

*Life in a Bipolar Prison*  
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*Part One*

Life in nature, in the universe, in a person's life – are starved between two poles; day and night, winter and summer, heat and cold, illness and health, contraction and relaxation, breathing in and breathing out, wakefulness and sleep, being tired and fresh, old age and youth.

But when it comes to our life – here we don't live in peace with opposite poles, in nature they are a base for life, with us there is a kind of war between the poles; which one of them will rule? Usually we choose the desired pole on the account of the other. It is difficult for most of us live in a bipolar tension. We are unable to contain this tension and the paradox of two opposites together in us.

Most of us are falling under the dominance of one, and the moment it happens – we enter a prison. To surrender to the control of one pole over the other – means not only that we are slaves to one sided aspect of life and existence, but that our life is stuck, and stuck life, means: to stay in the lower level of ourselves and to miss the higher levels possible for us.

Freedom and prison in our life is a matter of levels, the lower level is a prison in comparison to the higher level. (In a restaurant, for example, the dishwasher has got less freedom than the restaurant manager).

From a soul and consciousness view point – to be in prison is not to reach the higher levels, and the way to be stuck in a lower level is to become subject to one pole or another.

The moment we are biased, the moment we got surrendered to the power pulling us from one side – we lost the ability to carry on upwards.

Climbing through the levels on the way to a higher must pass through the ability to live with opposites and contradictions and to contain both of them – in us; both poles are contradicting each other, but if you don't choose between them, and you live with both - then you are elevated above both.

The ability to reach the next level above, passes through the ability to house contradictions, to live in a paradox. The moment you internalize the paradox you have been elevated above it. To live with contradiction is to live irrational life; to understand that to live is a logical contradiction, and the more you manage to contain logical contradictions – the more you are alive...

And you are stopped from going up a level because at that point you cannot stand anymore the opposition between the poles, so you chose, or rather surrender, to dominant pole which means that you give up, and remain at your present level.

We choose to win instead of wining and losing. We chose to be strong, instead of being strong and weak. Choosing to feel good instead of feeling bad and good, to live life of fun and pleasure instead of life of pleasure interweaved with life of suffering.

We could invite some sadness into the middle of our happiness, invite doubt when we are totally sure, invite trust in the middle of doubt. Then we will be fertilized (because only opposites can fertilize each other).

When embraced by one pole – not to forget it's opposite. It is true that this will disturb us from being lost in the situation, but as real warriors, we should always be on guard, never to fall asleep, and the best wakeup call is the opposite of what we are immersed in now.

### *Part two*

And the poles of pleasure and suffering, are the two emotional poles between which we are being tossed all our life. And we are being tossed because we did not accept both of them together, because we did not call upon the suffering pole to come and join the pole of happiness.

We always are running from one pole and aspiring for the other. We 'filter' people, foods, books, movies etc. According to what would give us a good feeling, and avoiding what gives us a bad feeling. It is interesting to note that it doesn't always work; usually we are mistaken; choose to avoid experience and finding ourselves deep in it, or choose a good experience and it turned out to be not so good... but we are convinced that now we learned, and from now on the good poles will rule.

And so it happens that we are unbalanced (and a pole could only be balanced by its antithesis, the opposite pole).

Only if we plant within one pole its opposite can this protect one against the attack of the opposite pole (the antithesis).

When you hold on to two opposites then in order to do that you must be based in the third pole or vector, which is of course at the level above.

We don't understand that only the one who succeeds to live with both poles at the same time can be free from the emotional prison, a prison which is a swing, and as long as we escape from one and long for the other – we are slaves for both. It is a kind of hell; like The Myth of Sisyphus, that runs away from the 'bad' pole, and it is running after him...

What is essential here is: where is the person going? And what lives in him? And what is important: who are you at the level of your being. And do you have something in you, which is not you and it is more you than you...? Or that you are the sum total of your fears from one hand, and your hopes from the other, and between them you toss and swing like an emotional ship, lost in the ocean?

*An explanation*

We are not in heaven, where all is untied and there is no split to duality. We live in a world of duality (and this we refuse to admit and understand), and in a world of duality you cannot experience a state of love, happiness, trust and so on, without taking to account its opposite. We can never be complete here, we are split, all is split, being a whole means to accept and live in duality.

We human fight this duality, and convince ourselves that the power of what we call good: will drive away what call: 'bad'. We invest in the desired state in the hope that it will drive way opposite pole.

But we can be in charge of our, only by hugging the opposite and making (In small) it a legitimate part of our life.