

## Is Free Will a Duality Trap? By Toni Petrinovich

Below, in question and answer form, are a series of questions I have been presented from time to time regarding duality, contrast and free will:

### 1. Why are we born so conflicted?

This is a world of contrast so it is naturally conflicted. Duality/polarity creates a constant state of decision. This is where free will comes in and, hence, the conflict.

If you were left to follow your own devices, you would much more easily “go with the flow”, so to speak. As spirit in form, you are preconceived (literally) to navigate this realm of duality and choose that which pleases you, serves you and helps you thrive.

The beliefs you are programmed to live by are filled with should, should not, can, cannot, do and don't directives. The reason behind these control mechanisms is control. Behind every single belief (and I truly mean **every** one of them) exists someone's desire to maintain power and control over one aspect of the human population.

If you truly want to step out of the experience of conflict, follow that which *serves you first and foremost*. Make your happiness the focus of all that you feel, think, say and do.

### 2. Why would Source want to experience this?

It is not a matter of *wanting* or *not wanting*. Source sources itself expanding into greater and greater experience in every dimension. A dimension is a frequency. There are infinite frequencies. The idea of wanting or not wanting is part of the world of contrast, this world.

In other frequencies, the idea of wanting may be very different or not exist at all. It is preference that *can* lead to attachment. You can like peanut butter cookies more than oatmeal cookies, yet how attached to that taste are you?

If you trust your intuition, the feeling of the 'rightness' of things, you cannot go wrong. Thought your actions may appear foolish to others, or to yourself, if you try to analyze them with the rational mind. But the 'zero' place

occupied by the Tarot's Fool is the numberless number where trust is the key, not skepticism and past experience.

**3. Does everyone experience this? How about "enlightened beings"?**  
Enlightenment is "in place" for every being in existence. The idea of enlightenment is foundationed within a religious context of *more* or *better* rather than the awareness of it as a natural state of being.

So "enlightened beings" are also the man or woman next door if they are awake. It is not simply someone whom you see on the Internet surrounded by a halo. Everyone in this dimension experiences the contrast. It is not the duality that causes the issue so many people experience; it is the attachment to the preferences they have made, the decisions that construct an idea of being right and having to stick to that state.

It is the desire of the egoic individual personality to be "on top" and therefore the conflict. If someone is on top or right, then someone else has to be wrong.

#### **4. How do we get out of all of this?**

Are you ready to release the hold you have on your world and your attachment to everything in it? First this is not something you can seek after ~ you can only let go of everything that is holding you back. Otherwise all you do is attempt to grasp hold of something which simply is one more attachment. You must dismantle your mental constructs. You must see through the image you have of yourself in your mind.

Examining all of the beliefs you believe are real and finding out where they come from – that is the first step. After that you can begin to experience what is real for you, really true for you rather than what someone tells you is supposed to be valid. If you live a heart-focused life (your relative truth) and only allow that which you know to be personally authentic into your life, you will find there is no need for attachment because your experience is ever-changing. Basically, you will find out that there is nothing to hold onto.

Then you stop struggling ~ which takes your attention away from the idea that there is something to get out of and you simply are being. Stay with what is happening right now – as you are experiencing your life – not the past or future.

## 5. Why is it so frightening?

The human mind is constantly looking for the familiar, for patterns, comparing *this* to *that* much like an analog processor. When you begin experiencing something you don't know – going into the unknown - the reptilian brain is afraid that you are going to die – *something is going to eat you* – so there is fear. The consciously awake person will be aware of this and simply walk into the fear. (*This does not include basic care of your physical body, i.e. walking in front of moving vehicles, etc.*)

Remember that all energy is neutral. What you call **fear** may be **excitement**. It only contains the significance you give it. And also remember that you are always attempting to be in control. Surrender means giving up control and your ego's brain/mind complex experiences loss of control as a threat to your survival. Listening to the fearful mind means you are listening to the animal instinct rather than the more cognitive, inspired aspect of you that is actually *You*.

This is breaking free from all the old constructs and being the *Essence of You*. It is absolute autonomy with no outside control.

## 6. How do we know when we have "gotten it"?

You will know – fear will not visit your doorstep. Life will be simple harmony and you will not get lost in the day-to-day even when watching the evening news (though you will most likely do less of that since you will see it for what it is – human drama.) *This knowing is only found in moment-to-moment awareness.*

## 7. Does it ever end?

From the standpoint of this realm of contrast it may end if you make the decision not to return to this dimension. What you will find, however, is that once you are no longer attached to the idea of this body, you will not be so concerned about it “ending” since you will see it all without attachment to the contrast – the right/wrong. Ending signifies that you are unhappy with what you are experiencing. Since it is *all* experience, the experience does not end – no.

**8. How do we work with expectations?**

Look at where they come from – nearly all expectations come from the beliefs you carry programmed into you by parents, etc. Why do you expect what you expect? Ask yourself that question.

**9. What do we do to help our ego feel safe?**

Love you first and foremost. The more you love yourself, the more you become acquainted with the essence of you because it is all and only love – without expectation, anticipation or judgment.