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# Foreword

Are you a light-worker or a dark-worker? You had better recognize the answer. After all, it's among the most crucial decisions you may ever arrive at. It impacts everything about you, from how you view the world, to how you treat individuals, to how you make a living, to possibly what awaits you in the hereafter.

Light worker and dark-worker are more or less synonymous with good and evil. They reflect the orientation of your morals, and therefore how you live your life.

We're all here on this planet to do something. Everybody is different, but we all wish to do our work, or fulfill a purpose, or produce value, or if nothing else, then at least live our life. And while it's crucial to figure out the specifics of what you wish to do, it's even more crucial to determine your intentions that set the stage.

The idea of polarization refers to how far you lean to either side. Most individuals have both light-worker and dark-worker tendencies, but they don't blend well together. If you attempt to be both a good light-worker and a good dark-worker, you'll be awful at both.

## ***Polarities And It's Vital Functions***

***Discover If You Are A Light Worker And Dark Worker And  
How It Affects Your Life.***

# Chapter 1:

## *Background Info*

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### Synopsis

Becoming a light-worker or dark-worker isn't something that simply occurs. It's a witting choice, one the huge bulk of individuals never arrive at.

You might have leanings toward one polarity or the other, and you may certainly experiment with both polarities as much as you want, but becoming a light-worker or dark-worker signifies making a particular commitment to command of a single polarity.



## **The Basics**

When you choose to polarize, you're building a commitment to living a particular sort of life. It's like arriving at a commitment to a specific field that takes years to master, like preparation for the Olympic Games, becoming a musician, or becoming a chess master.

You aren't simply going to rouse one day to find that ... yup... you're a black belt, nor will you abruptly wake up and recognize you're a light-worker or a dark-worker. Polarizing as a light-worker or dark-worker is a vast long-term dedication. It doesn't simply occur by itself instantly from insight.

The determination to polarize is a determination you make with every fiber of your being. For a few individuals it might be an innate choice, felt as a sort of calling. Other people must spend much time exploring both polarities to make the polarization dedication really consciously and deliberately. But most individuals never polarize.

If you polarize as a light-worker, you're committing your life to assisting the greater good. If you polarize as a dark-worker, you're committing your life to assisting yourself.

It ought to be sort of obvious that most individuals never make this sort of commitment in their whole lives. Therefore, most individuals are neither lightworkers nor dark-workers. The 2 extremes of dedicating one's life to assisting the greater good or to assisting one's own self-concern are not attractive to most individuals. It's merely not for them.

Following polarizing, your polarity becomes the key focus of your life. You live and breathe it daily. It virtually gets to be part of your DNA. It's unimaginable to compartmentalize such a dedication. You can't work at a lowly job and do light-working or dark-working unofficially. That's like trying to be President of the United States "unofficially". Being a light-worker or dark-worker is a 24/7 thing, all year. It's who you are, not simply what you do.

Those who haven't polarized are free to feel both polarities, however at a much lower level of strength than either a light-worker or dark-worker may. As a matter of fact, it's of great advantage to explore both polarities and comprehend how they work.

If you're a light-worker or dark-worker, you'll have no question about it. That's by definition. If you've any question about it, you haven't polarized. This is as primary a matter as recognizing you're a black belt in a particular martial art. If you have to question, you're not a black belt.

The rationality for polarizing is because you're prepared to make a witting dedication to a particular sort of life. You're wishing to dedicate your whole being either to assisting the greater good or to assisting yourself. That dedication becomes your life intention. It becomes the very center of your identity. You're stating to the cosmos, "That's who I am."

When you make this dedication, you'll know yourself in a way you've never known yourself previously. You'll wake up daily recognizing why you're here, not because somebody told you why, but as you've specified your own why with the power of conscious choice. Each

moment of each day, you'll recognize whom you are and what you're here to accomplish.

Polarization brings a fresh level of strength, drive, and motivation. Troubles and obstacles that previously would have overrun you will appear like pettiness. Once you set a goal that lines up with your polarity, you'll recognize — not wish — it will be achieved.

Acting replaces attempting. Therefore, you'll expand the scope of your goals to equal your strength. You'll likewise greatly expand your timeline for considering the outcomes of your choices, thinking ten, twenty, many years ahead as a foregone conclusion. Short-term follies will be substituted by long-term allegiances.

There are levels of polarization. The more polarized you get, the more you tap into your richest degrees of inner power. Whether you're a dark-worker or a light-worker, your origin of force is always found inside.

It isn't a sort of means or positional power. You may be deprived of all your worldly titles and possessions and yet feel even as secure. As a light-worker, your power flows outward. As a dark-worker, your power flows inward. The origin of this flow is always within you — based inside your consciousness — and your polarity regulates the flow's direction.

