

## The Curious Investigator

by L.M. Blanchard

The comfort that comes from detaching yourself from a desired outcome of any given situation is like stepping out in fresh air once you've been cooped up in a plane after a long transcontinental flight. It provides a respite from the stresses that come when anticipating a desired result in a situation over which you have no control. This detachment does not prevent you from enjoying the experience at hand; rather, it allows you to fully live the experience without envy, yearnings, or anxieties.

This detachment is an exercise of the mind, one that engages thoughts and behaviours and that can be learned and easily practised in everyday situations. The way in which you can begin to shift your perspective in this way, and to remove the possibility of creating suffering should the results of a situation not materialize to your liking, is to consciously place yourself in the role of a witness--as mentioned earlier in the book. By acknowledging to yourself that your "role" is to see your life situation unfold with a sense of curiosity and interest, you'll become more disposed to "going with the flow" of the situation rather than "swimming against the current." By taking the approach of the "curious witness," you become an "investigator" of sorts. You see as an observer, plus you become inquisitive as to the nature of the event that unfolds before you as you live it in the present.

In consciously taking the role of the "curious investigator," you take on an objective role in your life, observing your life events with interest and wonder, eager to see where they will go and what revelations will arise in you and which discoveries will be unveiled. The training of the mind that is needed to attain this shift in perspective requires a conscious effort to willingly cease placing your desires onto how the situation unfolds and how it ends. Becoming aware of the impulse that rises in you that leads you to want to control the situation is the first step. Once you realize that you are being placed in a situation that will have an impact on your life, you need to become aware of any desires or fantasies that your mind may be generating and yield to the following possibility that "you do not know what will happen next, nor where it will lead you."

You can follow the example from the archetypical "pure child" perspective and tap into an innocent, childlike sense of curiosity and wonderment in the face of new discoveries. When young children are engaged in new and exciting experiences, they are naturally curious about them and are kept in amazement at the discoveries they make. In this state, you do not project beliefs or desired results, nor do you try to control the experience--you live it! You can live it and experience true amazement in the experience of discovery and fascination with how it all came to be.

## New Book Release

### The Golden Link to Oneness

by local author L.M. Blanchard, with the foreword by Lindsay Wagner (*The Bionic Woman*).

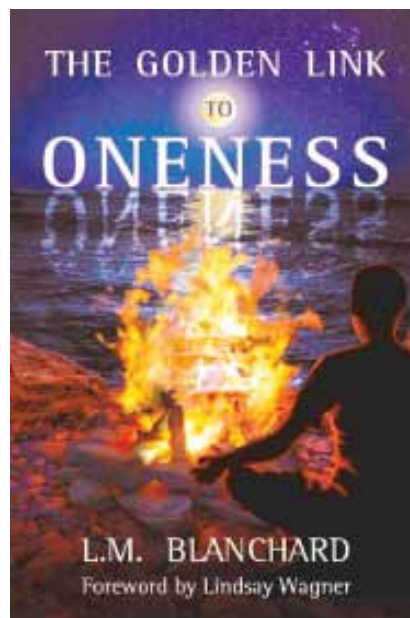
The Golden Link to Oneness uncovers teachings that have resonated with sages and mystics across the ages. These insights, woven around Blanchard's own experience with tragedy and awakening, clear the way for any and all readers to experience profound spiritual growth. Blanchard's ultimate goal is to help readers shift into higher levels of awareness and consciousness, where it's possible to release suffering and reconnect to a part within that is one with the Divine force – in 'Oneness'.

*"I lost everything to fire that night and my identity also began to burn with it,"* explains Blanchard. *"In just one night everything I owned was turned into ash; you can never prepare for such a loss."*

Millions want to affect fundamental change within their own lives, and I hope that my story and perspectives allow you to let go of the illusions created by past patterns and limited perceptions. This is something we all struggle with on a daily basis. You can get closer to your true self and the divinity that resides within as I learned in India – but it isn't always easy, it can be uncomfortable but the rewards and blessings that follow your 'awakening' will lead you to living your genuine self in harmony and without suffering within the context of the 'human experience'.

In the foreword of his book, friend and spiritual coach Lindsay Wagner says; "L.M. Blanchard's awakening has come with a desire to share his experience and awareness. He brings this forth by way of

*expressing the state from which he grew and his present view in a way that gives the reader an opportunity to contemplate his or her own present state."* - Lindsay Wagner



*The book is available at Chapters and Amazon or directly from the publisher, General Store Publishing House. Visit [WWW.LMBLANCHARD.COM](http://WWW.LMBLANCHARD.COM) for more information and helpful links and follow 'The Golden Link to Oneness' page on Facebook.*