

What is a Real Life? by Kimberly Wrate

Chapter 2

Polarity

This document is an excerpt from the book *What is a Real Life?* By Kimberly Wrate. The text is Copyright © 2015 by Kimberly Wrate. All rights reserved.

Please note that not all footnotes are present; however, all references used are.

Polarity

...But if I am the Devil's child, I will live then from the Devil. – Ralph Waldo Emerson, “Self-Reliance”

You have seen it in yourself: there are times when you give to others purely from the goodness of your heart. You have nothing to prove: you are not trying to build a reputation for yourself as a good Samaritan. You might even leave gifts for people anonymously, such as by leaving dollar bills on their windshields before they return to their cars. The only person who knows of your charitable act is you. Surely your intention to give to others is pure, arising from the love in your heart.

Then, there are the times when what you really want is to take for yourself. You want to look good-- show off and outdo others. You want to get the accolades—the most money, the highest-ranking job, the first place finish. You want spectators to be impressed by you, and the competition to fear you. You want to dominate. You even hold this intention when you give to others, hoping they shower you with praise for being such an outstanding, *caring* citizen. If you do these types of acts often you might not even be aware that such an intention is behind them; instead, you think your acts are purely altruistic. But such thought is folly.

All human intentions have one of two sources: **light** and **darkness**. As I suggested in the examples, the same action can have different intentions behind it at different times. “**Intention,**” **here, means the same as energy**. Light energy flows from the intention to give. Dark energy flows from the intention to take. You can give to another person simply to give to them. You can also do it to give something to yourself.

When we observe these two opposing poles within ourselves we may wonder which one is *really* us. Is selfishness something that gets conditioned in us, and we must unlearn it to return to our truly altruistic selves? Or is altruism just a delusion which disguises the lustful, hungry, greedy, primal creature within, and we need to stop kidding ourselves? Where did our nature come from—violent, civil-warring chimps, or love-making bonobos?

The positive, light pole that exists within us is called *love*. Its goal is *output*; that is, to create value to be enjoyed by the rest of the world. The negative, dark pole is called *fear*. Its goal is *input*, which is to derive value from the outside world to be enjoyed by the self. While input and output will occur regardless of which pole is used, what matters is which one is the goal.

The goal of love, for instance, might be to build a business. A consequence of building this business is that the money is earned, though this money was not the purpose. Receiving this money is not an end, but a means. It allows the business-owner to serve and to express love through his work even further. The goal of fear, on the contrary, would be to earn money. Building a business might be decided on as an intelligible means of going about this goal. But building the business is just a consequence of the goal of making money. The business in itself isn't really the point; instead, the money is.

Love equates to service to others, while fear equates to service to self. To love is to create, express, and share. To fear is to take, achieve, and control. To love is to cooperate: to fear is to compete. To love is to trust: to fear is to distrust. Love is joyful: fear is lustful (lust, however, occasionally leads to love). To love is to genuinely care for the well-being of another. To do so is to acknowledge that person as a part of yourself, and to attempt to understand that person as such (this will make more sense as you go through the book).

Before I go much farther, I will clarify the various definitions of love and fear, since these terms come up so often.

What is Love? What is Fear?

The two basic definitions of love I have given are (1) to connect, and (2) to serve. Later in the book I will talk about romantic love, which is the presence of both physical intimacy and emotional intimacy in a relationship. Under the chapter on Levels of Consciousness, the term will come up again, as a label for one of those levels.

All types and definitions of love boil down to *connection*. Even to serve something is to establish a connection between yourself and it. Love is nothing but making connections—and that is everything.

All in all, love is liveliness. Love is connection to life and the sharing of life with others. Love is the giving of life.

Fear is far more ambiguous than love. We must distinguish between low-level fear and high-level fear. The basic definitions I have given to fear are (1) to avoid, and (2) to take for the self. When fear takes hold of a person lacking in power, this is low-level fear. Perhaps this person tries to combine love and fear simultaneously, and thus disempowers himself (this is explained in the next section, “**Why**

Polarize?). From low-level fear arises all negative emotions: anger, guilt, shame, apathy, and sadness, to name a few. It is in low-level fear that self-hatred takes root.

A key difference between fearful thoughts and loving thoughts is what those thoughts identify with. Love identifies with consciousness itself, rather than with the ego. Consciousness can also be called the spiritual self, or the big Self. It is the omnipresent awareness which silently observes all that you think, do, and perceive.

Fear, on the other hand, identifies with the ego. The ego is not necessarily “bad” or “evil,” nor is it inferior to the spiritual self. It’s just different is all—and a little squishier. The ego is the part of you that eats, poops, and breathes—sometimes, all at once. When ego identifies itself separately from consciousness, it tends to become concerned with physical survival. As such, the ego is infamous for its lust for wealth and status—material trappings which appear to secure survival. This is how ego run amok produces supervillain-like characters. These characters are essentially fearful people who control others through the use of fear.

The results of these differences in identification are as follows: identification with consciousness leads to an unshakeable trust in life. Identification with ego, on the other hand, leads to distrust, and a consequent need to control.

To commit oneself to loving intent and action is to be a *lightworker*. To commit oneself to fear is to be a *darkworker*. The term “darkworker” is fitting in that, to the majority of people, the path of the darkworker will seem “dark and twisted,” once it is unraveled in all its truth.

In high-level fear we can observe some of the same emotions that are produced by love—they just are related to different external events is all. In the powerful darkworker we might find happiness, playfulness, peace, joy, curiosity, and even genuine love of the self. It is deemed as worthwhile to acknowledge and feed the desires of the self: to do so is an act of love. Roughly speaking, the mastery of fear produces love.

To reach this point, however, takes time. While fear can lead to long-term leaps in consciousness, in the short-term it produces damage to the physical world. This is especially true at semi-competence, when the darkworker is powerful, but has not yet matured into his role.

Fear is amoral. Niccolò Machiavelli’s *The Prince* might as well be a guide for darkworkers: “It is better to be feared,” Machiavelli writes, “than loved.” Do whatever you must to preserve yourself and stay in power. If you must destroy human life, then destroy human life.

This is not to say that being powerful is irrelevant to love: it’s just that love does not derive its power from overpowering others. A consequence of love may indeed be that you become influential to other people, but ultimately it doesn’t matter to you whether you are or you aren’t. You’re just as powerful and as trusting in life either way.

Love and fear can both be boiled down to one essential substance: *care*. When you choose either to love or to fear, you declare what you care about. When you choose love, you care about raising consciousness and empowering others. When you choose fear, you care about your own self-gain. What really matters, though, is that *you care*. Caring is the most reckonable force on this Earth. To care about

something is to have power. If you don't care, then you have none. If you're not sure whether to choose love or fear, at least start with care. Care about something, or your life will be run by those who do.

Heroes vs. Villains

Try not to get too caught up with the term "fear." Using fear doesn't mean that darkworkers are stupid: they just have a different conscience than most of us do. Based on their worldview it makes sense to take all they can for themselves—preferably without being exposed. They know the impacts their actions have on others: they just don't care in the same ways a lightworker does. Their top priority is personal gain. In achieving their purpose, then, they certainly are not stupid: in fact, their results are quite intelligent.

