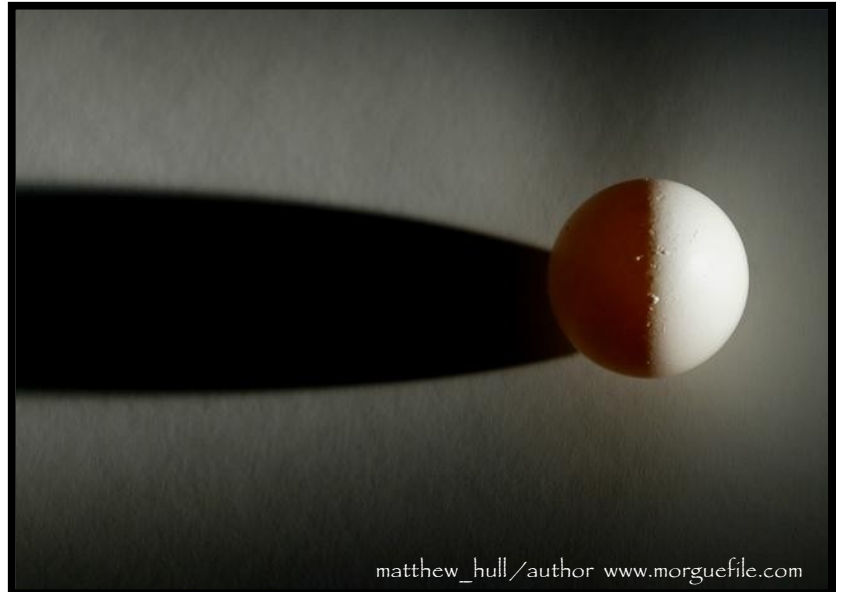


“Basically we are all the same human beings with the same potential to be a good human being or a bad human being The important thing is to realize the positive side and try to increase that; realize the negative side and try to reduce that.

That's the way.”

The Dalai Lama



Without awareness of our *unconscious* psychological process, it is extremely easy to misconstrue the guidance of this amazingly beautiful Spiritual Leader. The guidance is clear and seemingly straightforward – move towards the positive and away from the negative. However, the guidance gets a little confusing when you remember that in our dualistic world, positivity and goodness do not travel alone. They are constantly accompanied by negativity and badness.. Is our Beloved Spiritual Leader leading us astray – or - is our *unconscious misunderstanding* the culprit?

The key to understanding our unconscious mis-interpretation rests in revisiting the instruction to

*“realize the positive side and increase that;
realize the negative side and reduce that”.*

Positive and negative are the two sides of the Coins of Thinking, Doing, and yes, even Being when Being is happening in a body with a conceptual mind. Most of us will read the Dalai Lama’s words and automatically move *unconsciously* to put our “good, positive self” forward, and our “bad, negative self” aside. This is the result of the *unconscious* process engaging in strategies to *deny* the existence of the negative bad side, *repress* it when it arises, or *suppress* it so it can’t emerge at all. Why does it do this? Because the Human process is driven by a *biological* directive to move toward pleasure and away from pain. And additionally, the

Human process has been conditioned to believe this is the way to become more positive and thus, a good person..

Living in a dualistic level of reality means there will always be *both* positive and negative, and *both* good and bad. This being the case, wisdom dictates a re-evaluation of your core biological strategy that moves you toward the positive and away from the negative *as a way to find happiness and peace*. Since duality *is* the Human experience – regardless of how you understand it from the *Divine* perspective – how do you navigate the presence of positive and negative without setting up what you like against what you dislike, which is equivalent to suffering since both will always be with you? How do you live in the world on a daily basis in a life style that has to deal with *both* sides of the Coin of Thinking (positive and negative), *both* sides of the Coin of Feeling (pleasure and pain), and *both* sides of the Coin of Being (Human and Divine)?

The key for reducing the negativity is to paradoxically *embrace* its presence when it arrives. Embrace it by breathing into its presence in your body/mind - actually allowing it to be there, feeling it in your body as fully as you can, and accepting its presence as “what is” in the moment.

This action in itself increases the positive because
you are saying “yes” to what is happening
which simultaneously reduces the negative.

The reality of duality *to the body/ mind* cannot be overlooked. It is the fundamental pattern supporting the flow of Human experience. Understanding this and accepting that the body/mind will always be subject to duality (regardless of its illusory nature) gives you the key to unlocking the potential to live in the world as *both* a Human Being and a Divine Being.

Until another Reflection appears next month, may you explore this dance of duality within your own nature, and discover the wisdom and joy of allowing life to be exactly what it is – moment to moment – embracing both the positive and the negative with open arms.

Ragini