

Patrick's Ponderance:

Neutrality and the Nature of Polarity

Since this newsletter is still young I'd like to tackle the subject of neutrality and the nature of polarity. The reason being is that it seems to me, to be a foundational idea that must be understood if one hopes to continue on the road to enlightenment or even if one simply desires to live a more peaceful life. Another reason I feel it's important to talk about polarity is because the greatest percentage of the population has no idea that they live in it every moment of their lives.

They don't know that polarity allows them to exercise free will, to judge anything as good or bad, or to express themselves in the profound as well as the profane.

Now I ask my audience to please understand that what follows is simply a few short paragraphs about a subject that has filled volumes. My only hope is that these words will inspire you to seek out more in-depth descriptions of duality from other books or teachers. Or for that matter, call me up and come on over! I'd be glad to sit down with and ramble on about neutrality and the nature polarity. It is my favorite subject and a captive audience is too much to resist. By the way, my first introduction to this idea came from the book reviewed by me last month entitled Conversations with God – Book 1. It's a good place to start and the language is very easy to understand there.

So, off we go. What is POLARITY? The easiest way I can explain it is to say that polarity is the free will to choose any experience you desire with no judgment from the universe, or God, or any other higher vibrational energy. Using free will to choose from polar opposites means we are free to be creative from our choices of the left or right, the up or down, the hot and cold, the east and west, the aforementioned profound and profane, and the positive and the negative. Now a person doesn't have to choose a polar opposite, he can simply stand in the middle if he wishes. In neutrality. Neutrality is the only place to be if you desire peace and serenity but the fun and the spice of life is to be had when we shift to the left and the right on the scale of polarity. The intensity of our experiences grows depending on how far we choose to slide toward the poles. For instance, we've all done things in our life that could be judged as bad. Such as getting drunk with friends, gossiping, one night stands, speaking cruelly, telling a fib, or breaking and entering. We've also performed acts that would be labeled as good i.e. contributing to charity, speaking a kind word, kissing a baby, or helping the poor. These are all events that we draw into our lives to keep it interesting. The growth through experiences is what we came to this planet for. Now don't get me wrong, a place of neutrality is wonderful and all and is where I like to be when I'm sitting peacefully in my big chair in the morning sipping my coffee or just breathing in the beauty of nature. But then again,

if I'm judging these experiences as good I've just slipped out of neutrality and into polarity haven't I?

Thinking about this polarity thing is tricky but wonderful. In fact thinking about polarity means you are using your mind. Using the mind will always keep you in polarity. It's how the mind is set up. It is designed to judge and categorize every experience. It has to put things in their own cubby hole on the positive or negative side of polarity. If it tries to stay neutral on a subject it feels that that thought just hovers in the middle untethered. When that happens, the logical mechanism of the mind sends out a lasso to reel it into a cubby hole. That's why a monk in a cave, sitting quietly in the lotus position, fingertips touching with a smile on his face knows that to live the peace of neutrality means getting out of the head and into the heart. He has no desire to shift toward the positive or the negative. He is living in a state of complete non-judgment. He knows that all experiences on the scale of polarity are not good or bad. They just are. They are just experiences. He knows that the judgments of the experiences taking place in polarity are coming from the minds of those who *think* in polarity.

Now back to neutrality if I may for a moment. Living in neutrality means living without the need for emotions. Since nothing is judged as good or bad, positive or negative, there's no need to feel happy or sad. No need to feel in love or in fear. For me, living in neutrality is only meant to be an occasional existence. It is something I choose when I want it. It's peaceful and relieves my tired mind but for me, even though there is serenity in neutrality, there's not much fun there. The spice comes from a dirty joke, a sleek car, and cussing up a storm. It also comes from being in love, a cozy blanket, and splashing in the ocean waves. The fact is, deep down, I still like to live in polarity. I like to have life the way I want it and that means choosing to create my experiences from the energy of polarity. Since no monks are likely to be reading this newsletter, I'm guessing you're the same way too. To what degree depends on your free will and about how far you choose to slide on the scale of polarity.

So for now dear friends, have peace in neutrality, but have fun in polarity!

Love and Peace my friends,
Patrick