

free soul



Welcoming Life

I want to begin to point out a few principles and truths you have perhaps heard of before:

- What you resist, persists.
- What you fight against, you make stronger.
- What you focus on, you magnify.
- Everything you experience is inherently neutral.
- Everything that has a front, has a back. (And vice versa.)
- The bigger the challenge, the bigger the gift that is hidden inside.

We are so very much conditioned to instantly judge all of our experiences on a scale between good and bad, that it is hard to pause and shift out of this deeply embedded dualistic perception of reality. And yet there is a magical doorway that opens when we are willing to question this habit, become curious about what lies beyond and become willing to search for different and new points of view.

I have two suggestions when you have a “negative” experience:

- 1. I want to encourage you to pause and remember that in every experience you actually have a choice what meaning you give it.**
- 2. I also want to encourage you to fully feel any emotion that is coming up.**

Just as any experience is in and of itself neither positive nor negative, there are also no negative and positive emotions. All emotions are here to flow through, to serve you and function as your ally. Emotions only become harmful when we hold our breath and start to suppress or avoid them. You can easily see evidence of this truth when you consider that we all tend to think of love as the most “positive” emotion. But then we have also seen the incredible destructiveness of suppressed or unexpressed love, which can drive a human being to extremes, even acts of violence.

Finally, in order to move beyond a rigid negative perception and into a more fluid state, I want to offer a transformative question you can ask yourself:

**“Is it possible that this situation might lead to something new,
which might cause me to end up feeling grateful for this experience
at some point in the future?”**