If you don't wish to polarize, don't. You're free to go along utilizing both polarities if you so decide. Simply be aware that you may never expect to surmount either polarity unless you dedicate to one or the other. Put differently, if you don't polarize, you'll forever live with the knowledge that you lived far beneath your potential in terms of your



power to assist others or to assist yourself. Your assistance to the world as well as your assistance to yourself will be average at best compared to what you may have accomplished had you polarized. This ought to be sort of obvious. Once you polarize, you're making a solid dedication, and when you're really dedicated to something, you'll invest a lot more time and energy into your quests than you would differently.

Polarization is a particular sort of dedication, like dedicating to mastery of a particular field like music, artistry, medicine, or computer programming. Most individuals never make such a big dedication. But you can't hope to control anything unless you dedicate to mastery of one thing.

Control is a procedure, not a place. Control is when you turn a want into a downright must. For light-workers and dark workers, these dedications are attained for different reasons.

However, in either case, a witting conclusion is made to devote one's time, power, resources, and talents to the selected role with an elevated degree of intensity. That strength of focus is possibly what most distinguishes somebody who's polarized.

# Chapter 2:

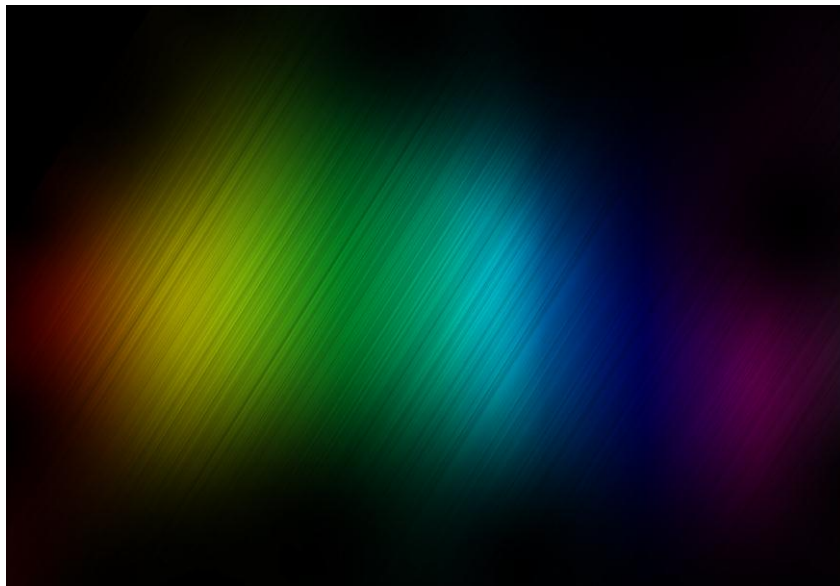
## *In-depth Look At Both Sides*

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### Synopsis

Think for a minute that you're a solitary person in the bigger body of mankind. What sort of person are you? Do you endeavor to accomplish your separate wellness and comfort? Do you work for the improvement of others? Do you feel of devotion to the betterment of the whole system?

Both light-workers and dark-workers are extremely conscious. They each realize the existence of the bigger body of mankind, and they understand their actions impact other people for good or bad. Those who respond without a great deal of awareness of how their actions impact the huge majority of individuals are neither dark-workers nor light-workers. If you aren't certain which one you are, it's safe to state that you're neither.



## **The Differences**

A light-worker is a person that trusts its chief role is to serve the bigger good of the system. It considers this job so crucial that it would even forfeit its own life in such a pursuance if it thought it was essential. This is because a light-worker identifies more with the bigger system than with the individual person it controls. Light-workers view themselves with the individual ego identity not as crucial.

In order to be good in its role, a light-worker has to pay attention to its own wellness and survival to the degree that its preserved existence profits the system. It does what's essential to protect itself from anything that may interrupt its mission. It attempts to maintain its wellbeing without harming anything else, but when a light-worker comes across other things that actively work against the good of the system, conflict may surely happen. Your own body works thru a like mechanism. If particular disease-producing things get out of control and endanger the health of your body, your body reacts by attacking those things.

The light-worker's duty is to assist the health of the system. Light-workers reach for a healthy, sane world. They fight diseases like cruelty, indifference, depression, disempowerment, dishonesty, and cowardliness. Such diseases harm the health of the system. The #1 disease light-workers fight is fearfulness. Wherever there's fearfulness in mankind, light-workers are pushed to act.

One goal of a lot of light-workers is to induce the production of more light-workers. This might occur directly, but more frequently it happens by cultivating the circumstances under which more light-

workers will be produced. Because of the work of light-workers, others become light-workers too. It isn't essential for each person in the system to become light-workers. The system only requires enough light-workers to neutralize present threats to its wellness. Light-workers are participating cells, not inactive ones. These aren't individuals who sit around and contemplate all day, although that might be part of their practice, particularly during the changeover period when the light-worker role is gradually assumed.

