



# **Emotional Transformation Journey**

**Dr. Pinkie Feinstein**

## **Step 3: Dismantling What Is, Without Knowing What Good Will Grow in Return**

For Emotional Transformation to succeed, we need to find within ourselves some degree of adventurousness. Those who struggle too much with uncertainty about what comes next, or who need excessive control over the outcomes of their choices, may find it difficult to adopt Emotional Transformation as a way of life. To use this tool well, and to allow it to truly change our lives for the better, we must loosen our grip on the need to know what the change will look like, even when it is a positive, welcome, and deeply desired change.

The truth is that life here is far more fog than we care to admit. The “left-brain mind,” which tends to rule our lives somewhat dictatorially, constantly tries to paint our worldview in stark colors and to classify our experiences and the components of reality into very “logical,” templated definitions. For these reasons, our left brain will hide from us, as much as it can, the fact that we live with far greater uncertainty than we are willing to acknowledge. At first, recognizing this can feel embarrassing. Later, together with Emotional Transformation, this very fact can become part of the adventure, part of shaping a more creative and healthy outlook on life.

We truly do not know what will happen an hour from now. We can guess, more or less, but even then we will be far from accurate. We prefer to imagine that we have a sense of certain parts of the future, near and far, but this is a pleasant trick born of our anxiety in the face of the untidy, slippery truth: we do not know what awaits us. We don't really know what will happen in an hour, let alone tomorrow, next week, or next year. We can certainly influence events toward what is healthier, more positive, and more enjoyable, but even that is not guaranteed, and certainly not the manner in which it will unfold.

The illusion of control is one of the modern person's great problems. It narrows our options for growth and for creative, effective coping with ongoing challenges. This illusion, achieved in many ways, temporarily reduces our anxiety about the unpredictable future, but it does not change the future itself. The future was and remains unpredictable. For some, this fact is part of life's adventurous, pleasantly surprising nature. For others, it is the foundation of their fears and their disbelief that good things can happen or that one can influence what will come.

Emotional Transformation will do you good. It will dismantle emotional clumps and melt outdated conventions. It will shake the need for mental walls and rattle the solid foundations upon which habits have rested, habits that no longer serve your higher good.

Emotional Transformation will do the work for you, but in ways you cannot anticipate in advance. It offers you a proposal, a “deal” that is not so easy to accept: “You will do the practice, and I, the transformational force within you, will dismantle what needs dismantling now. You will decide the time has come to move forward, and I, the natural current of your transformation, will lead you to the place and the path that are right for you, now.”

Emotional Transformation may, depending on how you look at it, cause you to part from things you have clung to for a long time, things you may find very hard to release right now. It will hold up a mirror with truths that are difficult to accept and digest, yet it is always a truth that blocks your further emotional healing and growth.

Emotional Transformation comes to dismantle what is sick, stuck, complicated, and limiting. But it can never comply with your expectations about what will happen as a result of this work. You will have to choose whether to trust that things will eventually arrive at a place that is right for you, or to be overly afraid that some of what will be dismantled are precisely those things you are unwilling to let go of.

As noted earlier, uncertainty is an inseparable part of our lives, a part we tend to ignore, yet one that, rightly seen, contains all the seeds of creation, creativity, change, and revolution. Within uncertainty live the possibilities of renewal, breakthrough, and the fulfillment of dreams. Only within uncertainty does the soul open to what was previously closed to it. Only within uncertainty do we have the space and working ground to grow what could not grow in the fields where we insisted on excessive certainty.

Emotional Transformation will work beautifully for you only if you are willing to work with it while acknowledging that it is not clear where it will lead. It will certainly lead to a better place, to changes you very much need. But how will this happen? Where, when, and in what manner? This cannot be known in advance, nor can the final outcomes or their “price” be controlled.

Are we ready for this adventure?

Are we mature enough to let sophisticated inner systems work on our behalf while we release the need to control the result or its features? Are we ready to redirect our need for control toward another place, the place where we commit to practice, to devote ourselves, and to walk forward with Emotional Transformation, even if along the way there will be moments that shake the familiar sense of firm ground on which we have grown accustomed to stand?

There is a reason we get stuck where we get stuck. There is a reason certain things go wrong again and again. This happens because significant pains lie behind them, pains that have led us to a kind of addiction to problems. Until we carry out a process of transformation with these problems, allowing the pain to come into the light, to

express the difficulty contained within it, and then slowly to release, we will keep returning to the same loop, the same frustrations, the same disappointments.

We usually avoid entering this pain, as a form of self-protection. To avoid it, we try to control the outcomes of our actions, guarding against slipping into places that feel too hard to face. Such a strategy may indeed protect us from exposure to what hurts deep inside, but it does not give us the option to move into a new place, one that can only be reached by other means.

Here is the point at which we must trust the process, even without all the supporting documents in hand. A stance with some adventurousness is precisely what can help the soul dive into places it usually refuses to go. Adventurousness turns the entire process into something more like play, challenge, and curiosity. It renews our permission to move toward the unknown, leaning on the tools of Emotional Transformation and a willingness to find change in whatever form it may reveal itself in the future.

Every time we practice Emotional Transformation, a small change occurs. These changes accumulate slowly, quietly, and build the future transition to a life that is healthier, lighter, and truer for the person. The main work of transformation is dismantling what we no longer need, including what we mistakenly leaned on and turned into a non-nourishing source, one that hooked us and kept us far from realizing what we could reach in this life.

We truly do not know what will happen an hour from now. I did not know what would happen when I began writing this chapter, and here I am at its end, feeling something I did not know I would feel. This is the truth, this is the reality in which we live. And by recognizing these qualities of life, we can bring about real changes, which are nothing other than the natural fruit of Emotional Transformation.

### **Questions for reflection:**

1. What do you think about the idea of dismantling without knowing what will come next?
2. Have you started practicing emotional transformation? How does it feel so far?
3. What is your perspective on the idea that uncertainty is an unavoidable part of life?
4. What helps you cope with uncertainty?
5. What is currently stuck in your life that you would like to see change?
6. Is there anything you would like to add about your current feelings?