



## **Finding Balance in the Duality**

We are here with you now and forever. We have never left your side. And yes, we know that many of you have felt abandoned in this lifetime experience. Many of you have experienced numerous difficulties and we are here to tell you that it is not punishment, it is not retribution. No, it is not even karma. For as we have told you in the past, a part of you has created the setup for the life that you are now in. And we hear you asking us why is it so challenging? We thought it would be easier after we turned the corner so to speak as we got through 2012. And we would say to you that in order for more light to come to your planet the darkness must surface. So you are now in a period of time where you see darkness all around you, sickness, ill health, environmental problems, weather problems.

But we ask you to not lose faith for if you are here with us this evening then you have opened your minds and you have opened your hearts to an awakening. There is a part of you that has been here many times before. There are people in this room who may not recognize a brother, a sister, a mother, a father, a lover from another lifetime. But let us assure you that whether you know each other now in this lifetime or not, many of you in this room have been here together many times before.

We would like to console you and tell you that it will get better soon. And, of course, you know on our side of the veil 'soon' has no meaning. For on our side of the veil there is no time, there is no space. All is the eternal now. And since we cannot assure you how long it will take for the shift in balance between light and dark on your planet, we would like to attempt to help you understand to a greater degree living in the duality. For that is what planet Earth is all about. In the higher realm there does not exist the duality, the polarities, that exists on planet Earth. For us all is unified, all is One, all is Unity.

There is a part of you that has chosen to come forth into human form so you could experience this duality. Yet, as you live, as you breathe, as you exist in this duality you feel a sense of discomfort. For living in the place of polarities is not always pleasant or comfortable. No it is not comfortable at all for by the design of your planet, the Great Creator wanted to see how the human form would respond to the polarities, to the duality—to the light, to the dark, to the hate, to the love, to the comfort, and to the discomfort. We realize that many of you on the path to awakening are working very diligently to find more harmony, more peace, more contentment. And we honour you for that, but we would like to remind you that in this place of polarity you will not ever be able to experience only one part of that polarity.

And we say again this is not punishment. We honour you for choosing the path towards enlightenment. We honor you for looking and searching for more light. But again, we remind you that

you live in the duality and a very important component of the human experience is free choice. And to some humans, that can be very challenging.

In a recent message that we brought to you we spoke of the search for truth and how truth does not exist out there on your world wide web, but truth can only be found within your heart of hearts. And so on this planet of the duality, in the place of free choice, you search, you seek, you look for the love, for the harmony, for the contentment, for the peace. And many of you have found it and we congratulate you. And we honour even more those who are helping other human being find the love and the joy, and the peace, and the contentment. But what we are here this evening to tell you is the answer to mastering the duality is not to forsake the very nature, the very foundation of that duality. There will be darkness. There will be challenges. There will be trials and there will be tribulations. And the more you have found the light, the more you have found the joy the more you understand the gift of personal choice. The more you will come to realize that you have the power to choose how you respond to whatever comes your way.

But the message this evening is to tell you that the way to navigate the duality, the place of polarity is to find your balance. You see the Great Creator incorporated that into the physical form that you inhabit. It is called homeostasis, the ability for the body to find it's place of balance and I am sure having come through your North American winter there are many of you that fell prey to the colds and flu's and viruses that were going around. Many of you were told by the healthcare practitioners, that it's just a virus and you'll work your way through it. And that is homeostasis, the body's ability to find a place of balance. And if some of you had a discomforting cold or flu along with it you may have had a fever. Although that fever was discomforting, let us tell you that it serves a purpose. It helps you come back to balance. It is part of the process of the body moving to a place of balance.

Many of you have come to believe that the body has the power to heal itself and we would say to you that is truth. How the body is able to heal itself is by the cells in your body finding their balance. And you may say "How does this relate to us as human beings, what does this balance mean that you speak about?"

Then we say to you, if darkness is a given, if light is a given, if happiness is a given, if sadness is a given, if love is a given, if hate is a given then you will be exposed to those polarities for the mere fact that they exist. They exist because they have been created for you in this human lifetime by the Great Creator. And they have been created so that you would know that you live in the place of polarity. For you see in the duality you learn by comparison. And therefore all aspects of the polarity must be present so that you can compare. With the gift of free choice you get to choose where on the continuum of the polarities you wish to be. You see balance does not mean the midpoint, and balance is not always the same for each and every human being. Balance is not even the same for the same human being all of the time. For what is balance for you today may not be balance for you next year.