Light-workers are individuals who make it their personal duty to get mankind back on track by forestalling fearfulness, untruth, and cruelty wherever they discover it. They accomplish this by bestowing light to dark situations. They empower others to shed fearfulness and to be strong again as strong, empowered things yield a strong, healthy system.

A dark-worker is a person that refuses all responsibility for the wellness of the system. The dark-worker states, "I'm responsible for my separate life solely, and the rest of the system is simply a tool for accomplishing my own joy". Dark-workers are basically cancer cells. They've no misgivings about injuring the system to further their own designs as the wellness of the system is of little import to them.

To a dark-worker, most other things are expendable. The other things and the system at large are simply instruments of the dark-worker's joy. The dark-worker's rights and privileges are predominant, and human rights in the fuller sense are irrelevant. A dark-worker cares only for personal advancement. The outcomes to other parts are of little or no concern. Dark-workers have no understanding for what other parts go through. If other people have to suffer for the dark-worker's joy, so be it.

Dark-workers like authority. Increasing their authority is their chief aim, as that's the means by which they accomplish more pleasure for themselves. Dark-workers generally produce and utilize techniques that exploit other people for personal gain. The harm of others is nonmeaningful. As long as the dark-worker advances, that's all that matters. Dark-workers are really competitive. Succeeding for themselves is far more crucial than assisting somebody else. A dark-worker solely assists others to the extent that it advances their personal agenda.

There are chiefly two ways a dark-worker will use others: fearfulness and greed. For instance, if you work in a corporation that shapes and controls your conduct with fear-based incentives (threat of penalty or disciplinary action) or greed-based motivators (more cash, power, command), it's a safe bet you're a instrument of one or more dark-workers someplace upriver.

If such schemes appear normal to you, you've been effectively brainwashed to be a worker bee. You likely aren't even aware of the upper-level agenda you service, as an intelligent dark-worker won't disclose it publicly. If you work for a dark-worker, your true agenda is to step-up the dark-worker's power, in spite of any ornate speeches or mission statements contrarily.

Knavery and misrepresentation are popular tools of dark-workers. These enable the dark-worker to establish authority while supposedly embracing additional values. Most people don't question authority much, so dark-workers commonly have a simple time establishing authority if they're semi-intelligent. If you don't care what happens to others, you may bolt down a lot of authority, as most people readily

yield their authority to any sensed power. Dark-workers tap this fact for personal gain.

By their behaviors dark-workers toxify mankind, producing the conditions that bring about more dark-workers. Dark-workers flourish in a climate of fearfulness. Fearfulness is the tool of their trade. The more fearfulness they may produce, the more potent they may become.

Fearfulness produces willing and obedient worker bees who bow to the will of the dark-worker. Cunning dark-workers utilize deception to make submission appear like a smart choice. This approach may be rather effective. When fearfulness is ineffective, dark-workers utilize greed alternatively.

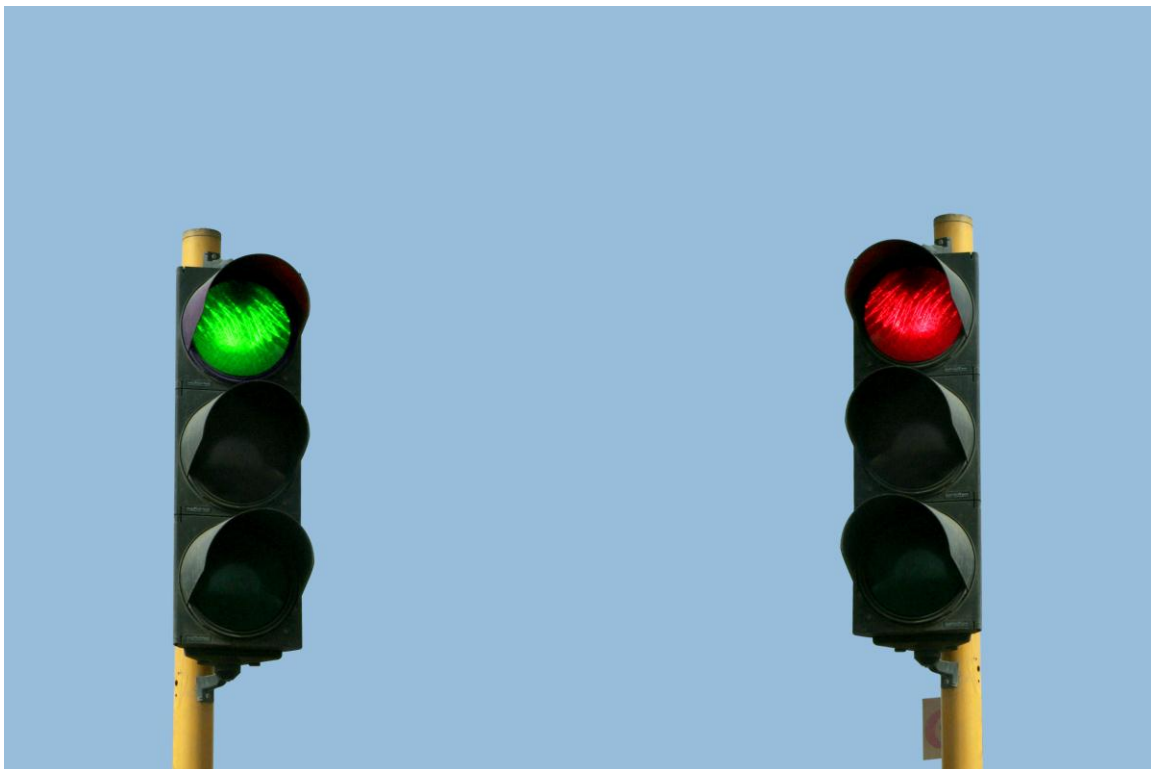
The finest dark-workers are frequently surrounded by armies of worker bees who willingly forfeit their freedom for a payroll check and a fake sense of security. Fearfulness and greed can't command or inspire highly conscious individuals, but such techniques work exceedingly well with those who've been disciplined to be worker bees.

