

## **Polarity** (5,70 and 7,30)

### **How much energy do you have?**

#### **Do you “discharge” more than you “recharge”?**

We live in a world of duality and our bodies are no exception. Our cells have a positive and negative polarity which in turn causes us to have an electro-magnetic field. We actually are batteries, we run electric currents. Fun fact, did you know that our brains could recharge a cell phone in 68 hours?

Our whole body also has a positive and a negative polarity and these can be found around our body. The negative polarity is ideally situated on top of our head connecting us with the positive polarity of the Cosmos. Our positive polarity is ideally situated at the feet, and it connects us with the negative polarity of the Earth. I say ideally because this is when our internal battery is fully charged. When our polarity is in the ideal place both on front and side views we are fully energized and ready to tackle our life situations.

The positive and negative charges work together, they are connected. At this point in our evolution one usually does not exist without the other. They speak to our male and female components our yin and yang and the balance between both is very important for our wellbeing. It is said that as the human being evolves, the polarities will gradually decrease and eventually we will have more and more people who are unipolar.

Back to our positive and negative poles. Both polarities proportionally shift places depending on how we feel or think, and how much energy we have. As life happens, certain situations can catch us off guard triggering some thoughts and feelings that we have difficulty coping with. Abuse and trauma affect us negatively, thereby creating light leaks, or little pockets of light that get “stuck” in our biofield, the field of energy that surrounds our body. Organisms under more stress leak more light. This decreases our energy level.

This closely tied to where our polarities can be found. For example, if the negative polarity shifts left of the head, the positive polarity will shift to the opposite side of the feet, to the right. Usually this means that something has lead us to feel “off” and perhaps are unsure, or ambivalent emotionally. If the negative polarity shifts to the right of our head, the positive polarity of the feet will shift to the left, indicating that some thoughts are making us feel uncertain or confused.

Both polarities can also form an imaginary “horizontal line” going down the body, indicating how depleted we feel. The closer to the ground, the more depleted. This usually means we have less energy for our regular daily activities or we feel low regarding a certain situation. The closer to the ground the more empty our battery is.

When searching for the polarity I usually scan around the body using the (5,70) wavelength to find the negative polarity and the (7,30) wavelength to find the positive one. The reading is done facing front and then sideways. If the polarity is not in the middle but in front the person this means s/he is trying to catch up with his or her energy. If the polarity is behind his or her body, the person tries to drag his or her energy. Either is a tiring process.

It is possible for our polarity to be disconnected from our body, floating above, usually on the left side. This is often caused by things that are unforeseen or that we have difficulty accepting or understanding, such as traumatic incidents, accidents, abuse, and losses.

### **Re-setting your polarity with my Lecher Antenna:**

1. To re-set the polarity, I search for the (5,70) wavelength all around your body and set it at the top of the head where it should be. I then search for the (7,30) wavelength and ensure it is placed at the feet.

2. The same process can be done regarding a specific situation we are exploring. When the polarities are in their right place we are more able to have the needed energy to cope with the issue.

### **What can you do to help your energy level?**

1. I believe it is very important to express charged thoughts and emotions to release them in order to bring the life force back in circulation. *The resistance to verbally express ourselves is what causes problems, thus blocking energy.* When you verbalize and deal with your problems you can break up the light pockets and free them so they can go back into circulation. This helps to deal with the issue.
2. It is also important to stop discharging too much energy, to recognize and work with your limits. Self care is very important. Sometimes you need to learn to say “no” to certain expectations or requests or negotiate terms that are more acceptable to you. You may need to strengthen your boundaries, to speak your truth, and to take time to recharge.

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