A person who attains congruent results and is aware of their impact on others, yet will step on others for their own personal gain... Sounds like a villain, eh? That might be an exaggerated term to use for a darkworker, since their intent is generally not to destroy things, and they *will* do "good" if it overlaps with their own individual good. But, relatively speaking, we can say that darkworkers are the villains of the world, while lightworkers are the heroes.

Criminal activity generally involves fear. Darkwork often (though not always) involves criminal activity to some extent. However, a person who is a criminal is not necessarily a darkworker: many criminals are simply not conscious enough to be labelled as such yet. Though criminals tend to strike fear into the hearts of their victims, sometimes the criminal himself is scared as well. Some criminals sell illegal drugs and steal in order to feed their families, which on its own is a good-hearted intent. A man may rob a bank in order to pay for his cancer treatments. If you were poor and your days were numbered unless you acted quickly, would you?

We must also consider that some activities we consider to be criminal may not actually be that evil—particularly those involving illegal drugs. You certainly would not find a lightworker providing another human being with substances they regard to be harmful and unhealthy. I would assert, however, that massive pharmaceutical and food-manufacturing corporations are far guiltier of such harmful substance-provision than any man in an alley, particularly because of the much larger customer-base corporations have. And yet, which one do we more often point to as the criminal? However, it of course should be obvious which one is the more conscious entity, considering the difference in power and prestige.

Many people believe that distributors of legal prescription drugs and junk food are positive forces in our society, because they provide us with things we think we need. Certainly such companies and their products are legal. Some of these products have done a world of good for some people, such as antibiotics for people with infections. But how about excessive and largely unnecessary prescriptions - how many people have they harmed or killed? More specifically, how many more people have such companies either killed, debilitated, or made addicts of than lone illegal-drug peddlers?

To truly be a darkworker is to be powerful. To be powerful as a master of fear it is effective to integrate oneself into society, and appear to be a major force for good. Contrast this with a scared or

hateful man who, though his behavior is not to be excused, has far less of a negative impact. Which one is really the villain here—the criminal, or the company? They say the Devil wears gentlemen’s clothing.¹

Of course, many individual criminals are just as ill-intended as true, powerful darkworkers, if not more so. No one would excuse a psychopath. I only mean to point out that some crimes are not actually all that harmful, and some people resort to crime either as a means of genuine survival, or they simply are not doomed to be criminals for life. Indeed, some who break the law either feel admittedly and genuinely guilty of the fact, or they turn their lives around after they have been caught. A few even go on to become full-blown lightworkers. But, again, this does not nullify the fact that other criminals will gladly continue being criminals, completely bereft of remorse. If they just expanded their horizons a little (say, from domestic abuse to running a business), they would become true darkworkers.

Adolf Hitler, perhaps the lord of darkworkers of the last 100 years, did not quite understand the effectiveness of fitting in² himself in his early days. Most darkworkers are indeed incompetent in their early days, but they learn—and so did he.

In 1923, Hitler led two thousand men on a march to Munich in Bavaria, Germany, in an attempt to seize power of the German government. This event is known as the Munich Beer Hall Putsch. Hitler failed and was arrested, though he regarded his arrest as a positive event because it provided him with publicity and time to write his book, *Mein Kampf*.

It was also from this point on that Hitler began to seek power through legitimate means. In 1932, about 8 years after his release from prison, Hitler ran for President of Germany. He lost the election, but was soon appointed as Chancellor of Germany (one step below the Presidency). He was able to use this position of power to steadily impose dictatorial rule over Germany until mid-1934, when President Hindenburg died. By that time Hitler had influenced the legal system enough that his rule was totalitarian right from the get-go. And yet, none of his actions were illegal. By totally legitimate means, Adolf Hitler became one of the most powerful people on Earth.

And so it is, that just as not all criminals are darkworkers, not all darkworkers are criminals. Guilty or not, the cleverest of darkworkers will not find themselves behind bars.

The hero-villain metaphor means that the unpolarized are relatively-neutral citizens who generally fear the villains and look up to the heroes to protect them. Of course, being wide-eyed and weary, the citizens have inaccurate perceptions of who is who.

When you polarize, you have to accept that you will *polarize* people. Some will love you: others will hate you. Your loving intentions may be regarded as evil. Your selfish intentions may be regarded as in the best interest of society, since you’re “protecting” people from the very fear you and other darkworkers imposed upon them in the first place.

Batman was mistaken for a villain—at the least, a destructive nuisance. So it is with many lightworkers in the real world. Julia Butterfly Hill, who lived in a redwood tree for two years to prevent it

¹ Sadly I cannot remember or find who “they” is in this case. Sorry.

² Perhaps “The Effectiveness of Fitting In” could be the title of a self-help book for darkworkers. If anyone writes this, please let me know.

from being cut down, was regarded as an obnoxious threat to the lumber industry. Steve Pavlina, whose work I reference often (and bears credit for the “lightworker” and “darkworker” terms), has been called out as a selfish, sinful, perverted control-freak. Martin Luther King, Jr. and Mohandas Gandhi were shot and killed, though they preached love and practiced non-violence. To the German people in the 1930s and 40s, Adolf Hitler was a hero, though he was responsible for the deaths of millions. The lines are blurry, you see.

The courses of the lives of average citizens, or *non-player characters*, are significantly determined by the polarized people around them. Harmful, mind-numbing, or useless products are put into the market by darkworkers—products which will be purchased by many who are either ignorant of their undesirable effects or who hope such products will soothe their fears. Lightworkers rally to get those products removed or improved, and replace them with healthier alternatives. This battle is most obvious in the food industry, though you will see it in all industries if you pay attention.

The citizens can be easily swayed to the tune of either love or of fear, depending on which influence is present (particularly, which influence is *most often* present). In truth, there is no neutrality—no purely zero-point that is free of both positive and negative. Much of the time, to maintain neutrality is to be pulled own into negativity. Remember—there is no mere stagnation. Be wary, oh apathetic one.

Some people will identify the path of villainy as the smart one, since the bad guy always gets what he wants as long as he doesn’t get caught. For others, heroism will call to them and light up their hearts. For others still they will prefer to watch the game rather than play it, and stand by as others do the heavy work of unfolding the story of Earth. Which role will you choose?

Why Polarize?

*Law changes, but "got to's" go on. You got the right do what you got to do. – Jim Casy, from John Steinbeck's *The Grapes of Wrath**

No law can be sacred but that of my nature. – Ralph Waldo Emerson, "Self-Reliance"

In the article "Polarization," Steve Pavlina explains the purpose and importance of polarity:

Either you believe you're fundamentally safe here (love polarization), or you don't (fear polarization). Those of us who find ourselves living as human beings are still working to address this fundamental question. Once we make that choice and come to terms with it, we begin the next stage of our existence.

In essence, to be fueled by fear means that you fear the universe as a hostile one, and you thus wish for others to fear you so that you may feel secure. This sense of security arises from having control over them: from this control arises a sense of certainty. Certainty and security feed into one another.

Likewise, to love is to believe that the universe loves you in return. To be cared about you must first care: then, caring strengthens on both ends. As a fortune cookie I received foretells, *To love and be loved is like feeling the sun from both sides.*

To believe in your fundamental safety is to have deep, unconditional trust in the universe itself. From this trust arises the certainty, and thus security, of the fact that no matter what happens (even death) it is in the collective best interest, and you will be okay. You cannot objectively prove the eternal nature of consciousness (or any aspect of existence), but you can trust that there is the possibility.