Dark-workers like obedience. In their illusions, they wish they could command or dominate others. If you work in an establishment where obedience is honored more than honesty, you've got a dark-worker in charge. It's been stated that obedience is the 1st milepost on the road to freedom. The individual who stated that was Hitler. Those who obeyed him acquired greater control for a while but surely not freedom.

There are humans who have selected this path deliberately. They're aware that their behaviors are destructive to the system, but they plainly don't care. They feel that self-service is the greatest expression of their identity. They don't identify with the bigger system of mankind. It's simply a tool to be wangled at will.

From the dark-worker position, watching out for number 1 is seen as a common sense life-style choice. The world is deemed a competitive place, so to a dark-worker the technique of self-above-others doesn't produce much of an ethical quandary.

The advantage of dark-workers is that they gradually assist the system to get stronger, just as getting sick may strengthen your immune system over time. Therefore, dark-workers may indirectly serve the higher good, as long as they don't kill the system in the process.



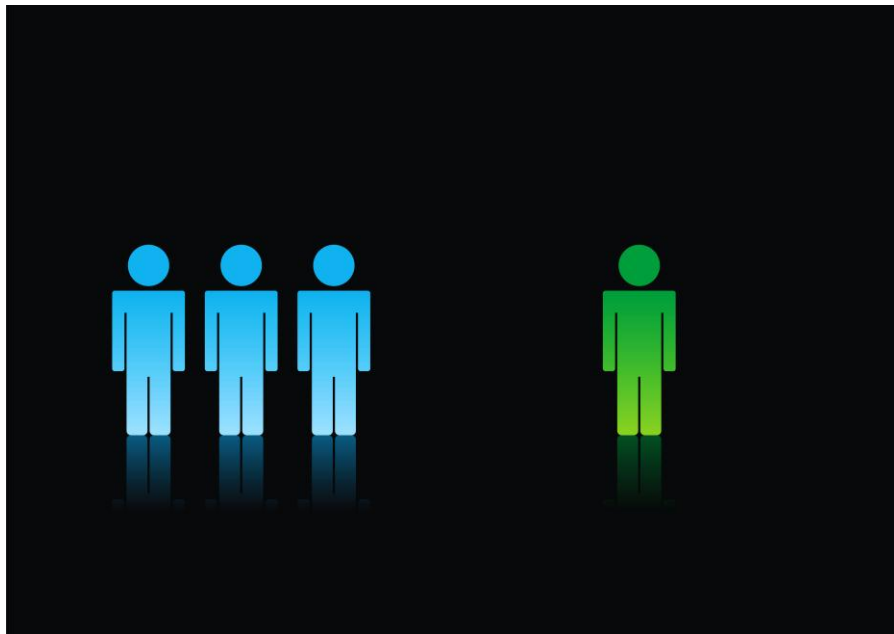
# Chapter 3:

## *The Human Condition*

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### Synopsis

In the body of mankind today, there's an unhealthy overabundance of dark-workers. The systems wellness has been slumping awhile, largely due to the work of too many dark-workers in places of power. The compromised wellness of the system is likewise injuring the health of individuals, making a lot of them to feel disempowered, diminished, fearful, and dejected. Then those individuals drop into survival mode. Rather than centering on service to the better good, they fear for their own surety. This is precisely what the dark-workers wish. The more fearfulness that's rendered, the more potent the dark-workers get. When fear isn't adequate, greed is utilized as a control mechanism alternatively.





## **The Call**

When somebody opposes those potent dark-workers, the dark-workers frequently react with violent force to hush them to the degree they may get away with it. They utilize fear and bullying to increase their power to silence opposition and to step-up their power. This isn't accidental. It's really calculated. These dark-workers are not true leaders. A better word may be controllers. They're simply able to lead worker bees who submit to command by fear. Highly conscious individuals see such dark-workers as factors of disease, not as authentic leaders.

