

Chapter 12

Turning Troubles into Triumphs

Topics in this Chapter:

- * Finding blessings in challenges
- * Softening suffering with spiritual awareness
- * Growing from adversity

Difficult times are inevitable in everyone's life. Unwanted events and uncomfortable times bring with them the potential for making not-so-good choices, such as responding with extreme sadness, anxiety, or anger. During these traumatic times, choosing powerful spiritual efforts and thoughts over destructive ones is an especially good idea.

Along with seeking to create circumstances that bring greater happiness and avoid unnecessary suffering, you can also use spiritual wisdom and awareness to enjoy and benefit from all of your experiences — whether they are pleasant or unpleasant.

When troubles come up in your life, along with looking for ways to alleviate the problems, you can also seek to grow spiritually and personally by contemplating how these problems may have come to be. Sometimes things just seem to happen without any obvious cause on your part, but other times, you may be able to consider whether something you've done, either through actions or thoughts, commission or omission, may have contributed to attracting this obstacle to you. (See Chapter 15 for more on the laws of attraction and karma.)

Consider

Contemplating the possible underlying causes of problems can give you the tools to avoid creating, supporting, or giving space for these problems to arise again in the future.

Along with contemplating the possible causes of your troubles, you can also look for ways to encourage positive results. Ask yourself, "What can I learn from this situation?" or, "What strengths can I gain by persevering through this obstacle?" As your self-knowledge increases through addressing and contemplating these kinds of questions, your troubles start to become triumphs.