Once you choose to trust unconditionally, it occurs to you that you have been accurate in doing so. When you think about it, it seems that there have been so many situations in which you should have been toast. There have been so many times of uncertainty, and so many unforgivable and irreversible mistakes. And yet, things are still going just fine... They're going beautifully, actually. You think back to the times when you have wondered, "When is everything going to go wrong and crash down all around me? When will the other shoe fall?" A moment of silence. Then you realize—it never has.

Contrarily, when you choose to fundamentally distrust, your accuracy will likewise be affirmed. You don't have to ask whether things have gone horribly in the past: you know they have. Not only that, but you know they will again—unless you take as much control over your reality as possible. And so that is what you go on to do.

It is optimal to focus exclusively either on fear or on love, and on trust or distrust, rather than trying to make room for both in one's life. For a lightworker, conscious growth is pursued in order to better serve others. For a darkworker, conscious growth is pursued to better manipulate the external world.

Choosing to commit to one pole or the other does not automatically align you with the pole 100%: like any other skill, you become competent with one pole (but not both!) over time, through deliberate effort. Polarizing will *not* change your life overnight and immediately equip you with unlimited power. But if you stick with it, it *will* create changes, indeed.

Rather than concern yourself with what you want to *do*, you can focus on either what you want to *give* or what you want to *take*—in other words, what you want to *create* and *experience*, or what you want to *accomplish*. As awareness itself, love is concerned with what is experienced. As ego, fear is concerned with the numbers on the scoreboard. These focal points of experiencing and accomplishing are much more powerful than the neutrality of *doing*. At least on the lightworker path, desire is no longer a hole inside you to be filled. Instead, desire flows out of you. Seek to fill yourself by giving.

Neither path is necessarily good or evil, nor better or worse than the other. In fact, it is better for the collective interest that you become a darkworker, rather than remain unpolarized. Not only are the polarized simple and consistent in their ideas, intentions, and actions—they have actually *thought* about how they ought to do things. They have *decided* what fundamentally determines not only right and wrong, but also true and false; and, most importantly, functional and dysfunctional.

The polarized don't know all the truths there are to be known, but they have tools for getting there. As a result, they are far less likely to be hypocritical: we need not question their motives. Whether other people view their decisions as correct or even whether they would benefit from them does not matter: the point is that lightworkers and darkworkers have a direction. The further they walk in this direction the more momentum they will gain, and the more results they will produce.

When you strongly align with love or fear, you *know* what is true, but you are not arrogant in this knowing. To be arrogant in one's knowledge is to be separated from the truth. Instead, there is a silent knowing. It is not the end of knowing—it is simply what you know now. This knowing lives through you.

The unpolarized, on the other hand, tend to be sloppy and incongruent. They say one thing but then do another. They can't decide whether other people are kindred spirits who they should treat kindly, or walking objects which can be used to boost their egos. They whine incessantly, "What am I going to *do* with my life?" They come up with one excuse after another. To decide on a philosophy of life seems too hard. Thus, they walk this Earth with minds full of fog.

This is not to say you should strive for total lifelong consistency. If you never contradict yourself then you will never grow. Consistency beyond its usefulness creates frustration and weakness. Just make sure to be honest about the fact when you contradict yourself. The only thing you must be consistent in is your trust in yourself. This is what the polarized have which the unpolarized lack. If you are ever to be powerful, you must rely on your own authority.

Do not fool yourself into thinking you have polarized. If you have not thought much before about this (not necessarily using the same terms) and *deliberately* made a decision which you have since *committed* to, then you are unpolarized. It is nothing to be ashamed of, however: you are learning about this now—aren't you? Armed with information, and presumably next with drive, you can now begin to make conscious decisions which will serve you.

When taken to their logical ends, each path produces nearly the same observable outcomes. When you give, you will eventually receive in return—otherwise you will have nothing left to give. When you take, you must eventually give—otherwise there will be nothing left to take.

At the point of incredibly high, or super, intelligence, it is obvious that what is best for the self is best for all, and vice versa, and the polarization model is transcended thus. Eventually, intelligence understands that the larger body- humanity- and the individual cell- the self- are the same.

An intelligent lightworker recognizes that self-care is necessary to optimal service. Don't you think it's easier to give to others when you are well-fed, in good shape, and you allow yourself to have plenty of fun and enjoyment? Won't the people you love enjoy being around you more if you are enjoying yourself? Denying yourself of your needs and desires is actually a form of fear—the fear of selfishness. While lightworkers are not supposed to be incredibly selfish, it is even more antithetical to their nature that they feel fear. Martin Luther wrote,

Seek out the society of your boon companions, drink, play, talk bawdy, and amuse yourself. One must sometimes commit a sin out of hate and contempt for the Devil, so as not to give him the chance to make one scrupulous over mere nothings...^[8]

This doesn't mean that you should go out of your way to do things that are self-destructive, as you will degrade your ability to serve others *and* yourself in the process. Self-destruction is for those who try to mix polarities. What Luther is saying is to avoid making a big deal out of things you see as sinful or evil; otherwise, you will make yourself a slave to fear. You don't have to participate in harmful activities. Just make sure not to label as "evil" that which can be "good" (aligned with love), provided the proper intention is placed behind the action.

Lightworkers must understand that nearly all they do can ultimately contribute to them serving better. Lightworking doesn't mean that you hate or ignore yourself: it's just that serving others is your *focus*. You are fueled by *outflow*. You desire to create.

The best lightworkers, in truth, love themselves dearly. I may give the impression throughout this book that you must be quite harsh on yourself. When you just begin the journey of conscious growth you may feel that way at times. On top of that, it will be important to embrace hard work and discipline if you want to see results. But this path is actually filled with fun, excitement, and love—even plenty of silliness. And the hard work and discipline is *included* in all that. Things aren't so black and white. The word "work" should fill your heart not with dread, but rather set it aflame. For me, at this point in my life, fun and seriousness are largely inseparable.

On the path of love, work and discipline are simply paths to self-care and kindness. To seek your own growth is, in fact, to love yourself. It is only self-loathing that keeps us complacent. There are many people who appear to love themselves but actually hate themselves: such people are called "narcissists." The difference between a narcissist and a darkworker is that darkworkers deceive others to get what they want, while narcissists deceive themselves into believing in their own grandeur. Do not be fooled by their apparent confidence: narcissists are the most insecure people on Earth. Powerful, truly confident people show themselves off only in the name of either spreading love or increasing the power they already have. Narcissists show themselves off in an attempt to forge power and love in the

first place—to fill a gaping hole inside themselves. Yet, they do not understand that the seeds of love and power are planted within, by oneself.

When you do things for yourself, as a lightworker, the ultimate purpose is so that you can better serve. Besides-- how can you lend a hand to another human being when you are holding on to baggage? Attending to your own growth is one of the most important things you can do in the name of service.

Plus, service doesn't always look as we expect it to. A lightworker can have hot, hours-long sex without defying the lightworker path. She can compete in sporting events and make a lot of money. It all depends on the intentions- that is, the *energy*- that go behind these things. If the intention is to give, and giving either occurs or is bolstered by these activities, then the action was performed in the name of light.

