



Emotional Transformation Journey

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Step 1: The Evil Within Which Good Is Hidden

We cannot truly seek the light within us without first acknowledging the darkness in which we reside.

This may well be the most challenging chapter in the entire process, and it is good that it appears right at the beginning, so we can make sure we are indeed ready to learn the art of Emotional Transformation.

Emotional Transformation represents one of the most essential tasks any mature human being must face in life. This is true regardless of what a person is dealing with at the present moment or what challenges may arise in the future. It is true regardless of social status, family situation, financial position, profession, or any other factor that seems to define one's place in life.

Emotional Transformation carries a message that is not easy to digest at first, but which gradually becomes the central key to healing the soul, the family, the community, and beyond. The message is not simple to grasp, particularly on an emotional level. Even if the principle seems logically acceptable, the emotional system will likely resist it strongly, at least in some of its applications and implications.

Over time, however, this message can bring about a profound shift in how a person perceives themselves in all their parts, and consequently, how they perceive others and the world around them in all its complexity. Depending on one's worldview, the message may provoke disagreement, inner conflict, or even anger until it is deeply understood. True comprehension will only emerge when more and more people experience Emotional Transformation firsthand, together with the healing and the changes it offers.

This is not the only message Emotional Transformation holds, but it is an excellent entry point to the journey. It invites the soul to rediscover its ability to face what is stuck, painful, complicated, and disturbing, in a more successful and life-giving way. It is also a message filled with optimism, shaping the path for those who choose to make Emotional Transformation a steady and regular part of their lives.

And the message is this: within evil, good is hidden.

How difficult it can be for us to grasp this, that within evil, good is hidden, and to walk as far as possible with such a notion. Evil exists all around us, in countless forms and expressions. There are people who commit terrible acts. There are circumstances in which harmful and tragic things occur. There are accidents and illnesses that bring misfortune. There is violence and cruelty, abuse in its many forms, corruption and exploitation. Evil shows itself on the roads, within families, in workplaces, in schools, and in almost every sphere of human life. Evil is, at this moment, an inseparable, though intolerable, part of the human experience.

When we step into the practice of Emotional Transformation, we are asked to go even further: to acknowledge something that is very difficult to accept, that within us too, even if quietly and unrealized, lie potential islands of evil. Some people will refuse to accept this assumption. For them, it will be harder to benefit from Emotional Transformation. Such people still need to walk the path of deeper self-knowledge, to meet and befriend those “unpleasant” parts of themselves. Without this step, profound change in their lives will remain out of reach.

And how hard it is for us, to recognize that somewhere within, hidden in the quiet depths, exist potential elements that under certain conditions could express evil.

Equally difficult is the idea that within evil itself good is still present. That within every person who has harmed, destroyed, or acted in cruelty, there still exists, buried deep within their darkness, a spark of goodness. It waits quietly for its chance to return to the path of life that is right, rewarding, and wholesome.

We prefer, instead, to live by two assumptions.

The first is that evil is evil, irredeemable, and must be removed. All we can do is distance it from ourselves and from “the good and the normal,” the majority who do not intentionally harm or destroy. We think of thieves as thieves, murderers as murderers, and the corrupt as corrupt. Our task, so we believe, is to catch and punish them, to remove them from society or at least deter them from reoffending. In this way, we imagine we have cleansed ourselves of the evil within society and can feel safer, and of course, better, for we belong to the “good.”

The second assumption, closely tied to the first, is that we ourselves are free of the potential to harm others. We strive with all our might to stay “good.” We restrain ourselves, discipline ourselves, suppress impulses, seek therapy if necessary, and cultivate a highly sensitive conscience that sounds the alarm at the slightest deviation. We do everything possible to distance ourselves from even the possibility of evil.

But to learn Emotional Transformation, we need a shift of perspective, a deep restructuring of how we see good and evil, both within ourselves and in the world. This is not in order to lessen the responsibility of criminals or to excuse harm, but rather to free ourselves, to protect our own well-being, and to increase our capacity for emotional regulation and a higher quality of life.

One of the core principles that makes Emotional Transformation possible is this: within evil, good exists. Not vanished, but forgotten, compressed, twisted, hidden. Every difficult, harmful, or destructive human being was once a soft, innocent baby.

Through circumstances and choices, they veered onto a path that harms themselves and others. But their beginning, far back in time, was rooted in goodness, and under different conditions it might have flourished into something life-affirming.

Why is this message so central to Emotional Transformation?

Because it holds the great promise of transformation itself: that in what is painful, harmful, frightening, distorted, ugly, humiliating, or destructive, there lies an original seed that lost its way. The negative expression carries energy, energy that fuels damage and destruction. Emotional Transformation takes that very energy and patiently redirects it back home, toward its original, life-affirming course.

Of course, not every negative expression can be transformed at any given moment. Transformation requires awareness, willingness, motivation, patience, persistence, and ongoing practice.

What we must grasp at this starting point, however, is that what became twisted or broken expresses itself in a way that can indeed be reshaped. There is no need to annihilate or “wipe out” the evil. What is evil is a distortion of structure, and distortion can be transformed. As long as we fight only its final expressions, we remain trapped in suffering. As long as we cannot at least consider that within evil, good is hidden, that a positive, life-supporting structure is waiting to be restored, we remain victims, menaced by forces we cannot shift.

Healers recognize pain as a sign that there is work to be done. Likewise, I propose we see what we call “evil,” whether outside ourselves or within, as a sign of healing work waiting to be carried out. This work unfolds, almost by itself, through Emotional Transformation. Much of it occurs unconsciously, beneath our awareness, without us fully understanding how. But we cannot even begin this path unless we open our hearts to the possibility that within evil, good is hidden, good we can reveal and bring into the light through the tools we will learn in this journey, if we so choose.

It must be emphasized: Emotional Transformation does not minimize the gravity of evil acts, nor does it mean excusing, forgiving, or understanding deliberate harm. Real evil requires boundaries, resistance, and protection.

And yet, from a broader perspective, as long as we do not face the quiet evil within us, acknowledge it and transform it, we will remain stuck in victimhood, endlessly defending ourselves from the evil we perceive in humanity.

In another light: only when a person can face their own inner potential for evil, and transmute that energy into something positive without denying the natural darkness in human nature, can they also face external evil more effectively. Then they can live more peacefully, even amidst forms of evil for which they have no other practical answer.

Questions for reflection:

1. What do you think about the phrase “the good hidden within the bad”?
2. How do you feel about the idea that there are less pleasant parts within you?

3. Where in your life would you like to begin a transformation?
4. Can you recall something that started as a difficulty and later led to growth?
5. Does the idea that good exists within bad create any fear in you?
6. Is there anything you would like to add about your current feelings?