In this climate of fearfulness, more dark-workers are being produced. More individuals are reasoning, "Screw the rest of mankind. I'm going to live totally for myself and advance as much as possible." So the primary issue we have today is that dark-workers have been becoming out of control. This issue hasn't gone unnoticed by the larger system of mankind, and the other side is kicking in kind of powerfully.

The collective awareness of mankind is cognizant of its condition. It recognizes the system is unhealthy and is going downhill. It recognizes that left unbridled, the dark-worker menace will take the system down with it. Although this climate produces to more dark-workers, there's likewise a solid counter-reaction. The comportment of disease is setting off the system to increase the light-workers.

The final result is that many individuals are now hearing this call. Mankind is behaving in its own defense by calling more light-workers into action. Some individuals are born with this tendency, some have had it for a long time, and others are presently waking up to it. This call produces a sense of, "stop... we've truly gotten off course here.

This isn't how the Earth is supposed to be. Somebody has to do something about it. Darn... I believe that somebody is me. How am I going to assume something so huge?"

I think only a small percentage of people will resonate with; I believe that somebody is me. If you've a lot of fearfulness and/or greed in you, you won't probably hear this calling as it isn't spread on those channels. But if you attempt to move beyond fearfulness and greed, finally you'll begin feeling a faint inclination to accomplish something "good" that assists the world in some little way. Over time that feeling will get mightier and more specific.

If you do discover such a calling, your beginning inclination will likely be to restrain it. Plow ahead and try if you have to, but when you receive the call, it's too late for you. You'll never be happy living as a worker bee again, regardless how hard you try. You'll feel less connected from others who live like worker bees. You'll feel a firm desire to discover others who can see what you're now seeing. Your responsibility is to be part of the resolution. That obligation can't be ignored except to the extent you submerge yourself in fear. The silver lining is that you aren't solo.

Do you have any feel of mankind's call for assistance? Do you feel this earth has become a little off course? Do you feel a personal obligation to do something about it? If you don't hear any particular calling and have no true concern for the bigger system of mankind, or if you don't feel personally obligated to do anything about it, then simply keep diligently working on your own personal development. The body will rally you when it has need of your services. If it rallies you, it knows you're solid enough to contribute, even if you've grave doubts.

# Chapter 4:

## *Becoming Polarized*

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### Synopsis

In previous chapters, we've talked about both paths. In this chapter I'll explain what convergence looks like. Light-working and dark-working are strong power-building techniques. By centering intently on a unidirectional flow of energy, a potent current may be produced, and inner resistance may be overcome. On a practical level, this implies that through light-working or dark-working, you may become a lot more mighty than you were in a pre-polarized state.



## **What Happens To Force**

For a light-worker, this polarization takes the form of service. The light-worker centers on an outward flow of power through giving, giving, and more giving.

For a dark-worker, this polarization takes the form of selfishness. The dark-worker centers on an inward flow of power through taking, taking, and more taking.

In the end these are stages of development, not lasting resting places.

At the start, when a non-polarized individual centers on one mode (either light-working or dark-worker), their force may step-up dramatically. Force in this case is your power to produce your reality. Pre-polarized individuals are commonly weak. They've very little force, so they largely play the role of instruments. They don't understand how to utilize their force well enough, so their originative expression is low.

Pre-polarized individuals are constantly frittering away their power. They fall into formulas like centering on what they don't want, sounding off, and giving their force away to other people. If they arrange goals, they commonly fail to accomplish them. They're easily disturbed and tossed off course. Somebody else is forever the boss of them. They don't exert much direct control over their lives.

Polarized individuals, on the other hand, are centered. Because they're extremely congruent, they produce a strong unidirectional

power flow. By becoming clear about their deepest hopes, they're able to overpower obstacles more easily.

Broadly speaking, highly polarized individuals have a simple time functioning in society. They understand how to utilize their force to solve practical issues. Light-workers and dark-workers might channel their force differently, but they can get things accomplished.

You'll seldom hear polarized individuals state something like, "I can't provide that", as such a statement is an abuse of force. Light-workers and dark-workers are mightier than that. They understand how to channel their force to get what they want rather than inadvertently producing the opposite.

Furthermore, light-workers and dark-workers aren't into would-be thinking. They're able to acquire true results. If they want something, they may get it. A different reason they'll seldom state something like, "I can't provide that", is that they understand they'll get what they wish if they continue to utilize their force intelligently. It's not simply would-be thinking that makes them center on their desires. It's experience.

For a time light-working and dark-working will yield a solid increase in force. Favorable results are returned more quickly. But finally, they reach a time where their force appears to be maxed out. It might even start to decline. This is the time where the trace self has to be incorporated. The trace is the reverse polarity.