Sometimes the best way to serve another person is by allowing *them* to give to *you*. If this act of giving is good for you both, such as if it helps you to grow, then why reject the gift? If giving is so healthy for you, might it not be healthy for others to give as well? If you want to give all you can, then allow there to be giving all around you.

Likewise, a skilled darkworker understands that excessive greed may lead to others hating them to the point of no longer providing the darkworker with his desires. In particular, a darkworker who orchestrates a massive financial scam (such as Bernie Madoff) could end up in jail for many years if caught, and what power can he exercise from a jail cell? Certainly it will be difficult to meet all of his desires. In addition, the darkworker may realize that making others happy actually helps him to become happier, so it is in his selfish interest to serve others.

In our human lives, we must master one path or the other before we can completely embody this understanding of self-love and love for others as one and the same. If we try to mix energies at this point we will only hold ourselves back: we do not yet understand how to do this correctly. Thus, the difference in path matters due to *momentum*. The more action you take in alignment with one pole, the more powerful you will become at using that pole. You get increasing returns from a pole the longer and more strongly you commit to it.

On the contrary, when you try to hold the energy of the opposite pole, you will feel yourself weaken. Once you commit to the pole you regard as right for yourself, you recognize the energy of that pole as your very nature. To try using the opposite pole, then, is harmful even to your biology. As I can attest, a lightworker who bears thoughts of anger may feel physical pain, and then become exhausted. Similarly, a darkworker who tries to help others solely for the sake of helping others will be in grave danger, at risk of losing his power.

The reason you shouldn't try to mix polarities is that you cannot experience both at the same time. Within one atom, both negative particles (electrons) and positive particles (protons) can exist. While whole atoms may bond with one another to form new compounds, electrons and protons themselves never mix together—*ever*. They live near each other, but never do they lose themselves in one another to become something new.

There is light and dark energy present in every single one of us. A person who has only one would be either pure light or pure darkness, and would thus be human no longer.

Imagine that one of your hands transmits light energy, and there is a plus sign (+) on your hand to indicate this. Imagine that the other hand transmits dark energy, and there is a negative sign (-) to show for it. Now imagine that in your house (perhaps in your garage or basement, near the electrical box) there is a light, positive terminal, and next to that is a dark, negative terminal. These terminals are designed to fit your hands, and they are safe for human use. If you put the proper hand in the light terminal, light energy will flow through you. If you put the negatively-marked hand in the dark terminal, then dark energy will flow through you.

So, if you connect both hands to both terminals (with the proper hand in each) at the same time, what do you think will happen to you? The light and the dark energies will cancel each other out. You will experience no effects. If you don't connect either hand to either terminal, what happens to you then? Nothing. You connect to nothing, and so nothing happens to you. If you stay disconnected long enough, you will *become* nothing. You'll get weak and shrivel up, because you need energy- a flow of movement- to survive.

If you stick one hand in for a minute, pull it out, then put the other hand in for a minute, and continually go back and forth like this for a while, what will happen? You'll ultimately transmit the same amount of energy through each hand, and they will end up cancelling each other out. The net effect will once again be nothing.

Now, if you connect the positively-marked hand to the light terminal but you keep the other hand disconnected, and you stay like this for a while, what do you think will happen to you? That's right—you'll get *juiced*. Light energy will become the dominant force inside you. It will start to overcome the dark energy within you. As you more and more become a being of light, you'll get bigger and stronger. You shall be attuned to the light.

The longer you stick with this light energy, the less likely you will be to transmit dark energy. There simply will be less dark energy inside you, and so the negatively-marked hand will have a harder time connecting to the dark terminal: it will be too weak to do so. It *will* still connect from time to time- that is inevitable- but your light (positively-marked) hand is so strong that it can easily pull the dark hand out. The stronger and smarter you get, the more you understand the folly of connecting the dark hand, and the more quickly you can disconnect it. It takes a long time to remove all of the dark energy from your body: it might even be impossible. But it is far more empowering to try than it is to oscillate back and forth between both energies.

The importance of not mixing the polarities is blatantly and sadly evident in romantic love. Many people have submitted to the idea that love hurts, love is hard, love makes you insane, and even that love is *not real*. Any suffering we experience in our human relationships, however, is not the result of love itself. Pure love- identification with consciousness itself- *never* produces suffering. If it does, it is not the purely painful, dreadful suffering as we often know it: rather, it is a suffering that is to be welcomed. It is a suffering that will carve into us and allow us to love ever more deeply. There is nothing inherently painful about helping or feeling a certain connection with another person. We can only hurt when we attach our self-worth and identity to external outcomes. It is one thing to genuinely enjoy external outcomes. It is quite another to attach ourselves to them.

Even if we hold on to attachment, as long as we choose to learn from our hurting, there is no shame in it. The pain that comes from loving is nothing to be ashamed of. If all things can help us to

grow, then the pain that comes from loving reveals something about ourselves. If we simply reflect on this pain, we will learn something that ultimately deepens our capacity to love. Love is powerful, and it is one of the most effective tools for breaking down the barriers in our souls. By giving to one another we become more of ourselves.

True love is all give and no take. It does not take from giver nor receiver. Through love, we do not lose—instead, we grow. Love is free energy.

Several quotes from Kahlil Gibran's *The Prophet* speak to this:

For even as love... ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth.ⁱ

But if in your fear you would only seek love's peace and love's pleasure, then it is better that you cover your nakedness and pass out of love's threshing-floor, into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears.ⁱⁱ

Love has no other desire but to fulfil itself.ⁱⁱⁱ

Allow me to propose a healthy way of relating to people. Actually, I'll let Bertrand Russell do that (again, from *The Conquest of Happiness*):

A friendly interest in persons is a form of affectionateness, but not the form which is grasping and possessive and seeking always an emphatic response. This latter form is very frequently a source of unhappiness. The kind that makes for happiness is the kind that likes to observe people and finds pleasure in their individual traits, that wishes to afford scope for the interests and pleasures of those with whom it is brought into contact without desiring to acquire power over them or to secure their enthusiastic admiration.

... But all this must be genuine; it must not spring from an idea of self-sacrifice inspired by a sense of duty. A sense of duty is useful in work, but offensive in personal relations. People wish to be liked, not to be endured with patient resignation.

To bring this back to Polarity, though it is the lightworker's duty to serve others, he must do so always from a place of genuineness and honesty. Otherwise, his toil is not in the name of love. It is *not* his duty to descend from the mountaintops, bend down on one knee- so as to place himself at the same level of those suffering- and solve all their problems for them as though they are helpless. To give a false impression of liking others and to assume that their utter, inexorable weakness can be alleviated only by your rescue is to feed into fear.

Emerson pulls apart the issue of vain, unconscious sacrifice in "Self-Reliance":

Men do what is called a good action, as some piece of courage or charity, much as they would pay a fine in expiation of daily non-appearance on parade. Their works are done as an apology or extenuation of their living in the world—as invalids and the insane pay a high board. Their virtues are penances. I do not wish to expiate, but to live. My life is for itself and not for a spectacle. I much prefer that it should be of a lower strain, so it be genuine and equal, than that it should be glittering and

unsteady. I wish it to be sound and sweet, and not to need diet and bleeding. I ask primary evidence that you are a man, and refuse this appeal from the man for his actions. I know that for myself it makes no difference whether I do or forbear those actions which are reckoned excellent.

