

*In this article, Sue Singleton highlights some key attributes of the Law of Polarity (Balance) excerpted from Chapter 7 of her book, **Nine Simple Laws to Create Joy and Grace: A Comprehensive Guide to Manifestation**. She then shares practical suggestions for simple changes you can make in your personal quest toward achieving healthy balance, plus an affirmation to help you focus on your balance.*

Now is the time to Achieve Balance in Your Life

One of the Nine Universal Laws, the **Law of Polarity (Balance)**, also called the Law of Harmony or the Law of Gender, is currently at work in your life — *whether or not you are efficiently working with it.*

In the excerpts below from *Nine Simple Laws to Create Joy and Grace: A Comprehensive Guide to Manifestation*, I will share some key attributes of the Law of Polarity (Balance). Following the highlights, you will find practical suggestions for simple changes you can make toward achieving healthy balance, plus a balance-affirmation.



Everything has its masculine (yang) and feminine (yin) aspects. All creation is based on balance or harmony between the two. In order for someone to master co-creating with God, this harmony between male and female must exist within....

Male (sperm) and female (egg) create life by joining together. The synergistic response between them is conception, which starts a new life. Whether we are male or female, we all have both masculine and feminine energy aspects. Our inner knowing, intuition, sacred hearts, the right hemispheres of our brains [creativity], autonomic nervous system, emotions, and gut instincts are all feminine. Our actions, intellect, analytical logic, the left hemisphere of our brains, sympathetic nervous system, and conscious minds are all masculine. Although we all possess and utilize both aspects, most people tend to favor one over the other. However, the Law of Polarity requires that we are equally adept with left and right brain activity. Once we are comfortable with both intellect (masculine) and intuition (feminine), we can become powerful co-creators with God....

If you lean heavily on the analytical/thinking mode, some ways you can explore your other side (intuitive/meditative) might include the following:

- Start a dream journal
- Practice meditation
- Practice Chi Kung
- Listen to music
- Paint
- Practice Tai Chi
- Practice Yoga

- Garden in a gentle, relaxed manner
- Partake in photography, artwork, or craft hobbies
- Write poetry
- Spend time in nature
- Read inspirational books

If you lean heavily on the intuitive/meditative mode, some ways you can explore your other side (analytical/thinking) might include the following:

- Swim
- Run
- Play tennis
- Play squash
- Go horseback riding
- Read a more technical article or book about a subject you find interesting, but perhaps one that is not your typical choice
- Take a class that is more technical than your typical choice
- Complete a project you started but have not yet completed
- Write down a set of instructions or how-to steps for a household or work task as though you are teaching someone else how to perform the task
- Volunteer to help a friend or a charitable organization with activities like delivery, packaging, cleaning, and cooking

Some people may think that being in the meditative mode all the time is a good thing, but think again. If you have a brilliant idea or invention, but you never actually build it or follow through on it, you never completely manifest it. If One Source lets you know that you are a healer, your logic will hopefully kick in to prevent you from resigning from your job the next day. Instead, you would allow the details about paying your living expenses work themselves out with paychecks....

Affirmation for the Law of Polarity

Speak this affirmation aloud slowly and deliberately from your heart with feeling:

“I embody balance as I cycle through the natural phases of activity and quiet contemplation. The ebb and flow of the ocean tides restore harmony for the planet and me automatically and wherever I am.”

Repeat this affirmation at least nine times—three times each for your body, your mind, and your spirit. You may repeat this as many times throughout the day as you like.

Take five to ten minutes to set a great tone for your daily activities.

Achieving balance in your life is sometimes as simple as giving yourself 15 minutes each day to embrace the other side of your brain! Of course, longer timeframes are even better. Yet, starting at a point where you can say **“yes, I can do that”** will help you begin living a more balanced life.

Adapted with permission from Nine Simple Laws to Create Joy and Grace by Sue H. Singleton (iUniverse, 2013)

NOTE: *We always encourage you to be an empowered and educated consumer, client or patient. Nothing contained herein is intended to diagnose or treat any illness or medical condition, and should never replace a consultation with a qualified healthcare practitioner.*