THE LAW OF POLARITY

Everything has an opposite. Every emotion, every feeling, every “thing” has two polar extremes -- good/bad, day/night, happy/sad, etc. It is just a matter of degrees between Hot and Cold, Love and Hate, good and bad, light and dark. Life is about finding balance. Too much of a good thing can be just as detrimental as too much of a bad thing. If you don’t like a situation, response, or feeling, think about the opposite of that “thing,” and decide where you find balance. You are in control by what degree something – someone affects you.

Exercise: Write down how you are feeling right now, what is the opposite of that feeling. Do this periodically throughout the day so that you will begin to recognize not only your emotions but that there is always a choice between what you have decided to feel and the opposite extreme, and if you are feeling bad – negative – about something, you can choose to feel more positive about the situation. Pick something that you feel negative about – what is the opposite feeling you could choose to feel? If the extreme opposite doesn’t settle well with you, find somewhere in between that is more comfortable. Take control of your emotions and feelings.

Reflection: We all have stressful, disappointing circumstances occur in our lives. It is our response to those situations that determines if we will be negatively impacted. Understanding the polar extremes lets us take control of our circumstances by allowing us to choose to feel the alternate – the opposite extreme – or if it serves us better, choose to feel somewhere in between – regardless – it becomes our choice.

Example: Lenny and I could have succumbed to the dire circumstances that we were faced with, but we knew that an opposite reality was possible for us and that is what we chose to focus on. Whatever situation you find yourself in, if it doesn’t feel right, positive, good for you, know that there is an opposite and equal way to see it and think/feel towards that opposite. If you can’t see it yet, just move yourself a few degrees towards it – whatever “it” might be. There are always two sides to every coin, sword, situation. If you are feeling or you are in a negative place, look towards its opposite. Just thinking a few degrees in the opposite direction, will start to move you in that direction. I realize it is difficult to change from despair to joy in the blink of an eye; so choose to move towards acceptance vs. joy. That one simple movement is a step in changing how you experience life.