Each lightworker must go about his own way of lightwork. To force ourselves into means of service we don't care to perform but perceive as socially acceptable is not to be a conscious dealer of love, but rather an ignorant victim of fear. Love starts with yourself—with honesty. Any deed you do with spite (not necessarily discomfort) is a tainted deed, no matter how "good" it looks on the outside.

In love, in life, and in the pursuit of growth, there is a lot of push and pull—resistance and relaxation. Sometimes it is best for you to go out into the world and express yourself as you are. Other times you must withdraw to your private world and reflect on what is happening within you. Then you can return to the world renewed. This is just as it sometimes is best for you to talk, and other times, to listen. Sometimes it is best for you to lead: others, such as when learning a new skill, to follow. As long as you accept this cycle of outer expression and inner reflection as natural, and you regard joy and sorrow as inseparable, then your life shall be filled with beauty, gratitude, and conscious growth.

Fear, remember, identifies with the ego. It is only by believing that *This is all we are* that we can feel pain. Pain obviously cannot be 100% avoided, since we must live in these pain-perceiving bodies in order to exist on Earth. But the more we identify with the small self, the more inescapable pain becomes. When there is a love-focus the pain of the small self can be observed by the big Self (the SELF), and it is reduced thus. But for the unpolarized person, pain is a constant: it is the background music of life. It slowly withers the morale away.

Keep this in mind- which worker identifies with what- once you get into the next chapter, "**Subjectivity and Objectivity.**" You will see that subjective reality tends to be more appealing to lightworkers, while objective reality and perhaps even solipsism are more appealing to darkworkers. The unpolarized generally find their place in objective reality. This makes sense because the potential for power is lower in an objective reality than it is in a subjective one.

~

Trying to combine polarities is a cause of *spiritual confusion*. The spiritually confused claim to be on their way to enlightenment, but they often get caught up in nit-picky arguments and anxiety-provoking trains of unimportant thought. They involve themselves in squabbles which ultimately do not matter, such as whether a certain word is offensive. They think they are doing a powerful thing for humanity, but in actuality they are covering up their own confusion and feelings of inadequacy. The spiritually confused profess to have sight of the whole picture but in truth have not glimpsed once at it.

At the beginning of this chapter I stated that, when we commit acts which appear loving, we may be unaware of the dark motives within. Likewise, we try to understand spiritual concepts through the disguise of love, and tell ourselves that we are kind and unconditionally loving. However, when selfish motives pull the strings from beneath the surface, we are lying to ourselves when we profess to

understanding these things. To attempt to embrace light while failing to acknowledge that we are mired in the dark is to produce perpetual confusion and frustration. It is to lock ourselves into inertia.

Pavlina describes this simply in the article, “Are Darkworkers Evil?”:

If you're selfish but hold back because your conscience tells you to, you limit yourself. If you're selfless but succumb to greed now and then, you also limit yourself. The purer you can be one way or the other, the greater the flow of power through your life.

Polarizing is one of the most important decisions you will ever make in your life. It will determine the overall themes of your life as well as how powerful you can become. Loved-based themes include joy, sharing, caring, enthusiasm, and playfulness. Fear-based themes include anger, hatred, and suffering. When you polarize, you will gain immense clarity and the ability to make lightning-quick decisions, as each will be based on one of two questions: either, “How can I better serve?” or “How can I better conquer (and please myself)?” Your mantra will be either, “Through service we find God,” or, “Desire is sacred.” You will see divinity and completeness in others or in yourself only.

The use of “God,” in the previous paragraph, denotes an entity of all-being. God is not some man in the sky who is pleased with the shaming and killing of sinners and infidels. In fact, God has no rules nor emotions. He (more appropriately, “It”) does no punishing. He is not disappointed if you don't believe in him. He has no form: he is both everything and nothingness. He could just as well be a “she”—perhaps even is both. He transcends duality. He does not do anything, but he leaves nothing undone.

In other words, “God” is the epitome of unconditional love, peace, joy, and bliss. To know God is to identify with consciousness—not just your own thoughts, but with all things. “God,” then, means the same as “consciousness.” That is all. No agendas are involved, nor special seats in heaven reserved. There is no “judgment day”: instead, the effects of your decisions are immediately experienced. The only one who judges these effects is you.

As a sidenote, this book does not advocate subscription to organized religion, or any dogma for that matter. There are guidelines, but not absolutely certain necessities. Some religious teachings are useful and respectable, but many are not. Explore spirituality for yourself. That is the only way you can.

Knowing whether you are a lightworker, darkworker, or an unpolarized person says more about yourself than anything else, so make this decision wisely.

Regardless of which pole you choose, you will make rapid gains in conscious growth and come far closer to reaching your potential than most people ever do. You will be highly motivated and driven to work toward your purpose. If you stay at this long enough you will become immensely powerful, regarded by others as an authority figure and role model. The love you experience- whether that be for yourself or others- will be overflowing. Instead of *thinking* about and believing in what you *should* do, you *know* what you *must* do.

The darkworker is not *sad*. He is like a member of the Addams' family: he revels in darkness. For him, life is endlessly delicious. He openly embraces suffering and struggle. For him, there is joy in suffering.

Similarly, lightworkers don't go out of their way to avoid or bad-mouth suffering, as these would be forms of fear. Instead, suffering is perceived as an indicator of how the lightworker still can grow. It is also appreciated as a part of the human experience and as a boost to the extent of joy that is possible. Because suffering is a part of life, to suffer is to connect with life (though **it is not necessary in order to do so**). Through being appreciated, suffering ultimately lessens and becomes an enjoyable experience unto itself (at least, for some amount of time). It is transmuted into a positive, love-based experience. In *The Prophet*, Kahlil Gibran writes,

Pain is the bitter potion by which the physician within you heals your sick self.

Sometimes, the act of appreciating feels forced. When you cannot be grateful, simply be mindful. Just notice things. Observe the feelings in your body, the thoughts in your mind, the words rolling out of your mouth. Don't give any labels to them: just watch. At its core, to appreciate is to notice something in its fullness. So, don't convince yourself into appreciation—just let it come.

Beyond a point, highlighting the differences between the two paths becomes difficult. To choose one path is ultimately to choose both. Really, the differences between polarizing and not polarizing stand out much more than the differences between the poles themselves. For both lightworkers and darkworkers, negative emotions are not such a big deal and are, in fact, regarded as part of the path of growth and optimal enjoyment. For the unpolarized, however, negative emotions can spell a supposed “end of times.”

Making improvements in your life basically consists of either overcoming fears (love-path) or being fueled by them (fear-path). For lightworkers, fear must be transcended. For darkworkers, fear must be tamed and turned into a loyal henchman. For lightworkers, fear in itself is paralyzing, though the premise and pursuit of overcoming fear can make these fears indirectly motivating. For darkworkers, fear in itself *is* motivation.

From a place of love, if I want to get a girlfriend, for instance, I have to overcome my fears of expressing myself honestly and being physically and emotionally intimate with another person. In so doing I am able to connect with her lovingly, as fear no longer inhibits me. Our connection is fueled by love—that is, my desire to give to her.

Of course, overcoming this fear is not accomplished through delay. Delay is but a fear-tactic, which reinforces fear. Instead, I must simply defy fear. I must slide past resistance. I must simply go forth.

