

## From Polarization to Paradox: Eclipsing the Old Dynamics of Struggle

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Under the surface of the world of current events the energy is swirling right now. Perhaps it is the time when polarization and the negative use of duality come front and center and grab our attention so we can examine our unhealthy habits of thinking and behaving. How self-defensive and reactionary are we? How prone to blaming others? Controlling others? Being controlled? Are you so irritated that your temper is hair-trigger sensitive? Or are you sinking into a depressive oblivion because it's all too much to comprehend, let alone do something about?

As war energies build around the planet and the media programs us to take sides and makes us aware of the worst in human nature, I look out my window and see a single freesia flower, blooming a bright schoolbus yellow in the cool California prespring. It has somehow found its way to the middle of my dormant vegetable garden where it makes a bold but tiny statement that inspires me every day. It is one of God's simple creatures, like me, and it is being itself with panache, in spite of everything else going on in the world. It is my teacher in these panic-laden times of plastic and duct tape, reminding me to hold true to what I know in my heart, and SHINE OUT.

It is so easy right now to be drawn offside and get caught in the spider web of news and political email, and to use others as objects of our own frustration. Now it's fashionable to heap our disgust upon the French, as it was fashionable last year to display the flag. Us Against Them. Patriotism isn't so bad in and of itself-after all, it IS a kind of recentering into a core national identity, and we all need to recenter into deeper truth right now and establish new meaning that aligns with spirit. Unfortunately, Us Against Them patriotism is just another form of ego; our country is setting a poor example for individual Americans, who are increasingly feasting Roman-style on "reality television" shows where pleasure is had by voyeuristically experiencing outright hostility thinly veiled as brutal rejection and ridicule. Americans are learning that it's OK to rudely blast and flatten people when we don't like the way they look, the choices they make, or the beliefs they hold. People trying out to be the "hottest" person in the country are told, "I rate your face a 7 but your thighs are a 10!" It's now chic to assert yourself as the next, of-course-I-deserve-it American Idol or "survivor."

Because the external world is so seductive in its drama right now, we have to be even more intentional about going inside ourselves to feel the intangible currents of energy and thoughtstreams circulating in the subtle energy realms. These subtle buildups and releases of electromagnetic force affect us directly, from the inside. In recent weeks, for example, I have experienced disturbed sleep patterns where my system built up an electrical charge that

manifested in my sleep as a jittery, jumpy momentum to my dreams. That shifted to a more emotional expression and became subliminal anxiety, which rose into my mind and woke me up as recycling worries about the future. When I realized I was awake, and that I was obsessing about being a bag lady, I sat upright and told myself: "You don't have to think about this or do anything about this right now." I realized the fear thoughts rode in on the buzzy vibration, which may well have been a current of collective fear I inadvertently encountered as my consciousness expanded in my dreamworld. So, the quality of your thoughts may simply be a reflection of the vibration of your body.

I've also been experiencing a spacy quality during the day-something I call being "bi-located"- where I feel like I'm hanging onto my body by a thin thread, up to my eyeballs in water and barely staying afloat. I'm working at my desk or doing laundry-but a large part of me is also elsewhere, paying attention to something at a higher level. In the past, this has often been connected to some kind of explosive world event, a big wave of energy coming into consciousness, and I'm picking up on it just before it materializes. Pay attention to your body! Like animals sensing changes in barometric pressure or pending earthquakes, our bodies are highly sensitive to undercurrents.

Once you can receive your body's subtle signals, you can choose to attune yourself to the anxiety energy (which may feel jazzy and dramatic at first, but soon wears you down and numbs you) or reestablish your own clear, calm, core vibration-the peacefulness of the Soul. One level down from the turbulence, your Soul is in harmony with all things. Go there as often as possible throughout the day. You don't have to take sides, choose between good and evil (and "figure out" which is which); just BE YOURSELF. This is the THIRD WAY, the path and position that eclipses and collapses the struggle mentality. From the experience of the deep self, which is in the present moment, in the body, and all throughout space, you will be able to know all human behaviors from the God's Eye View. Does the Creator love the French any less than the Americans, or the Iraqis, or the Jews? Do the opinions we hold really matter? At the deep place, we are all souls cocreating a world, playing energy games.

Peace is something we don't need to create; it already exists as the foundation of life. We must simply allow it to resurface into our conscious mind. And we must understand that peace is not a passive, static state where we all walk around wearing yellow smiley-face masks. Peace is a dynamism, a rocking and flowing back and forth between gazillions of polarities, the embracing of the paradox of both-and. If we can be equally humble and self-assertive, generous and receptive, serious and fun-loving, talkative and silent, analytical and artistic, and so on, discovering the myriad filters for our consciousness, we will be able to know our totality to a greater and greater degree.

Human evolution and the larger part of our purpose in life may simply be to experience everything and not cut ourselves off from well-roundedness by holding either-or opinions. So before you act in resistance to something, allow yourself to drop into your body, open your capability to accept everything that exists in the world, and grant every human being the same right to BE that you have. Feel the souls underneath. Dissolve the panic, dump the vitriol and venom, and affirm that at some deeper level which we cannot comprehend right now, a greater sanity is at work. Dedicate yourself to that sanity, which works unceasingly,

methodically, and miraculously to evolve us to our eventual enlightened state.

As the author of a book about the dynamics of the present moment, I can appreciate Eckhardt Tolle's (The Power of Now) insight that when we reject what's coming to us from the world, and say NO, we simply reinforce our contracted, ego-based idea of ourselves. But when we allow and accept what comes, and say YES, we naturally expand and begin to experience ourselves as spacious and much more unlimited. That loss of ego can be subliminally frightening, and may be why we reject so much of the world. Self-preservation and survival of the old Me Against You identity is going through its death throes now, and making quite a racket. All I know is to say YES, allow, fall into Soul, find the deep dynamism, then reemerge into the world of form and see what urges motivate you. Do you feel like signing an email petition, participating in a peace march, praying, sending money to your favorite cause, writing a book on healthy relationships, talking to a friend who's upset, fasting for a few days, having friends over for dinner, or organizing your sock drawer?

It doesn't matter what you do after you return from the Soul Place, as long as you bring the vibration back with you and act from ideas that come from truth. This is being faithful to yourself. If you're acting in resistance to something, start over! Or you're just contributing to the war consciousness in the world. It's possible—and necessary—for each of us to be like that first brave, authentic flower of spring, adding brightness to a still sleepy world, and doing it for our own sake.