

Polarity and Duality:

Why knowing the difference could change your life

by Christoph Hetzenecker

Do you know the difference between Polarity and Duality? Even if this question may at first seem somewhat dry and of purely academic interest the topic has a profound influence on our everyday lives and on how we create our reality. So it's actually worth taking a closer look at.

There is widespread confusion about the concepts of "Polarity" and "Duality" in everyday use. It is actually one of the most common misunderstandings on this planet, and it distorts our view of the nature of reality.

Polarity is a term often referred to in the realm of Science and the Humanities in different meanings, but today we want to discuss it in the realm of everyday use where it refers to complementary pairs, such as: male and female, sun and moon, day and night, rest and activity, sleep and wake, summer and winter, or in terms of the Huna philosophy, Hu and Na. Each of these pairs can be seen as natural phenomena. The two parts of each pair complement each other and together are greater than their sum.

Duality, on the other hand, refers to pairs of opposites. Dual pairs would be, for example: war and peace, joy and sorrow, health and illness, abundance and poverty, luck and misfortune, love and hate, well-being and discomfort, to name just a few. All of these are pairs of opposites that do *not* complement each other, or even less, depend on each other.

There *can* be peace without war. You *can* have joy without sorrow. You *can* be healthy without being sick. And you *can* have abundance without experiencing poverty. However, if you confuse Polarity and Duality or, out of a misunderstanding, equate them, these opposites are suddenly welded together and become seemingly inevitable or "natural" like the polar pairs mentioned earlier. This can have fatal consequences for the world you are creating for yourself and might be one of the biggest obstacles on the way to your well-being.

Why is that? Quite simply, the reason for this is that your mind could be convinced, due to the confusion of Polarity and Duality, that living a life of constant well-being is simply not even possible. This is, of course, a fallacy, but a widespread one, precisely because of the equally widespread misunderstandings regarding our topic.

The lack of this simple yet crucial distinction is the reason why a lot of people still hold beliefs like “You can’t have the good without the bad”, “Accomplishing your dreams requires hard work”, “The price for success is sweat and tears” or “Whoever rises high will fall low”, just to name a few.

An interesting example of the belief system that comes with such a misunderstanding is provided by the ancient Greek story of King Polykrates of Samos. Legend has it that Polykrates was a very lucky and powerful man who had everything he ever wanted in his life. But in all his bliss he feared to attract the jealousy of the gods. He held the belief that the gods would punish him because of a “too happy life” that a human was not entitled to. Therefore he decided to make what he believed was a true sacrifice. He took his most beloved piece of jewelry, a precious ring, and threw it into the ocean as a gift for the gods in order to appease their (assumed) envy. The next day, the royal fishermen came and brought the daily catch. The king’s cook prepared him a great meal from the fish, and as the king enjoyed it, he found his ring in one of the fish! Convinced that the gods had rejected his sacrifice and would soon punish him severely for his (all too) good fortune he threw himself off a cliff to his death.

What an unfortunate decision, obviously based on the confusion of Polarity and Duality!

To show you even more clearly the practical influence that this has on your everyday life I want to give you another, maybe more everyday, example.

A pretty high amount of confusion in regards to our topic is reflected in the popular song *Let Her Go*, by the band Passenger. You might know it. It contains a lot of statements in quick succession, all of which seem to be solely based on a misconception of Polarity and Duality.

The strangest and most representative of the lines in the song is probably the following: “You only know you’ve been high when you’re feeling low.” Take your time to think about

this line. Do you really only know that you have felt good when you are feeling down? Other lines are, for example, “You only need the light when its burning low” and “You only know you love her when you let her go.” Here again the questions arise: Do you really only value the light in your life (both the physical and the more transcendental one) when it’s burning low? And do you really only love your partner when he or she isn’t with you? Or, in short, are we really only able to experience and enjoy positive feelings when we are made aware of this possibility through contrasting experiences?

I don’t think so. After all, we are not pieces of wood, but incredibly creative, divine beings! Nevertheless, the view of reality described in this song, based on a confusion of Polarity and Duality, is still often unquestioned and accepted as truth today. And the implications that come with such a worldview are, as mentioned, quite far-reaching. It is worth thinking carefully about whether this really is a useful “truth” to create ones world from... I think it is not.

If you understand that Polarity and Duality are not the same, and that the first one is a useful and very constructive natural concept, whereas the second is merely a made-up narrative that doesn’t have to be considered “natural” or “unchangeable”, you can unlock a new way of thinking, one that is truly beneficial for your overall well-being. The implications that follow from this realization could change your world profoundly.

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