



## **POLARITY RESPONSES**

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I wonder if the way we have responded in the new age paradigm of looking at life and our discomfort and working out the mirror and why it is happening may not be serving us anymore. We would often seek to change ourselves, spend hours working out the why which really only kept the story alive and us in denial or we might force ourselves to bring acceptance to things that we are not really ready to accept but we thought it was the right thing to do. Did any of this help us? Maybe for a while but maybe there is another response to add to the pile.

To do this though you have to take complete self-responsibility, be willing to move beyond your emotional wounds, to have a relationship with not only spirit but your body. So you are able to hold simultaneous states at any one time, which means we own the body, we are connected to spirit, we have an energetic self, emotional balance and a great cognitive mind.

So I have here a differing perspective on how to respond to disharmony, relationship breakdown, disagreements, pain and life's lessons and why we might have people in our life that we just cannot get on with!

But to begin with I write assuming you have accepted you are an energetic being, you are able to receive and give energy and love and see this occurring in your life in various unions you share, in business and within your wellbeing. You are actively igniting what we call your UEI (unique energetic imprint) and have consciousness around this new

principle as well as maintaining in your way your relationship to faith, god or the higher power.

Imagine if your next step is to practice being an energetic being in the world and create new frontiers that will impact not only yourself but others yet you may never see the result. You truly will be serving humanity yet completely unaware – challenging for your ego I know that seeks validation but so powerful because you have transcended the need to be validated you just wish to serve. You can participate in something that has no agenda or specific intention knowing that will unfold of natural occurrence, you feel safe in this environment not needing to control outcomes.

How might this look? Have you ever wondered why when you believe so passionately in something why someone close to you may take the opposing perspective? Why you face hurdles and no's when you think what you are seeking is right for you? Most of us try to fix things when this happens or get rid of the person, move house, change jobs or bring love and light to it thinking it is wrong for us, it does not fit what we seek or need. What about if in actual fact the person or situation was showing you the **polarity response** to your perspective. What if the person was energetically showing you that you **are** being received? In a bizarre way I know but by them taking their perspective they are actually energetically "getting you" by responding to your strong response or stance that you have made within your internal being.

Instead of recognising this we often attack the person, fall in a heap thinking things are not working, defend ourself or breakdown and try something that looks like it is working and is a lot more comfortable for us to live within. We want out of the discomfort, we want them to see our point, we want them to help us. Yet in our daily lives it is often a gem so in disguise and we have created oodles of personal development and religious mantra's that support our reasoning's for leaving, judging and moving on.

What I am suggesting here is one other way of viewing life, a new perspective on dis harmony, on dis agreements, on family, love and union that does not fall into thinking from the light and dark, love and fear thought paradigm but one where neither exist. But where polarities are just what they are – energetic **polarity responses!** We see this

everywhere polarities make up life, they are not right or wrong they are the natural energetic normal responses of life, that needs no fixing, accepting, moving away from or reviewing.

We touched on the fact we all have a UEI, we are all energetic beings, which is NOT your soul but comes from and through your relationship to spirit but is unique to you as your energetic self. We also have acknowledged it is important to value your biology that carries the energy and have it working for you as best you can so it is up to you to find how you can be in great health that suits your specific biology. We have also added that the melding of the masculine and feminine energy is imperative to you being able to fully express your UEI powerfully in the world. It is also clear to us now that we are all leaders and in finding our relationship to our UEI it can really help us embrace our true leadership capacity in the world in an effortless manner.

So all of this brings us to the next learning's.

Imagine if you have the ability to set forth new energetic **blue prints** in the world, for things that have never been done before, for new ways of being, for ways of communication, for peace, for great relationships between men and women etc.

Imagine if in knowing your UEI, expressing it in its most developed form and working with it in tandem with all the people that make up your life, that one of the many reasons you are in relationship with these people is for the specific purpose of creating blueprints and new polarities that did not exist prior to now in your world. If you do not find your energetic relationship then how can that occur, it will most likely not.

Let me give you an example – one of my friends and colleagues who is married, has a business, 3 girls and is committed to her growth and evolution beyond everything else is as we speak creating a new energetic blue print for other young mothers of 36 married to great men but whom are not on a spiritual path like herself to stay in union - to walk side by side with their family unit. Comfortable in who she be's yet also comfortable with the dis harmony she might create as she evolves, yet fully on purpose knowing her power and magnetic abilities and her role in this family unit beyond being a mother and a wife. How fabulous is that by her holding this vibration, expressing herself and not hiding

from life and her commitment to living this energetic way she will in her life create a new blue print for other women. They will find a way often without even knowing how to be in relationship and honour their spiritual growth within their marriage and with their family. Doesn't that open up the possibility for new union today amongst the struggles we all face day to day as we evolve to higher levels of consciousness and have to face the traditional masculine and feminine gender roles and differences.

For this person to get to this place in her life she has been challenged to her core, she has ignited her emotions which lay dormant behind lots of yoga and denial techniques, her body has broken down as she struggled through her conflict to stand tall for all that she believes in, her marriage broke down, her business suffered, she found each day challenging but she was committed to this teaching and knew in her heart she was serving a higher purpose, amazing huh! There were no cop outs, she had to be authentic, she had to move beyond the fight and justification her ego was making, she had to stay in it and learn not to dominate, she had no where to go, she felt compelled to fight but when she did it only made it worse.

So what am I saying – I am saying when you realise your energetic presence and you really want to serve beyond you, you will find the way and you will create new blue prints often without even being conscious. Yet I want us to **be** conscious and to value these simple and not so visible magnificent feats that normal every day human beings are making each and everyday. Because I know this is great contribution in the humblest of ways where there are no accolades but there is a deep sense of personal power and delightful connectedness.

In creating a new blue print and standing firm amongst the chaos you will most likely experience the other parties around you fighting to dominate and be heard and get a response from you. In her instance her husband took the opposing polarities. Yet that is perfect because in the creation of this **energetic arc** – imagine a beautiful rainbow between yourself and that person where your energies are at polarity yet create a powerful union of differing polarities. This is an energetic arc and we are creating these everyday. Inside the arc is SPACE.

**Space** being the key ingredient for energetic transmutation and in that space you are holding the possibility for new ways of being to unfold. You are conscious of this, you DO nothing but you know there is power in this. It does not mean suddenly your husband will act in the way you want him too or suddenly start meditating with you. We are not doing any of this for results we want this so we can all breathe a little easier and find our great magnificence within. By not judging the person, seeking a solution, justifying yourself, leaving, making it okay we are opening up the space for energetic transmutation of the highest kind that will serve whatever is to occur. Your job is to DO nothing, hold that UEI, know the arc exists and allow time to pass, enjoying every moment. Valuing these principles, valuing yourself, knowing a greater wisdom is at work and no longer dropping back into your denial or wound ology.

So start to actively become consciousness of the polarities and arcs in your life and set some new blueprints as an energetic worker that is what you can and are here to do/be.