A light-worker's trace self includes the vocalizations of greed, selfishness, aspiration, rivalry, lust, and the want for power. A dark-worker's trace self includes the vocalizations of affection, caring,

consideration, and the want for genuine connection. For either mode, the initial urge will be to quash these parts of the self, if they're even recognized.

A light-worker, for example, might do more inner work to attempt to surpass thoughts of selfishness, or s/he might try to justify or rationalize his/her actions as a sort of service. Likewise, a dark-worker might subtly undermine relationships and keep individuals at a distance, so they don't get too close and notice the compassionate trace self.

If the light-worker or dark-worker may realize that they've hit this point, then the work of integrating starts.

For the light-worker, it's time to realize that assistance to self and assistance to other people are not in conflict. The more the light-worker assists him/herself, the more s/he may be of assistance to others. The light-worker must likewise realize that s/he deserves to get the service of other people, and that refusing this gift now would be an error.

For the dark-worker, it's time to realize that the most beneficial way to acquire what s/he wants is to assist other people. The more the dark-worker starts to care about other people, the more potent s/he may become. The dark-worker must likewise realize that s/he really feels best when sharing value with other people, and that abnegating the value of giving now would be an error.

When light-workers and dark-workers start to integrate their traces, they both acquire another growth in force. They likewise better their alignment with the idea of unity.

# Chapter 5:

## *Mixing Light And Dark*

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### Synopsis

Different from the character of Scrooge in Dickens' A Christmas Carol, transforming and exploration doesn't generally happen overnight. It takes time and forbearance.

The advantage of polarization is that it helps you learn how to channel force effectively. It likewise leads to a deeper understanding of the nature of force and how to blend the two sides of light and dark.



## Getting The Force

Force may be a cloudy concept at times. Postulating questions like, “What should I do?” and “What may I make now?” tend to be hard to answer. Lots of individuals answer, “I don’t have any idea” And so all they know how to do is to carry on sustaining the status quo. And rather frequently the status quo is not at all what they truly need.

But once the light-worker asks, “How may I assist this individual?” or when the dark-worker inquires, “What would provide me joy?” there’s more lucidity. Such queries are commonly easier to answer, particularly when you consistently stick to one side or the other for a long time.

The light-worker becomes truly great at channeling force into service, and the dark-worker, into egocentric pastimes. These are limited uses of force, however they’re educational. In the long run, these training periods of time may be really worthwhile.

When integrating starts, the light-worker and dark-worker attempt to maintain their focus while enlarging the breadth of their force. The goal is to keep the intensity elevated while extending the spectrum.

Light-workers and dark-workers each understand how to channel particular frequencies of force. And among the most beneficial ways for them to mix additional frequencies is to learn from one another.

In essence, they become each other’s instructors. They might butt heads from time to time, but among potent individuals there tends to be a particular degree of mutual regard as they learn more about the



nature of force from one another. Through their fundamental interaction, the champion and the scoundrel both become mightier, as each becomes more like the other. More generally, mighty individuals tend to draw in one another, no matter their chief polarity.

Interacting with individuals who have subdued frequencies of force that are really different from the ones you've dominated brings about a whole fresh set of challenges. May you control a more liberal spectrum of force frequencies without misplacing focus?

May the empire-building dark-worker metamorphose into a wealthy philanthropist? May the service-driven light-worker turn into an effective marketer?

This shift may be a disruptive point, but it's likewise a stimulating time as more frequencies are available for exploration. The route might include a lot of starts and stops. But in the long run, the light-worker and the dark-worker have the potential to acquire each other's forces, which unlocks more originaive energy for all.



# Chapter 6:

## *Polarities And Your Job*

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### Synopsis

Let's research a few practical applications of polarity-based thinking with reference to your occupation choices.

The significance of polarity is that it may serve as a potent decision-making tool. It helps you traverse the fog of indecisiveness to accomplish a fresh level of clarity. Once you view a decision from the polarities of love and fearfulness, the correct decision for you will frequently become clear. So the whole point of understanding polarity is to make more exact decisions leading to more suitable results.



## **Insight**

Your own position on the polarity spectrum will play a big part in determining the sort of effort and vitality you invest in your occupation or business. As a common rule, polarized individuals are far more ambitious and driven than non-polarized individuals.

A light-worker's source of inspiration is love. The more deeply you love, the more you'll be pushed to act. Light-workers have such countless stores of love inside them that they can't help but convey it. The drive to produce and contribute is undeniable. There's a joyful compulsion to provide.

A dark-worker's source of inspiration is fearfulness. Whereas a light-worker surpasses fear by recognizing fear as pure fantasy, a dark-worker faces his/her fear as though it were a beast to be murdered, taming it and utilizing it as fuel. This key fuel burns as a passionate lust for force, control, and dominance.

When you see somebody lacking ambition and drive in their occupation, it's a safe bet they haven't polarized so far. But it's an evenly safe bet they'll be working for somebody who's fairly well polarized.

