

Day 4: The Law Of Polarity

Quote today	<i>"The happiness of your life depends on the quality of your thoughts."</i> Marcus Aurelius Antoninus
Recap of the Law	Everything is dual in the physical and mental realms. Even on the quantum level, everything has poles; everything has its pair of opposites. Opposites are identical in nature, but different in degree. This Law provides contrast and clarity: when you know what you don't want, it is easier to determine what you DO want.
Today I am grateful for....	Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.
Meditate (at least 15 min.)	Feel free to meditate on this law or choose a meditation of your choice.
Exercise	Today, try an exercise that you previously haven't liked very much and find a benefit in it for yourself.
Hydrate	Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.
Your Life Insight	Find the good in everything, even events or situations that appear to be the opposite of "good". Reframe your whole day if you have to!
Your Mindful Practice	Take a moment, breathe and just be in the present. When faced with a choice today, close your eyes and place your hand on your heart. As you weigh your options in making your decision, pay attention to how your body feels. By listening to your body, the right answer will reveal itself to you.

Day 4: The Law Of Polarity, Continued

Your Success Strategy Go in the opposite direction of the masses if you want to be successful. Look at the current media to get clues and move in the exact opposite direction. Also look at any challenge you currently are experiencing and look for the polarity of this challenge. Write out three potential obstacles first in the negative. Then replace each negative word with a positive one. Turn around the statements with "I can" and "I will."

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

Everything is dual in the physical and mental realms. Even on the quantum level, everything has poles; everything has its pair of opposites. The Law of Polarity states there are two sides to everything. Everything that appears to have an opposite is in fact only two extremes of the same thing. For instance, hot and cold may appear to be opposites, but they are simply varying degrees of the same thing. Opposites are one and the same in nature, but different in vibration. The same applies to positive and negative, good and evil, love and hate, peace and war, light and darkness, energy and matter, waves and particles.

Since everything is vibrating, you can choose to raise your vibration and transform your thoughts from hate to love, from fear to courage. Realize that every condition just is. You make it negative or positive by virtue of how you choose to think about the condition. You can change your perspective and see it from the opposite viewpoint. This Law provides contrast and clarity: when you know what you don't want, it is easier to know what you do want. Make it a habit to focus on the good you want.

Realize that this Law is present with any desire you have. Desire can't exist without the possibility of its fulfillment, even though you can't see it yet.

This principle of duality operates only in the physical and mental realms. Once in the spiritual realm where All is One, there is no possibility for duality. You can access the part of you that is connected to the Universal Mind, behind your thoughts. Allow yourself the quiet space to connect to the Universal Mind and access the consciousness of non-duality.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
