

It's Not Punishment, but Guidance

Q: How do we experience painful circumstances without becoming embittered by them?

A: By seeing them as lessons and not as retribution. Trust life, my friends. However far afield life seems to take you, this trip is necessary. You have come to transverse a wide terrain of experience in order to verify where truth lies and where your distortion is in that terrain. You will then be able to return to your home center, your soul self, refreshed and wiser. —Emmanuel (as channeled by Pat Rodegast)

Here's an analogy for one way to look at what may appear to be punishments from God or the universe. Imagine that you have a little dog that you really love, but your beloved pooch frequently chews up your socks. You aren't really angry with your sweet pup, and you even may think it's cute how he looks up at you with a guilty face and pieces of shredded sock in his paws. Nevertheless, you have to feign anger enough to communicate to your pup that he shouldn't chew up any more socks.

Still, even while you're yelling "No!" or giving the pup a gentle swat on the nose, you are still loving him and wishing you could be cuddling instead of training him. But you know that if you kept smiling and petting your little friend, he wouldn't understand that his behavior needed to change. If you don't let your pup know that what he's doing is wrong, then you may end up with a closet filled with shredded socks and a grown dog who has moved on to chewing bigger and more expensive things.

If the puppy gets your message right away and changes his incorrect behavior after just a tiny chastisement, then everyone can go back to sweetness and cuddling very quickly. However, if the little dog doesn't get the message and continues to chew up your socks, then you have to continue to be forceful in punishing and training him.

In the same way, when you seek to be in harmony with the universe by paying attention to the many avenues of divine guidance that are available inside and out, then you are more likely to do what is right and less likely to "chew up any socks." When you do more of what is right and less of what is harmful, you draw to yourself fewer negative results and less chastisement from a universe that is not so much punishing as guiding you to be your best.

Trust is the key

When you ride one of those space blaster, thriller, rollercoaster rides, it's your trust that transforms what could have been an extremely scary and traumatic experience into fun. Try going on the same rollercoaster ride after being told that ten significant bolts have been removed from its structure.

In the same way, trusting God and the eternal perfection behind this visible universe makes the ups and downs of your life-ride less scary and more fun.