

Dualities

"Life is the coexistence of all opposite values. Joy and sorrow, pleasure and pain, up and down, hot and cold, here and there, light and darkness, birth and death. All experience is by contrast, and one would be meaningless without the other."

— Deepak Chopra

The key is to not resist or suppress the negative. We need to acknowledge its existence, though we may choose not to express it. When we embrace wholeness, we move to a higher perspective.