

"Get deeper and deeper into yes.
Say yes to each and every thing.
Say yes to good and bad,
to day and night,
to summer and winter.
Say yes to success and failure.
Say yes to life and death.

Forget everything else;
just remember one word – yes -
It can transform your whole being.
It can become a radical change,
a revolution. "

Osho



Photo By Ragini

Our mystic's guidance is very clear. Say 'yes' to everything. But before you complete your next breath, the *unconscious* mind will have already decided 'yes' is *better* than 'no'. And when one side of a polar pair is set up as better than its' opposite, you can be sure the unconscious gauntlet has been tossed! As far as your unconscious mind is concerned, the fight against 'no' is on. Simultaneously, the prize of a triumphant 'yes' is now one of the desired spoils of war.

Without awareness of how your own unconscious mind works, you are at its effect. Without clarity about the *consequences* of unconscious decisions, you will find yourself caught in the inner battle between 'yes' and 'no'. You'll know this has happened when you start making yourself wrong anytime your 'no' arises. Other consequences are ignoring, repressing, or denying the dreaded 'no' in order to embrace the conquering 'yes'.

To avoid these effects, just remember the 'yes' our mystic is speaking of is the 'mystical yes'. It is not the 'yes' that is the opposite of 'no'. Nor is it the 'yes'

that defines itself by the absence of 'no'. This 'mystical yes' is bigger. It is not antagonistic to the 'no', nor afraid of it. It is not in love with the 'yes', nor asking for its hand in marriage. The 'mystical yes', paradoxically, embraces the human yes/no polarity in its totality. It is at ease with whichever arises.

The 'mystical yes' holds *both* responses as equally valid and equally incomplete. Its wisdom embraces the paradoxical nature of the human experience which is a polarity experience. The polarity principle rules the physical, mental and emotional realms of our human journey – and it is the presence of our divine spark that makes the journey through this land of Unresolvable Dilemmas both workable and sweet.

With your 'mystical yes' in the lead, you find yourself standing in the center of your own divine essence. From here, you can watch and feel and hold the hand of your beloved personality, with all its thoughts and emotions, as it engages in discovering *how* to navigate the confusing wonders of duality. For the personality, it seems connection was, and now separation is. Togetherness was and now aloneness is. Happiness was and now sadness is. Community was, and now isolation is. Focus on the outer was, and now focus on the inner is. But holding it all is the 'mystical yes'. And its Beauty floods the heart with the Love beyond all duality.

Until next month when another Reflection will appear, may you surround your 'yes' and 'no' to what Life brings your way with the magic of your 'mystical yes' fully in hand. Beyond the dance of 'yes' and 'no' rests the peace that passes all understanding. May you find it and drink fully of its freedom.

Ragini