

Transforming Negativity

by Carole Burstein

Anger, pain, and fear are inevitable.

I don't think anyone alive will get through life without experiencing them. The question is what to do when they arise?

There is no shortage of techniques for how to get rid of them, let them go, erase them forever... And no wonder, anger, resentment, and jealousy can ruin relationships. Fear, anxiety, and insecurity prevent us from achieving our goals. Even a pleasant conversation is easily soured when one person becomes irritated or critical.

But hidden in the destructive potential of negativity, lie clues to a deeper reality that can transform life. Negativity, or *any* experience for that matter, carries messages which can be decoded. Anything we think, feel, sense, imagine, or dream, as well as outer events and even physical illness, can be a portal, opening us to the meaning, purpose and joy of human existence.

In this approach, called LI, we live the inquiry of who we are as unique individuals and what we are doing here on earth. It is applicable to any human experience, because anything can reveal another clue to the reality that lies beneath the surface of appearances.

Living Inquiry addresses both the physical and non-physical aspects of being human. Since life is also a psycho-spiritual affair, Living Inquiry invites a spiritual approach to understanding the psychology of daily living.

No matter how despairing or lost or confused, we feel, within each of us is a unique essence which is passionate about life.. Infinite passion abounds within each of us, but this passion for life can get buried alive in the process of surviving life's challenges. And it can get distorted and projected by the movie projector of Life onto false gods which become our addictions.

But the same wounds, emotions, thoughts, and assumptions that cover up our our essential passion, can re-connect us. This vital link between ourselves and Life itself, lies hidden in the assumptions that control our lives, in our moods, impulses, and imaginings. Connecting with our passionate essence, we can feel our belonging to the whole of existence. Our unique individual life makes sense. This relationship between our essential passion and Creation itself, holds a key to the Mystery of who we are and what we are doing here in this life. In fact it can guide our lives – if only we can recognize its voice.

Living inquiry offers a way to approach any life experience, as another clue to connecting with our unique essence and receiving its guidance.