

When Obstacles Block Your Way

You know those times when you have a goal in mind, but every effort you make seems to meet with resistance from the world around you? Such times can provide an array of lessons for your soul.

For example, when you consider life as a conscious, benevolent experience rather than an unconscious series of events, you're able to look at challenges in a more productive way. You can approach obstacles with a positive spiritual viewpoint instead of getting angry or victimized when things don't seem to be going your way.

One way to approach obstacles with a positive spiritual viewpoint is to think of the universal Consciousness that creates everything in this world as a personally involved friend. Contemplate why God or the universe may have put these obstacles in front of you.

Maybe these obstacles mean that God is saying "No," or perhaps the benevolent universal teacher is using these obstacles to strengthen your resolve to help you achieve your goals. Here are some more explorations of these two possibilities:

When an obstacle is God saying "No":

You may be taking a course of action that would move you away from your highest good, and the compassionate universe has set up roadblocks to alert you about your mistaken course of action. With this kind of obstacle, if you push past one roadblock, another may appear, and another, and another — if you're lucky!

If you think your obstacles may have a message of "No, don't do it," here are some additional ideas to explore:

You can explore the nature of your obstacles by experimenting with surrendering to letting go of the actions they are blocking. Maybe you've decided to write a letter telling someone off, and every time you go to save the document, your computer crashes. Let this obstacle guide you to contemplate whether what you're about to do is the best course of action.

When you experiment with letting go of a particular effort, how do you feel? Is the idea of letting go of this effort upsetting? Is it a relief? Do you feel freer inside when you let go of the desire to pursue this particular goal? Do other priorities naturally arise to take the place of the blocked effort? You can also look for a sign or omen after you do this trial surrender of the action. Sometimes the universe will do something to say, "Yes! You're getting warmer!"

Obstacles are not always a warning from on high, but may also be a reflection of your own inner conflicts about the course of action that is being blocked. Perhaps you've made an offer to purchase a house, but a higher offer beats you out. In this case, you can consider whether somewhere inside you may not have been completely sold on buying this house. Were there elements of the location or deal that may have created a subconscious resistance inside yourself?

Remember that your inner thoughts and doubts express not only through your actions, such as how much you offered for the house, but can also reflect outwardly through the metaphysical connections between your thoughts and the universe. Therefore the obstacles in front of you may be outer reflections of an inner resistance or doubt that you may not even know you have. Once you determine that you do have some resistance to the goals you're pursuing, then the next step is to contemplate whether your inner resistance is right or wrong.

Consider

When obstacles seem to be saying "No" to your efforts, consider that their benevolent purpose may be to get you to change some aspect of your approach to achieving the goal. In the example of wanting to write a letter telling someone off, the constant computer crashes may be the conscious universe's way of suggesting — not that you totally abandon the idea of writing the letter — but that you wait and rewrite it when you're feeling less angry and more diplomatic.

Sometimes obstacles may be guiding you to loosen your extreme attachment to accomplishing a particular goal while you continue to pursue the goal without as much passionate attachment. Letting go of attachments while still putting forth effort is a great way to allow things to unfold more naturally. Efforts that are full of intense desire, neediness, and attachment can actually block what you're hoping to accomplish!

When an obstacle is God's way to strengthen your conviction:

Obstacles aren't always messages that are saying "No," but may be gifts of a benevolent universe to make you strong enough to be able to bear the challenges and responsibilities of the goal you're seeking.

Just think — if your goal is to change from being a minimum wage worker to the CEO of a multi billion-dollar corporation, you'd have to go through a lot of effort and growth to be able to fulfill that role, even if the position were to fall right into your lap.

In the same way, if your goals are beyond your current abilities, the benevolent universe may create obstacles that make you work harder to grow, study, be more courageous, acquire more experience, and spend more time and effort to grow into what you want to be.

Look at your situation and contemplate what you may be learning from certain obstacles: Patience? Loyalty? Dedication? Conviction? Gratitude? Strength? Vulnerability?

Don't Forget

You can find guidance even in obstacles when you consider the universe as your friend.