The way for you to find your place of balance is to begin to acknowledge the polarity, to acknowledge the duality. How many human beings on your planet walk around saying that sad is bad, that hatred is bad, that discomfort is bad, that happiness is good, that love is good? The human construct of judgment makes it very difficult for you to practice the Art of Acceptance. Let us assure you that in the higher realms judgement does not exist. And so we would firstly encourage you to let go of the judgment of either end of the polarity. Begin to embrace all that is within the duality.

For many of you that means embracing the lower and slower vibrational feeling that you often run away from. For as we have told you before, feelings are truth. Listen to the sadness, listen to the shame, listen to the guilt, listen to the anger, listen to the frustration, listen to the depression. For they will all speak to you and give you a clue as to how to find your homeostasis your balance—the place at which you can feel comfortable, at ease, in harmony, at peace.

We wish to speak to you now of finding that place of balance between your humanness and your divinity. We honour those who have embarked on a spiritual path and who are so dedicated to that path that they often turn their back on their humanness. But alas, we must say that is not the answer to human life. For when you transition out of your human form you will be back fully to the Divine. But while you are still in human form you cannot escape from your humanness and so we encourage you even in the polarities of humanness and Divinity to find your balance. Often in order to find your balance as we have mentioned you must experience both your humanness and your Divinity, since you learn by comparison. Many of you have embarked on the spiritual journey and the purpose of such is not to escape from your humanness, but to understand your humanness from a new perspective. Allow your humanness to shed light on your Divinity. Allow your Divinity to shed light on your humanness. Find your balance—but in order to find your balance you must accept all that is within the polarity. We do not deny that often Divinity feels better than humanity. We do not deny that love often feels more comfortable than hate. We do not deny that happiness feels more enjoyable than sadness. But by resisting the duality that you live in, you are resisting the purpose of human life.

So we ask you as you move forward to look upon the things that are happening in your life. Begin to become aware of that which you resist. Begin to understand why it is in your life. Begin to embrace the duality fully. Begin to embrace the polarity. That is a fact of life in the human plane. We would be remiss if we did not explain to you in this message that when you find that place of balance you cannot stay there permanently. For as you attain the place where all feels well, where the polarities are in balance, something will come along to change that balance.

You are soon approaching, in a few days, the spring equinox. The equinox where there is equal light and there is equal dark. It occurs twice a year and you will know it as you come to the spring equinox. But it will come, and it will go. In the Northern Hemisphere you will move to a time where the light grows longer than the darkness. And, then once again in the fall you will have another equinox and the opposite will occur—the darkness will become longer than the light. You see Source creates with great consistency. If you look at nature you will see it is always in a process of evolving, of changing, of birth and death, of light and dark, for that is the cornerstone of your human existence. Hopefully you will be able to find your equinox, your personal equinox, your place of balance that feels comfortable more often than twice a year, but know that things will change to throw you off of that balance.

So we encourage you to use your gift of personal choice to choose how you will respond when your balance is thrown off. You are as capable as the body is, of always returning to wellness, but there is an art to finding and returning to your balance as often as you can. We encourage you to find practices and techniques that will help you return to your balance. We encourage you to become more aware of inner conflicts, of disharmony, of dis-ease, signs that you are out of balance. And from that awareness, exercise your personal choice, invoke your practices and techniques and come back to the place of balance.

But know you will not be able to exist there in perpetuity, that is not Source's will. And so we encourage you to take stock of the personal polarities that are within you and all around you. We encourage you to practice the Art of Acceptance, to learn to accept what is beyond your control. And to work more diligently in mastering the duality by finding and always moving to your personal balance. We encourage you to reach out, reach out to your brothers and sisters on the planet. Some of whom are not as fortunate as you in that they have not yet begun their journey. Lend a helping hand to help them navigate the duality, the polarity that is human life. We hope that you have interpreted this message as one of hope, and not despair. For when you stop looking for paradise in your human life, when you stop expecting the Garden of Eden around the corner, when you come to accept the polarities, you may be able to drop some of the struggle.

For it is the resistance of the polarity that causes much anguish and disappointment. Know that our love for you is everlasting and unconditional. Call upon us to help you navigate more often to the point of balance. Call upon us to help you interpret the polarities that you may think of as negative.