~

This book, as you have likely guessed, is written within a love-based structure (lightworker bias). There is something in this for the darkworker as well—just not quite as much. However, as I stated earlier, beyond a point the two poles do not differ much: a highly enlightened lightworker and a highly enlightened darkworker might interpret my words with nearly the same meaning. So keep this in mind: whenever you see the word “love,” translate this to “self-love” for the darkworker version. On a similar

vein, a phrase such as “The universe is friendly” can be taken to mean, “The universe generously caters to the darkworker’s desires and perpetuates his success.”

As for the person in the middle, he might find it in his interest to finally pick a side. It is far easier to provide value to lightworkers and darkworkers because these people are already committed to their conscious growth. However, even if you are presently undecided, you can gain some clarity from this book (and recommended others) on which path you would like to take. Even if you choose neither you may still be able to implement some of the information presented- especially if you make this choice consciously-, though it will be more difficult for you to do so.

Being unpolarized doesn’t mean that you can’t do great things and enjoy yourself. However, if you look at your most notable achievements and your fondest memories, you will notice the dominance of one pole there. For example, in my 7-year running career the height of my track performances was 3 years ago, when I was 15 (a 10th grader in high school). Between the start of December 2011 and the end of May 2012 I ran 54 races and won 24 of them, about a 45% success rate (yes, I even kept track of my own stats, which I calculated myself). This was achieved mostly through a fear-focus: I would often think about crushing my opponents and having no mercy as I sped by them at the end of a race. While I never used physical force (e.g. elbowing) I did use somewhat-dirty tactics, such as by using just enough effort to stay behind a pack or single runner for most of the race (called “drafting”), then running full-force for roughly the last lap or even ½ lap. I usually blew by people when I did this. I was highly focused on achieving certain finishing times and places, winning awards, and qualifying for high-level track meets (e.g. the state championship, though I never quite made it there). I was by no means a darkworker, though in this aspect of my life, fear dominated.

A love-focused runner, in contrast, might run because of how good it makes her body feel—and that’s it.

We could say the lightworking-running runs because of how it helps her to better serve other people (e.g. by energizing her and helping to clear her mind). In competition she would get excited by how she and the other runners can push each other to new heights—perhaps even their full potential. At the end of the race she might give her competitors hugs and thank them for this opportunity to shine (well, maybe she wouldn’t use that language). She might even connect her race efforts to a charity.

At the end of the day, though, it is really about the outflow of creating a certain experience. What place she comes in or how long it takes her do not matter as much as whether she had a fabulous time. Perhaps she learns something of value along the way, and overcomes a fear. But all this flashiness pales in comparison to the simple essence of experience itself. The act of creation is a force undefeatable.

Polarizing is incredibly important to the world at large simply because of how powerful it is. Imagine that a small group of very serious, hardworking lightworkers comes together who constantly push one another to grow. They share resources and insights, plan and work on big projects together, and encourage the heck out of each other. Perhaps two of the people in the group are even a couple, who can support each other night and day and who know all of each other’s strengths and weaknesses. They bring out all of each other, the best and the worst. The people in this group are committed to this path of growth and service 100%: it is their #1 priority. Family, money, sex, friends, hobbies—these things can be involved, but never are they placed above service and growth.

Say there are only five people in this group, and they commit to this path for life. Just what might they accomplish? What changes might they make? How much would they enjoy the heck out of their lives? Along the way, they would likely solve major global issues and become historical figures as well.

Imagine that a group of darkworkers was to do the same thing. What might *they* do—become the five wealthiest people on the planet? Take over the world? Odds are that they too would go down in history and, in time, resolve major issues—though not without creating some first (remember: you must sometimes give for there to be something to take. For the darkworker, to receive is to give).

On this path of polarization, there is a ridiculous level of confidence to be found: it is nearly superhuman. By the unpolarized masses it cannot be comprehended. To the worker in light or in darkness, the sense that success will be achieved is not simply affirmed in the mind: it is intertwined with the DNA. He who finds the momentum of love or of fear cannot be stopped.

Sub-Motives

For the lightworker, the primary motive is to serve. There are two sub-motives behind service: joy, and sorrow^{iv}. Joy, in this sense, is an *approach* motive. Joy moves toward the good and what is desired. This means it focuses on creating positive results such as increased love, gratitude, consciousness, and enjoyment. Joy asks, *What is my bliss? What is it that makes me love being alive?*

On the other hand, sorrow is an *avoidance* motive. Sorrow focuses on the “bad”—on what is not desired. While the aim of sorrow is still to serve and to create positive results, it does so from a place of sadness. It focuses on *reducing suffering* rather than directly *creating joy*. Sorrow asks, *What is my greatest heartbreak? What breaks my heart open?*

Sorrow may sound similar to fear. But, to be motivated by sorrow is not to avoid suffering outright. Low-level fear tries to comfort itself from suffering. Sorrow, on the other hand, embraces suffering. Sorrow uses suffering to motivate itself to action, in order to reduce that suffering.

Sorrow certainly is not the same as the darkworker-definition of fear, because to fear, in this sense, is to take. The lightworker who uses sorrow does so in order to serve. No darkworker would reduce suffering unless it would somehow result in his own personal gain. Generally, though, keeping others at a place of low-level fear and suffering (but not *too* much suffering) serves the darkworker’s interests.

I used to put my focus on sorrow. When I was 15 I wanted to become a therapist to help other people who mentally and emotionally suffered just as I did, and I wanted to counter what I regarded as “bad” practices I saw used by existing therapists. When I was 16, I wanted to become an activist to fight against socioeconomic inequality and health-related lies (particularly in regard to food) across the world. It suffices to say that I accomplished almost nothing. In fact, I experienced quite a bit more of that mental and emotional suffering at 16 than at 15. For those two years I was overwhelmingly paralyzed and frustrated.

Now, at the age of 19, it’s clear that a focus on joy is much more effective for me. I go toward what lights me up rather than what tears me down. I still care about people who suffer and who are physically unhealthy, though rather than fight the “bad” out there I’d prefer to cultivate the good. To see people overcome challenges is more motivating and action-inducing for me than to see them struggle helplessly. I focus on becoming my best self, encouraging the strengths of others, and, quite simply, on enjoying life. In this way I can set an example of conscious living for others to follow and I can share my joy with others, giving them energy and drive to make their own positive changes. Besides: when I focused on sorrow I tried too hard to *convince* people to change, and this hardly works in comparison to inspiring through example. Any sorrow I experience now, I simply learn from and reframe to clarify what brings me joy. I am grateful for my ability to do this, and I love to see it get stronger with each passing month.

I don’t mean to say that others who are fueled by sorrow will fall to the same folly of trying to convince people to change. A sorrow-focus just doesn’t work well for me is all, though having to convince people to change rarely works no matter what your motives are. People just have to be ready.

I have found that the best I often can do is to be lovingly present with another person without any hidden intent to change her. I must cultivate growth and love within myself, meanwhile accepting her unconditionally. The best you can give of yourself, as stated before, is yourself. Sometimes people

just need to be loved and heard, and for you to make change within yourself accordingly. Perhaps they need for you to say, “Even if you don’t think you’re okay, I do.”

