



*Your View
Of
Life's
Emotional
Ups & Downs
The Beautiful
&
The Ugly*

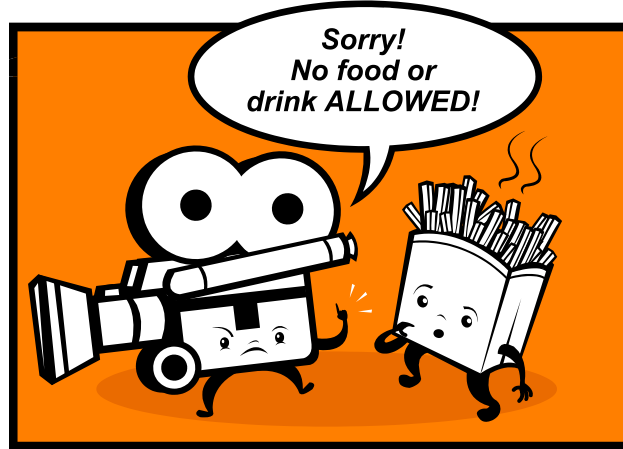
Unconscious View

- **Hold Onto The Good Stuff**
 - Strengths – Feel Good
- **Get Rid Of The Bad Stuff**
 - Weaknesses – Feel Bad



Root Desire To Banish Weaknesses

- o **Make World Better Place By Getting Rid Of What's Wrong With It**



Our Desire To Banish Weaknesses

HOW WE PERCEIVE -

- Personal Growth
- Transformation
- Spiritual Awakening
- Social Potential Movement



Can You Make World A Better Place?

Paradoxically

You Can

&

You Can't



Yes, You Can Make The World Better

- **As A Human Being**
 - You = Dream Machine
 - By Design
- **Here To**
 - Do
 - Create
 - Manifest



Dreaming Up New Realities



- o **Grows Current Reality**
Makes Better & Worse

- o **Fulfills Purpose As Human Being**

- o **Influenced by Direction Filter**
Move Toward Pleasure - Away From Pain

No, You Can't Make World Better

- **As Spiritual Being**

You = Spark Of Divine
By Design

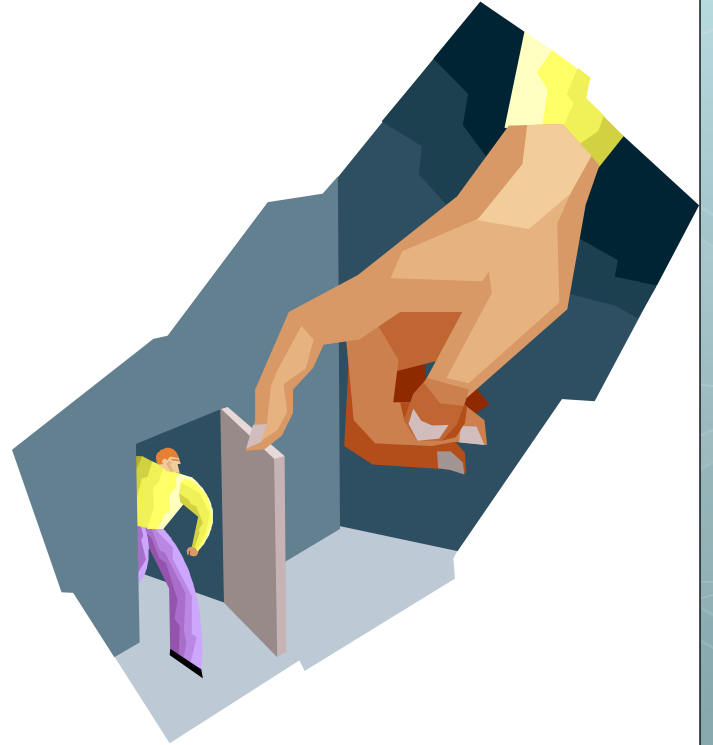
- **Here To**

- Be
- Learn Acceptance of 'What Is'
- Expand Your Consciousness
- Discover Who You Really Are



Living With Reality As Is

- **Opens Door To Other Levels**
- **Expands Sense Of Identity**
- **Fulfills Purpose As Divine Being**



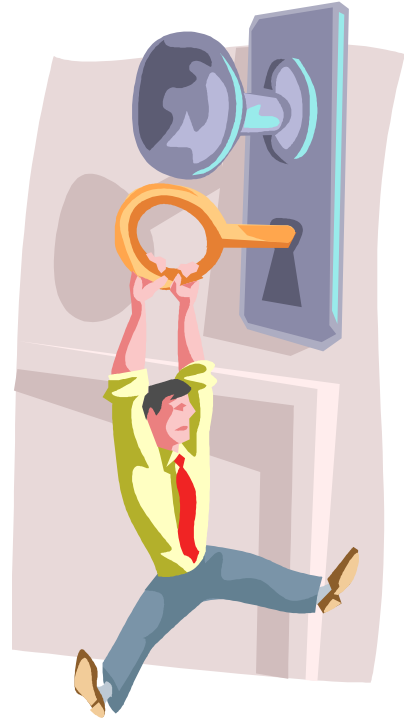
The Paradox Of Your Desire



- **Can't Fulfill It**
(Life Optimally Functioning As It is)
- **Can't Get Rid Of It**
Dream Machine (By Design)
Direction Filter (Survival)

Living With Your Paradoxical Desire

- **Success Influenced By**
 - **Divine Discontent**
 - **New *Both/And* Option for Direction Filter**



Why Weaknesses Can't Depart For Good

Essential

To

Flow of Life

Balance – Renew - Expand



Weaknesses Have Great Value

- **Renewal in Motion**
- **Transition State
From Strength to Strength**



Transition States

- Unavoidable
- Uncomfortable
- Hard, Scary, Confusing
- Not Where You Were
- Not Yet Where You're Going



What To Do With Emotional Angst?

- **Keep Your Eye On The Flow**
- **Keep Returning To River**
- **Learn Knack For Riding River's Rapids**



What Not To Do With Emotional Angst

- **Fight The Flow**
- **Leap Onto Land**
- **Cling To Discord**
- **Throw Mystic Map
Overboard**



Another Paradox

In Land Of U.D.

- o Discord Not Discordant With Harmony**
- o Plays Role Creating Harmony**
- o Isn't Much Fun/Enjoyable For You**



Why Ride The River's Rapids?

- **Navigate Emotional Ups & Down With Greater Ease**
- **Makes Journey Easier**
- **Stop Spiral Into Suffering (Pain Because Of The Pain)**



Your Emotional Ups & Downs

- **Create**
 - **Equilibrium**
 - **Stability**
 - **Fresh Energy**
 - **New Expressions Of Life**
 - **The Expansion Of Your Perceptual Abilities**



Homework

- Why Do We Want To Banish Weaknesses?
- What Drives Desire To Make World Better Place?
- Can You Succeed At This?
- What Should You Not Do With Your Angst?
- What's Best Way To Ride River's Rapids?
- Why Are Transition States Needed?
- What Are You To Do As Human Being?
- What Are You To Do As Divine Being?



See you in the next Video



Much love,

Ragini

