

I'm a good girl... I'm a bad girl...

Polarity is not real!

We are so desperate to be the LIGHT.

We seek 'light' filled events, people, activities – wanting FUN and ENJOYMENT in our lives.

Why do we do this?

Because we cannot be with our fear and the mind consciousness of darkness that exists within us all alongside of what we code as 'light'.

We take on a polarity position within self and we either become the 'light' chanting our love and light wisdom and/or we become the intense, deep sermon of truth.

Yet are they just the same?

Each and every one of us is filled with just what is, is it dark and/or light?

I think this again is a mind consciousness construct of differentiation we have believed to be true.

What we do then when we have experienced some suffering in our lives it seems most of us regurgitate the past/old/ we find the thread of existence and follow this.

We quote people, we act like we have knowledge, we seek comfort in past wisdom. Its kind of like being a 2 year old who takes her comfort blanket everywhere and when she feels unsafe she clings to it, twists it with her fingers and sucks on an edge. How are we as adults any different? When someone who is free and self - directing who speaks up in our presence how do we respond to this? Do you cling to some mind

construct and relative truth to bring you comfort, that really only keeps you away from the suppressed fear this persons self expression evokes deep in your core?

" Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat."

Mother Theresa

" All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?"

Buddha

" Ambition is like love, impatient both of delays and rivals."

Buddha

" I know nothing except the fact of my ignorance."

Socrates

Most of these quotes and the many like this say the same thing: there is nothing to seek, the human being stays lost and we are fragmented.

I wonder is this even true?

What I believe would be a useful context to live from is the appreciation of what has gone before YET a stand for becoming REAL about what we as a human being can do/change/become in our small world.

Otherwise we affirm I am powerless, I am dying, what is the point?

Despondency is a very powerful place as is optimism again they are the same and we oscillate between the two taking on polarities within self?

What if we really GOT all existed within self and as pure self. My only gig is to blend all within me and simultaneously release the compounded 'wisdom' and emotion - mind consciousness that creates this perplexing human interpretation of what it is to live here on earth.

I think its incredibly weak willed to accept what is without the ability at the same time to become more whole with self and not fall into the trap

of NEEDING to conform and/or needing others to change.

To really live for self and without attachment to the impact your change provides for other is possible. Yet we are so accustomed to watching other, reading what other communicates, comparing self to other, working it out and it leaves NO space for the self direction of our innate wisdom. To live to follow self, to need nothing, to not seek the change in other, to not care and at same time care, be what you are in all of its expression whether light or dark and to cease to interpret past wisdom as if it is pure truth is something we struggle to BE with.

What stops us from making this choice?

Pure and simple - "*fear of the unknown*". We would prefer to NOT see self, to experience our fear, accept what we feel, be with what exists the human darkness that fuels our mind with illusion seeking fun and enjoyment, a light experience.

We are obsessed with our mind and thought which creates more and more fear without any true relaxation and stillness in our body!

As a result we create polarities, we create the past, we create limited change yet we then act like we want transformation, a new world etc yet to sit with the realisation of this absolute truth seems disheartening.

To sit in this, I wonder what would unfold if we could be with this, yet we do not allow ourselves, our lives, the people we love to be with this because we perceive it as DARK - it does not seem inspiring, why I wonder?

Maybe because the truth is we all feel the same, whether you preach light or dark, it exposes the reality – we are all the same, we wear masks of difference yet we share the thread of 'never being able to work this out'

You could call this place acceptance, yet how many of us really live with acceptance? I think it is really resignation.

True acceptance of what is – is an active state not a passive state.

How passive have you become under the guise of acceptance?
How active have you become under the guise of despondency?

I think when we GIVE UP the delusion that we need polarity and its 'all part of wholeness' we will be able to sit in just what is. Yet we have language and justification of polarities like love/fear, good/bad, light/dark, male/female, ugly/beautiful, fat/skinny, success/failure etc. Polarity is NOT even real it is a mind construct that we stay stuck in based on judgment and it keeps us in deliberation, it keeps us in discussion, business within the mind. It keeps us in the place of understanding which keeps the mind active which keeps us away from stillness and relaxation. Polarity/duality was/is an illusion! Beyond this it opens up nothing other than life, people and self being 'just what is'. No label, no insight, no awareness even, the mind stops, the mind has ceased to define.

Can we BE with this?

I don't know