Of course, to give of yourself, you must give whatever “yourself” may be. This means you must be honest with yourself. If your dominant feeling is that there is no hope for the other person, at least tell yourself this. Don’t go around telling people you accept them when you don’t: otherwise you’ll never *actually* accept them. If you are to accept others, you must accept yourself. If you are to keep your heart in one piece, you must be honest with yourself. Internal honesty will indeed save you a lot of heartache. Even if your feelings seem wrong to you, don’t try to convince yourself to be “good” or “righteous.” If at this time you would genuinely prefer to leave the other person behind from your life, then that is what you must do.

Because joy and sorrow are inseparable, when you choose one you actually choose both simultaneously. “Your greatest joy is also your greatest sorrow,” Pavlina says. For me, seeing people overcome challenges is more motivating and action-inducing than watching them struggle helplessly. The joyful observation and the sorrowful one, however, both lead to the same place: my desire to see people live consciously. My greatest sorrow is, in fact, to witness unnecessary, relentless, fear-mired suffering. It rips apart my soul to watch other human beings shake with fear and destroy themselves using ignorance and short-sightedness. But I don’t get too many miles out of focusing on my sorrow. It’s there, but as time goes on I entertain thoughts of it less and less.

Just as with love and fear, you will get far more leverage out of figuring out whether joy or fear works best for you and then focusing on that one *exclusively*. Likewise, you must understand that there is validity to both paths for either one to work.

Why would someone choose sorrow, you wonder? The best way to find out is to try it for yourself. In a nutshell, though, to embrace sorrow is better than to embrace neither joy nor sorrow, because when you acknowledge your sorrow you connect with your heart. When you connect with your heart it can lead you to act powerfully, in a way that is best in the moment. You must connect with your heart to be inspired. To close yourself off from sorrow and to write off joy as impossibility is to do nothing. This is what it means to be heartless: to lack both sorrow and joy.

Because they’ve already polarized, this second polarization lightworkers must undergo *will* be accomplished, because they know they *must* do it. Just as with love and fear, you’ll have to determine which one feels right to you and then stick with it. Even those who don’t have an articulated knowledge of the sub-motives are bound to work toward one or the other; for instance, I have been strengthening my joy-orientation for far longer than I’ve been aware of these labels.

Your first focus should be on choosing between love and fear (lightwork and darkwork), since this decision will have a far greater impact on your life. I’m not sure that approach/avoidance motives can be effectively explored before a pole is chosen, though it may be to your benefit to start early. In fact, you probably have already—just without awareness of the fact. You might be able to tell already whether sorrow paralyzes you or cajoles you to action. Likewise, you may have noticed whether you become comfortable and complacent with a joy-focus or you feel compelled to act and create even more joy.

As with most things, the sub-motives apply to darkworkers just as they do to lightworkers. Simply focus the reducing-suffering/creating-joy model on your own suffering and joy. Don’t worry that

what is joyful for you is darker and more twisted than what is socially acceptable: it is joy nevertheless. Similarly, don't worry that few others care about what is sorrowful for you, and might even spit at it: it still is your sorrow.

Shielding Yourself from Darkness

If there is a certain person who you consistently feel drained around or dread talking to, this person probably has a lot of fear energy and may be a full-blown darkworker (or just a lost, confused soul). While this person is very conscious, he is also very dangerous for that reason. Perhaps a micromanaging boss, Christian Grey-like boyfriend, or gold-digging girlfriend comes to mind. Whatever the case, get out of there.

If this is a person you have to be around, such as a spoiled child, don't let them overpower you. With young children this is easy since they usually need the help of adults to get what they want: just say "No." Generally, whoever it may be, don't give more of yourself than you want to give. Say "no" 10,000 times if you must. Be wary when around this person, but don't succumb to fear or the frustration of, "What the hell, I'll let you have your way": this is precisely what they want you to do. Stay in touch with your conscience, doing what you know to be right in each moment. Remember that their words are just stories: do not become entranced by them.

Appeasement of aggression is foolish: you'll just get kicked in the head while bowing down. Passivity is laughed at and then stepped on by the malignant. Consider that the most ethical decision you can make is to preserve yourself. This is truer the more conscious and light-oriented you are: people would prefer that you are strong and healthy, so you can serve them. If you must use physical force or lies to this end, then do so. This may be a tough action to take, I know, but remember that this person does not function the same as you do. Your peaceful intentions are silly to them: they do not care for peace.

Similarly, your words may be ineffective to them: they believe they can get you to change your mind, or simply overpower you physically. If you want to be an effective lightworker, you have to be strong and wise enough to protect yourself. Otherwise there won't be a whole lot of working you can do. Besides: a show of strength is probably just about all you can do to earn the respect of the darkworking and of the lowly aware. All other honest displays you put forth appear to them to be laced with flowers and naïvete. So, use strength with honor. Honor your own life.

The general recommendation is that you act just as much as is needed to incapacitate the other person, and save yourself from damage. Depending on the specific intentions and awareness level of the other person, a forceful yet benign shove can be enough to deter them: they did not expect you to retaliate physically. As the author can attest, this tends to be effective on lustful, drunken men, provided they are not the angry and violent type of drunk.

Unfortunately, many people, regardless of their level of awareness (true darkworker or not), are far more persistent and threatening than this. When other people neglect to play by the rules in such a way that your life is put at stake, you ought to abandon flighty ideas of having a "fair" or "civilized" fight. It is fair that you stay alive. Be honest with yourself that your primary intention, in this moment, is to survive. If you are the head of a country at war with another country, then you must be honest with others about this intention as well: otherwise you will look ridiculous on the world stage (as the U.S. has in the recent past). Just try to keep a level head about how much retaliation survival really requires: it may be less than you think. Other times, it may be far more.

Recall that as a lightworker, you gain strength from serving and connecting with others. If you are faced with a darkworker who is more powerful than yourself, the best thing you can do (except in

immediate physical altercations, such as a street fight where no one else is around) is to band with other lightworkers who would be more than honored to protect you. Perhaps your comrade is not as strong as you, but as long as he is not grossly incompetent (e.g. stepping on your toes) he will undoubtedly fuel you with the strength of love you need to succeed. There is no power higher than unconditional love. Another person's intent to protect you in the name of love- especially when it means potentially endangering themselves- is incredibly powerful. The power of love is an awesome force that only a handful of darkworkers will ever know. And yet, isn't it amazing that their malignant advances facilitate the practice of such love.

If you remember nothing else, just avoid people who you have a strong visceral reaction to; that is, a bad *gut-feeling* for. Your body will pick up on their energy faster than your mind will. Still, you can figure out someone's intentions based on whether they try to incentivize you by using fear and greed. Perhaps it's a lover who threatens to leave the relationship when you don't give him what he wants, and then buys you expensive things immediately afterward. If you take similar behavior for granted on the part of *anyone*- even your boss-, then you have been brainwashed.

Keep in mind that this person's intent is to increase their own power and personal pleasure. If they come to you, then they want you to serve them in this purpose. They may use deception to make submission to their desires sound intelligent. If you do not have your own purpose and clear direction, you are prone to fall victim to someone else's. If you stand for nothing, you'll fall for anything.

Above all else, the lightworker's most powerful tool is his unshakeable trust in life. If you intuit, from this trust, that it would be appropriate to go into this situation with "no skin," and to simply tell your perpetrator to "Do the best that they can," God bless you. Remember, it is the lightworker's core belief that he cannot be fundamentally be harmed. As such, this course of action would make perfect sense, though it is not the only valid course of action.

