men and Women*. He resides in the transcendental/romantic tradition, that vein of spiritual creativity of the philosopher and poet. His quest has been to define and express an eternal *romantic* reality from which a man and a woman could *together* stand in their *difference* and create a *living* universe of *procreative love*. Mr. Anderson began these writings in 1971. The first writings were published in 1985.

On a personal note, when Mr. Anderson was asked to describe the writings and what he felt their message is, he responded, "**spiritual procreation**. Mankind has yet to distinguish the two sexes on the spiritual level. In this failure lies the root of our problems and why we cannot yet touch the eternal together."

"The message of man and woman balance brings each one of us together— *in love*— with our eternal other half right now."



Foundation of Man and Woman Balance  
admin@manandwomanbalance.com