

## **Bless the opposite when it shows up**

We live in a world of contrasts. Think of the seasons. We cannot have spring without summer or autumn without winter. It is the whole cycle that gives us the experience of the seasons in all their glory.

Similarly if short does not exist, you cannot know yourself as tall. If there is no experience to call sad, you cannot know happy. This is sometimes called the Law of Opposites. It refers to the necessity of two apparent opposites existing in the same space in order for either of them to exist at all.

In the world in which we live there is no fast without slow, no joy without sorrow, and no good without evil. Yet notice how these are not fixed categories. On a day when it's 12 degrees centigrade in summer we would call it chilly whereas in winter we would call it warm. In other words, *we are making it all up*.

This is not to trivialise this labelling. In fact, it is an act of great importance. It is by declaring some things to be evil that we can define ourselves as good. *The biggest evil would be to declare nothing evil at all.*

Now this principle of relativity applies in the physical world in which we live. Yet, in the spiritual world from which we come and to which we return, this is not the case. There, All That Is is All That Is. There is no relational principle at work simply because there is only One Thing and it is all magnificent.

The image we are given for the spiritual realm in *Conversations with God* is that of a little candle shining in the presence of the sun. The little candle knows that it is light but it can't really *experience* itself as light because Light is all there is. And so the little candle chooses to go to another world, to the realm of the physical, in order to surround itself by darkness. By encountering the darkness or That Which It Is Not the little candle is able to really know itself as That Which It Is.

Appreciating this field of contrasts can lead you to a more harmonious life. For instance, you may choose to see yourself as a peaceful person and then find yourself encountering all sorts of aggression. Instead of condemning it, what if you acknowledged that this aggression actually made it possible for you to declare yourself a person of peace? By taking this perspective you may even be able to help to transform the aggression into something else.

### **Try this...**

1. Think of something you are intending to be more of: for example, prosperous.
2. Identify what is coming into your space that is the opposite of this: getting pick-pocketed, for instance
3. What is the gift or the message that this experience of the opposite is bringing you?
4. Who do you choose to be in relation to this Other Than that is showing up?