Deciding to polarize isn't remotely simple. It's among the biggest decisions you'll ever arrive at. But you'll never tap into your richest levels of drive and aspiration until you do. You'll simply remain stuck on the sidelines.

If you polarize with love, you'll establish an occupation based on where you may make the best contribution. You'll wish to work where

your strengths and gifts may be put to use assisting the greater good. Your top considerations are assistance, creativity, and contribution, and you'll assess your occupation choices based on how well they meet those standards. Things like earnings, job title, and benefits are still crucial, but they're only crucial to the degree they heighten your ability to assist.

If you polarize with fearfulness, you'll establish an occupation based on gaining revenue, status, and power. Acknowledgement and advancement are exceedingly crucial. You wish to climb the ladder of success as far as you may go. If you wind up contributing along the way, so be it, but that isn't your basic concern. Making a contribution is solely relevant to the extent it step-ups your force.

You may believe that a balanced mentality is more effective than a polarized one, but it simply doesn't work that way in real life. The singular focus of polarity develops better results.

A service-based company will still pay attention to sales and earnings, but the purpose is to extend its creative output. A profit-driven company will still place effort into its creative production, but only to the extent those efforts better profits. Both companies may be really successful, but they'll operate with really different ethics.

Your polarity will ascertain what sort of company will be most beneficial for you. It would be agonizing for a light-worker to work in a fear based company as well as for a dark-worker to work in a love based one.

You'll learn much working for an extremely polarized company, but for long-run occupation enjoyment, it's crucial to pick a company that matches your own alignment.

You may find it enlightening to rate your current employer on a scale of -10 (fearfulness) to +10 (love). Then rate yourself on that scale, and consider your experiences in light of those ratings. Does this give you more clarity about whether you need an occupation change?

Now utilize that same -10 to +10 scale to rate your colleagues and associates. Which polarity is most prevailing in your work surroundings? Do these polarity ratings provide you fresh insights into the nature of your professional relationships?

You need not fear a dark-worker if you comprehend how that polarity works. The beauty of dark-workers is that you forever recognize where you stand with them. You understand you're only in their life because they believe they may gain something from associating with you.

Now with regard to your own occupation, ask yourself these 2 questions:

1. What would I do differently as a dedicated light-worker?
2. What would I do differently as a dedicated dark-worker?

Make 2 different lists. The intriguing thing is that you might notice some overlap between them, maybe a great deal of overlap, even though there's a really different aim behind each list. Either polarity is better than mixing your energies, so the great thing about

polarizing is that you may experience a strong call to action regardless which side you pick.

While you don't have to polarize anytime soon, for the best results you ought to eventually polarize with whichever side you find most magnetic. Which side is more appealing to you? What sort of life do you wish to experience?

Choosing a polarity needn't be a life commitment. I propose you pick whichever polarity appears most instinctive to you, and give it a thirty-day test. Do your best to embrace the light-worker or dark-worker mentality, and see what it feels like to make polarized decisions.

At the end of the thirty days, decide whether you wish to continue with that polarity, or give the reverse polarity a thirty-day test. Switching polarities isn't simple, as you'll have accrued some momentum with your beginning choice, so you might wish to take a week or two to rest in neutrality before tackling the second test.

As you start to apply polarized thinking to your occupation, you'll start to see just how valuable it is. You'll find it simpler to relate to your colleagues and associates as you gain an understanding of their view. And most especially, you'll find yourself feeling more motivated and driven to act, either since you're transcending fearfulness or subduing it.

# Chapter 7:

## *Polarities And Wellness*

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### Synopsis

What role does polarity play in wellness oriented intentions like the desire to slim down? Does polarity have a practical application to something like slimming down?

Let's suppose you wish to lose weight, so you form the following intention, where XXX makes up your goal weight:

I weigh XXX pounds.

Now what is the polarity of this aim? Is this a love-based (out flowing) aim or a fear-based (inflowing) aim? See if you may figure out the polarity of this aim right now.



## Health

If you hazarded that this is a fear-polarized aim, I'm afraid you're incorrect. Alas, you're likewise wrong if you imagined that it's a love-polarized aim. The right answer is that it's a trick question. Recall that polarity applies solely to a thought's energy, not its material. So the bare text of an idea doesn't dictate the thought's polarity.

Do you wish to slim down because you'll acquire more energy to assist others (love)? Or do you wish to slim down as you'll acquire more energy to act on your egocentric goals (fear)?

Say you are a light-worker, person who's love-polarized. And you recognize that you have to lose some weight. Your motivation to drop that weight will finally come from your dedication to assisting the greater good. As we all serve as role models for one another, you'd wish to serve as a favorable role model for other people. You'd likewise wish to have abundant energy available for accomplishing your purpose.

