



The Law of Polarity

Everything Has An Opposite; Without One, the Other
Would Not Exist

The Law of Polarity

All things have an opposite; day and night, happiness and sadness, up and down and so on.

The Law of Polarity is used to bring things into focus. If you want something to happen, you must focus on that thing. If you don't want something to happen, you must focus on its opposite. The Law of Polarity offers the perspective that opposites do not exist on separate lines but are different points on the SAME line.

In other words, energy flows where attention goes. If you are feeling angry and don't want to feel that way, find something to focus on that brings you joy; a funny movie, your kids, a sunset. If you want more love in your life, then stop focusing on its absence, but rather on the abundance of it that already exists.

There are points on a spectrum between the two opposites. Within each experience, regardless of how it may be perceived, lies the possibility to experience the polar opposite. It's the quality of your thoughts and perceptions towards any circumstance that determines which end of the spectrum you will experience.

In other words, you get to decide how good or bad something really is and whether you can choose a way out of it.

In order to change a situation, it is necessary to change your perception towards it. We cannot know joy without knowing sorrow; we cannot know love without having experienced indifference. The determining factor between two seemingly opposite circumstances is what you perceive to be true.



According to Chuck Danes, the Author of *The 7 Hidden Keys to Conscious Creation*,

“What you place focus on serves as the seed, your predominant thoughts can and will only produce a harvest in exact correlation to the seed planted”

There can be no other way. If you plant sunflower seed, you're not going to produce an oak tree. It is the law of Nature. As Albert Einstein put it, “you cannot solve a problem with the same thinking that caused the problem in the first place” Remember, you chose your way here, you can choose your way out!

Resistance to seemingly “bad” circumstances, only places your focus on them. You must use the power of acceptance. Once you accept your current reality, you can then transform your thinking and create a new reality. I often use the mantra “things are this way now, they will not always be so”.

Consider the opposite of a perceived “bad situation” in order to plant the seeds of success and manifestation in your consciousness. As soon as you practice acceptance, those circumstances which you have been resisting will begin to fade away.

There is no judgment contained within the Law of Polarity, as with all Universal Laws, it exists in order to bring your awareness to it and to fully experience life!

Remember...

“Just as pain and suffering exist so too does opportunity and betterment exist within the full spectrum of the Law Of Polarity. What you experience within that spectrum is only dependent on your choice and willingness to experience another outcome.”

– Chuck Danes

Journal Questions and Exercises

- **Make a list of anything that you are resisting, struggling with or ignoring completely right now. If it's a long list, pick your top 5.**
 - Write the first thing on your list down
 - Look at this situation with new eyes. Consider the mantra, “this is just now, it won't always be this way”. This is acceptance of your current reality.
 - Feel gratitude for this. Understand that your resistance or struggle is simply pointing the way to what you DO want.
- - Write the sentence “I am so grateful for (the thing I'm resisting) _____ because it has shown me the value of (the opposite thing)”
 - The opposite thing that you listed above should be the thing that you really want, right? So take a moment and feel gratitude for what you **DO** want ...even if it hasn't happened yet. This creates a vibration in your body and attracts it.
 - Write this sentence “I am so happy (or any other positive emotion) now that (what you want) has happened. It amazes me how quickly it came about and how wonderful it was to experience all the steps necessary to get here.”

(Pro Tip: If you find it difficult to feel gratitude ahead of receiving the thing you are trying to manifest, try making a list of things that you already have. Once you begin to feel the energy of gratitude, insert the thing you are trying to manifest!)

- Continue this narrative for each thing on your list, fill in as many details as you desire. Practice this daily.
- **What other seeds have you planted that you need to change?**
 - What thoughts and beliefs are no longer serving you? Dig deep and find as many as you can and use the above exercise to transform those beliefs.
 - As you go through this exercise, remember to FEEL in your body what it would be like for your dreams and goals to come true. You are creating a vibration for attraction, so use the frequency of your thoughts and the vibration of your body to manifest.
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- **Practice Tonglen Meditation**

Tonglen is a practice of healing yourself and others by focusing on an emotion and then focusing on its opposite. This brings you a safe way to process negative emotions and become familiar with them. When you're familiar with emotions, you can manage them :-)

- Take a moment and feel the fear, or whatever negative emotion you are experiencing, as you strive to heal it, allow the feeling to surface for just a moment; breathe it in, then breathe out its opposite...so breathe in fear, breathe out courage, breathe in frustration, breathe out compassion.
- Then focus on a friend or someone you know who may be experiencing this, breathe in their emotion, breathe out the relief or opposite. Whatever the emotion, pray for their relief from the suffering from it
- Now expand your awareness and wish for ANYONE in the world who is experiencing this emotion to experience the relief from suffering, take in the energy of this emotion, breathe it in, and breathe out its opposite
- For more on this, see the video [here](#)