Even if you are a darkworker, you must not succumb to the fear-inducing will of other darkworkers. Compete with them if you must to increase your power, but be aware that this might be exactly what they want you to try doing. By competing with them you'll only spin your wheels, even if it looks like you're succeeding. The success is only a façade, and it won't last. At just the right moment, when you are caught up in their game, they will trap you and drain you of your power. You must maintain clarity and act from trust in yourself, rather than immediate and emotionally-charged reactions; otherwise, you will be overtaken by those who distrust the world.

Please note that if you go around fearing darkworkers all the time you are contributing to their power. Fear is what leads people to become darkworkers in the first place, so if you don't want to see those guys stomping on people more than they already do, then don't feed into fear. If you want to protect yourself, the best thing you can do is to polarize. In essence, this is to become more conscious.

As long as we are honest about our own darkness it can do no harm to us. Honesty brings light to all things.

The Experience of Lightwork

There was the hills, an' there was me, an' we wasn't separate no more. We was one thing. An' that one thing was holy... When they're all workin' together, not one fella for another fella, but one fella kind of harnessed to the whole shebang—that's right, that's holy. – Jim Casy, from John Steinbeck's *The Grapes of Wrath*

The peak experience of a lightworker consists of appreciation and a sense of safety no matter where I am or what I'm doing. I am filled with trust and have a sense of oneness with all things. I am totally present to this moment, and I am detached from outcome. All these things come together to produce a sense of pure *beauty*. In these moments life is so beautiful that I smile and may be moved to tears. There are no objective requirements for this peak experience: anything can be happening. While these moments can seem to occur by serendipity, the key actions are to trust in the present and be in it fully. Such moments often start out as a challenge to me—particularly, again, to my trust in the universe.

As I go further down this path I become more sensitive to my feelings. I am more strongly inclined to avoid something which feels wrong to me, and to move toward something which feels right. My capacity for honesty increases because I am more sensitive to all the thoughts and feelings occurring in me at once. My inner processes become hard to ignore. I am quick to recognize when I have mistrusted. The time it takes to defy my inclinations and then realize my wrongdoing is always getting shorter.

My ability to recover from mistakes and from struggle grows. I still do make plenty of mistakes, and get thrown off the path and into fear. But, I am more quickly able to recognize the lesson in every situation, and thus see that, in essence, no mistake was made. I can apologize to and forgive myself- if these are needed at all-, and then open myself to possibility and to trust in the universe once again.

It is hard to deny that people are incredibly kind to me. I am often amazed at how much others have given to me: I used to think about how people are just “too good” to me. Often without realizing it, people do so much to help me to grow, and I can thus better serve them in turn. I can take care of a lot of things for myself, yet support is all around me. To give in return for what I have received does not feel like an obligation. I do not feel the anxiety of everlasting debt for all I have received. Instead, life says to me, *Yes, you can have all of this—and more. It is ours for the giving.* It is only natural that I give. It simply arises out of the growth others have facilitated for me. And the best thing that I can give, I have found, is myself.

It seems that I can never be irreversibly hurt. Even when I am sad the universe still takes good care of me. I just don't appreciate it as much in the moment is all. Yet, the universe is always forgiving. My life is incredibly gratifying—especially when it isn't. I know that when I suffer I am on the verge of breakthrough. For me, to suffer is to be alive—though it is not the only path to life. As in all things, there is beauty in suffering. My tears, these days, are most often tears of joy—especially when I do creative, service-focused work such as writing this book. I am amazed both at what I have to offer the world and at what the world has to offer me.

I know that if I need help from the universe, I only need to ask for it. Sometimes its reply will be silent and appear to arise strictly from myself. But the universe, of course, is always within me, and I am always within it. Replies can take any amount of time to play out-- really, my whole life is a cycle of simultaneous requests and replies. So, I must simply rest in the uncertainty of the present situation, continue taking whatever action I can, and trust that things will turn out as they ought to.

I am aware that there are forces and individual people on this Earth who follow darkness and would not mind hurting me and others if it means helping themselves. However, I still believe that the universe is overwhelmingly friendly to me. By trusting myself I can avoid or tune out most negative influences: if I fail to do that, then I can learn from the experience. I feel motivated to rise above the darkness and embrace the light on the other side. The darkness, after all, makes the light look that much brighter.

My sense of safety rests in the knowledge that I can die at any moment, and if I do then it is in the best interest of the larger body. I am always making peace with possibility. As long as I am still here, I trust, I am here for a reason. Even if I am not, I still enjoy being here, and that is reason enough for me. When I go, then my time simply has come: there is no tragedy in it. As long as I can be my best in every moment, then I can accept death at any time. Death is inevitable anyhow, so why not embrace it as another part of life, just like all else life has to offer?

Besides: I know that I never truly perish. I can be erased only by denying my true nature—by refusing service and rejecting that I am one with all that is. I know that, in essence, I am in all that happens and all there is. As long as I hold to that conviction, which has now been engraved into the depths of my soul, I cannot be gone from the universe. I can do no other than commit fully to this path anyhow.

Sometimes, I have to sell myself on a dream. Maybe there will be moments during the climb when my feet are in the air, and I have only my hands to hold me up. But that doesn't mean I will not return to the ground. That does not mean that when I land I will not be a step higher than I once was, and my life more amazing than ever before. And if instead I fall, then so be it: I shall make my way back up, or I simply am finished. Whatever happens, the trust and effort this adventure required will have been enough on their own to raise my awareness and to propel me to new heights. Above all, I know that if I am wrong about all this, then I still have immensely enjoyed what has come from believing in it, and that is enough.

Again, I cannot tell you what way is right for you—only you can do that. However, I encourage you to take the path of lightwork if it so compels you.

ⁱ Page 11.

ⁱⁱ Page 12.

ⁱⁱⁱ Page 13.

^{iv} From Pavlina's article, "Follow Your Heartbreak." However, Pavlina labels these motives as *gratitude* and sorrow. I have substituted gratitude with *joy*.

Bibliography

Editors, Biography.com. *Adolf Hitler*. 21 September 2015.

Emerson, Ralph Waldo. "Self-Reliance." *Essays: First Series*. 1841.

Gibran, Kahlil. *The Prophet*. 1923.

Luther, Martin. *Werke*. Weimar, Germany: Verlag Hermann Böhlaus Nachfolger, 1883.

Machiavelli, Niccolò. *The Prince*. Florence: Antonio Blado d'Asola, 1532.

Pavlina, Steve. "Are Darkworkers Evil?" 22 April 2008. *stevepavlina.com*. 2 August 2015.

---. "Follow Your Heartbreak." 10 October 2008. *stevepavlina.com*. 11 August 2015.

—. "Polarity." 21 February 2007. *stevepavlina.com*. 31 July 2015.

—. "Polarity and Health." 9 March 2007. *stevepavlina.com*. 31 July 2015.

—. "Polarization." 26 February 2007. *stevepavlina.com*. 31 July 2015.

—. "Rise of the Lightworker." 16 April 2008. *stevepavlina.com*. 2 August 2015.

Russell, Bertrand. *The Conquest of Happiness*. London: George Allen & Unwin, 1930.

Steinbeck, John. *The Grapes of Wrath*. The Viking Press, 1939.

Sydonay, LLC. "About." 2005. *darkworkers.com*. 31 July 2015.