Now say you are a dark-worker, somebody who's fear-polarized. And you recognize that you have to drop some weight. Your motive to lose that weight will finally come from your dedication to assisting your own self-interest. You may care less about being a role model for other people, but this extra weight has to go as it's getting in the way of your goals. You require energy to accomplish the success you crave. Likewise, it's crucial to be more fit than those around you, as you're always in rivalry with them.

Now the intriguing thing is that the light-worker and the dark-worker might go on the same diet, assume the same exercise program, and



accomplish a like level of fitness. But they'll each be executing it for really different reasons. How much stress our light-worker and dark-worker place on wellness depends upon their specific mission, how they're expressing their polarity. For some a high level of fitness will be really crucial. For other people only a certain degree of functional physical fitness will be necessary.

What would occur if you attempted to combine both? What if you fused the light with the dark? If you attempt to do that, you'll wind up with a diluted why... one compiled of two shoulds rather than a single must. The issue with mixing both of these polarities together is that they'll dilute one another, so your motivation will be greatly cut back. A single polarity supplies a level of clarity and focus that drives you with much greater intensity than an energetically mixed aim. How may you express love and fear at the same time?

You see... in order to utilize fear polarization, you have to hold a mentality that's inconsistent with love polarization, and contrariwise. While it may seem possible if you've never attempted it, in practice it merely doesn't work. You may be able to mix bits and pieces of both, but you'll get the best outcomes if your fundamental motivation is either service or selfishness, and the strategies you select arise from that unique motive.

Utilizing polarized aims is about being effective. A love-polarized individual seeks leverage to better his/her assistance. A fear-polarized individual seeks leverage to better his/her personal gain above all other conditions.

# Chapter 8:

## *Why Have Unity*

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### Synopsis

Why should we hassle to care about others? Is it all right to live just for ourselves? Is it good enough to do no damage? Is there any cause we should go out of our way to help others?

I used to not care about individuals. I mean truly not care. I know what it's like to live with that mentality. I lived that way for a long time.

To me it was simply a joke. I knew my behaviors were likely injuring individuals on some level, but I merely didn't care. It wasn't till I at last crashed enough times that I finally began to care. I graduated from indifference to self-concern and started taking responsibility for my life.

Let's explore unity, so you can deepen your understanding of relating to the bigger body of mankind.

## **Oneness**

The attitude of unity recognize the bigger system of mankind, and they devote their lives to assisting the good of the system. This means taking care of individual needs as essential, but the motivation for coping with one's needs comes from being a better vehicle for assistance.

Unity is the logical and emotional realization that we're all part of the same unit and that we aren't separate from one another. We're all parts in the bigger system of mankind. Its destiny is our destiny. If the system suffers, we all suffer for it. If the system thrives, we all benefit from it.

When you totally internalize this mentality and commit yourself to it, something kind of magical occurs. The bigger system recognizes your dedication to service, and it actively seeks to help you. By assisting you, the system is merely helping itself.

Envisage that somebody else has pledged herself to meet your needs as best she may. Would you wish to fight against her, or would you wish to assist and support her?

Naturally, you'd wish to assist her as by assisting her, you're assisting yourself. This is how the bigger system of mankind reacts to those who pledge themselves to assisting its needs. If you state out loud, "I commit my life to assisting the greater good", and you feel that statement resonating with you on a rich emotional level, don't be surprised if fresh resources begin flowing into your life to help you.

Now this is a precious little theory, so it's reasonable that you'll be skeptical about this if you've never felt the mentality of unity for an extended time period.

I can't convince you of this by simply writing about it. This is something that must be felt first-hand to be believed. I can tell you what lies beyond this door, but that isn't remotely the same thing as undergoing it for yourself. The way to walk through this door is to polarize as a light-worker.

What does the bigger system of mankind really want? Essentially, it wants the same things you do. It wishes to survive and thrive, to be healthy, to learn and develop, to get stronger, and to creatively express itself.

If the bigger system of mankind is sick and unhealthy, that doesn't bode well for its individual parts. But, by healing ourselves and by adopting the mentality of unity, we work to produce a strong and healthy humanity.



# Wrapping Up

If we act as separate individuals, our force is limited. We may only do so much on our own. But when we turn our force in the direction of the better good, we align ourselves with the much more potent system of mankind, and our outcomes are magnified a hundredfold.

The system realizes and acknowledges us when we acquire the mentality of unity; as a matter of fact, it actively supports us. If we need assistance, there's a knock on the door with an offer of assistance.

If we require resources, they freely flow to us. When we require ideas, they come to us. But if we lose this mentality, we experience either indifference or resistance.

If you wish the world to care about you, you have to care about the world. The opening move is yours. If your opening move is to wait and see what occurs, the world will respond in a similar way. If your opening move is to give freely to the best of your ability, the world will likewise respond in a similar way.

As an individual, my life doesn't seem especially important. An egocentric purpose would bore me to tears and leave me feeling hollow inside. But as a tool for serving the good of mankind, I feel so much power and energy coursing through my life, many times more than what I felt when I lived only for myself.