

Seeing Troubles with a Positive Eye

Seeing life with a positive vision brings good energy and a healthy outlook to any experience. You can actually train yourself to look at everything that comes and goes from your life with the glasses of optimism. A touch of surrender and detachment also comes in handy when you're looking to stay calm and contented in times of struggles and strife. And don't forget to bring that all-important sense of humor!

Spiritual Wisdom

Life is like photography. You use the negative to develop.

—Swami Beyondananda

The key to cultivating a positive vision is to trust in an ultimate universal goodness. This one shift of belief filters down through all the different areas of your life, including the way you experience and respond to problems. With trust, you can stay positive and focused on appreciating and growing from whatever blessings or challenges come before you.

Looking at trials and tribulations with a positive eye isn't meant to create more troubles or deny you happiness. Au contraire! With a positive view, even troubles can bring happiness as they inspire you to improve yourself. Sometimes challenges act as tools that can pry you loose from a smaller worldview and push you — running and screaming, if need be — into precious new realms of spiritual awareness.

Anyone who wants to accomplish something great, whether in worldly or spiritual life, must sacrifice certain immediate wishes and comforts. Whether you seek to be an Olympian athlete, an effective parent, an honors student, a successful businessperson, a great entertainer, or a divine spiritual being, any great accomplishment requires a sacrifice of time, attention, effort, and energy. Some achievements also bring discomforts, such as the muscle pain that can come while practicing and perfecting a physical sport or the lack of personal time that can come with being an involved parent. When you know that your pain is leading to a greater benefit, these challenges become easier to bear.

Don't Forget

The road to success in any endeavor is to choose what is beneficial in the long run over what may be pleasant in the moment.

Making positive choices

Challenges are inevitable, but you have the choice to decide how you will interpret and relate to the challenges in your life. One person may happily undergo great sacrifices and pains to achieve an important goal, while another moans and groans over the smallest bump in the road.

- The happy person is often looking with eyes of faith or is appreciating the bigger-picture long-term benefits that may come from his current discipline or time of suffering.
- The unhappy person is usually looking at pain as something bad that has come to harm him, without seeking to find any deeper meanings or potential benefits from the experience.

With spiritual understanding and awareness, you can live in greater harmony with the world around you and discover a peaceful contentment that remains with you whether times are pleasant or challenging.

Seeing troubles with a positive eye doesn't mean that you never experience suffering. Rather, even in the midst of suffering, you can simultaneously enter a place that's free from suffering — an awareness that reaches beyond the level of your body and the physical world into the realm of spirituality.

Spiritual Wisdom

When a true spiritual aspirant gets difficulties in life, he may feel sad for one moment, but he will definitely be happy in the next moment.

—Swami Vivekananda