

Both / And

Beyond the Myth of Polarity

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Polarity is not a structure inherent to our realm. Either/or and the judgment we add is what has created polarity and we all have abundant evidence about how well that is working.

3rd dimensional reality is a realm of duality, which is NOT the same as polarity. Just as the 3rd dimension is not defined by form, but is rather a level of consciousness; so too, the structure of the realm does not generate our interpretation of it. Polarity is something humans have added through our judgment of right/wrong, good/bad, should be/shouldn't be...the either/or programming of our conditioned mind.

Duality as a structure of 3rd dimensional reality has to do with the nature of creation within this level of consciousness. When creation occurs in the 3D realm, it occurs as pairs of opposites – masculine/feminine, birth/death and in physics, wave/particle. These opposites, however, are complementary – that is, they are mutually occurring and as two parts, they compose the whole.

Image courtesy of Ryze.com

Within duality (when free of interference or the energy of judgment) these opposites dance dynamically. Paradox, which tends to confound the linear mind, is in fact, a reflection of the speed of interchange, the yin/yang dynamism inherent in duality. For duality itself is always pointing to, compelling insinuating, the unity or wholeness from which it is derived.



Beyond 3rd dimensional reality, in the 4th and higher frequency dimensions, the true nature of creation - as non-dual - is an easy stream of existence. Creation occurs free of simultaneous opposite creation. Can you feel already how much easier that is? Your creative intent simply sails out into the ethers providing a resonant vibration to attract other like frequencies. As it is within any and all realms, what you put out is what you get back – but unencumbered. This is both the good news and the bad news, for in 4th and higher frequency dimensions you'll want to be REALLY conscious of your moment-by-moment creations – it's the zone of instant karma. What you put out is what you get back – immediately.

Are you ready for that?

This is where being awake now - in this very moment - moves from a nice idea to exceedingly practical. If what you put out (i.e. think, feel, promote or react to) is what you get back – without delay – well, it's best to be an awake creator being, rather than unconscious, semi-conscious or fast asleep.

Polarity (and its grim affect as it out-pictures into our world) is what occurs when we reside in 3rd dimensional reality – the land of creation as dualities – and then judge the opposites as being *oppositional*. Diametrically opposed rather than complementary parts of a whole. We add the judgment. It is not there otherwise.

Nature is filled with examples of duality that exist just fine, thank you, side-by-side. Nature does not judge the timing or occurrence of birth and death, but we do. Nature doesn't judge as right or wrong the shark that eats the seal (or mistakenly the human), but we do. Nature lives true to the credo – what is...IS. Humans are the only species that adds, "That's wrong" or "It shouldn't be."

And here's the rub. As creators, creating in 3D, when we create "It shouldn't be" we simultaneously create "It should be". Remember, in 3D all creation occurs as pairs of opposites. So when we create through our judgment, "that's wrong" we generate "that's right" at the same time! While we may be self-righteously SURE that it's the OTHER GUY who is opposing us and making our life difficult, the truth *is we are creating opposition to our own ideas each and every time we create from polarity*.

This provides a whole new perspective on politics and war. No wonder it's hard to get anything done via blaming and arguing. Can you feel the physical, emotional and psychic exhaustion inherent in creation from polarity?

But how do we get free?

It's a high price....

We have to practice being neutral and non-reactive. From a place of neutrality and non-reactivity you are actually allowing what IS, without your opinion, judgment or resistance. No more hierarchy – good, better, best. No more right/wrong, good/bad, should be/shouldn't be. No more either/or. ***Both/and is the key.***

Harmony...find a way to sing along with...at perhaps an elevated octave. This (and dropping the ball and chain of our linear time construct - a whole other article) is our ticket out of the 3D realm. For in 3D, when we weigh in with our judgment, reaction or resistance we add mass to the other side of the argument – we fuel the opposition rather than just allowing it to be.

Does this mean we surrender our values or convictions? No! Values and convictions stand on their own – as heart-based principles to live by. From a place of neutrality, living true to your heart, you simply generate that – and voila, seemingly by magic, you are propelled into the 4th and higher frequency realms. But you gotta keep it up. Like in Shoots and Ladders, the misstep of being right and adding judgment drops you right back into 3D – remember, where it's hard to create what you want without creating hurdles, too.

Hmmm, burden and attachment to who's right and who's wrong or harmony and creative free sailing? We're each making that choice...now...now...now....

Our price of admission is our righteousness, indignation and reactivity. The choice is between a world that reflects the harmony of Earth and her natural communities or what us humans have cooked up – fear and separation, either/or and potentially our species end game.

Personally, I've always liked harmonizing. You want to take the melody?

By definition (*Encarta*):

Polarity – **extreme difference**, a situation in which two people or groups have qualities, ideas, or principles that are diametrically opposed to each other

Duality – 1. **something consisting of two parts** a situation or nature that has two states or parts that are complementary
2. **theory of matter** in microphysics, the theory that both wave and particle theory account for the behavior of matter and energy under different conditions
3. **mathematical symmetry of objects or operations** a mathematical symmetry in which some objects or operations can be interchanged without invalidating a relationship, e.g. the interchange of points and lines in a plane in projective geometry