

When You're Under Ongoing Pressures

When you're feeling weighed down by outer pressures, such as health concerns, legal matters, or financial troubles, your attitude can help turn a curse into a blessing. For example, you can use such times to take refuge in God or to train yourself to see beyond outer events and into a deeper awareness of life.

Don't Forget

Times of outer difficulty can give you incentive to look beyond the façade of this world into the precious spiritual realms. When things are difficult on the outside, the inner realms start to look much more enticing!

You can also contemplate why these ongoing pressures may be falling upon your shoulders. For example, if you've been indulging too much in pride or attachment to being in control of everything, the benevolent universe may be creating certain troublesome situations to bring you down a notch or to teach you surrender, compassion, simplicity, honesty, humility, faith, or one of the many other virtuous qualities that come from well-digested troubles.

Think of those daytime TV shows where parents discuss their bad, "out-of-control" teens. I happened to see two of these shows in a row while skimming TV stations a few years ago. The misbehaving teens came into the studio with their blurred middle fingers up, cursing at the booing audience and bragging about how bad they were, while showing no remorse or concern for the pain they'd been causing to their parents and others. Then the prison guards came out and began yelling and screaming into the teens' faces. All the teens were marched offstage and sent to boot camp, where each one was put through a day of physical and emotional challenge where they had no choice but to surrender to the commands of the barking officers.

Somehow, being forced to submit to this traumatic experience broke through the spoiled and shameless exterior shells of these teens. At the end of the show, the teens came back from their ordeal completely transformed! They walked onstage and hugged the prison guards, the host, and their parents, as the audience cheered. It was as though some demonic force had been exorcised from them, leaving behind good, fairly well-behaved teens — at least during the show!

Be Careful

Don't make God send you to boot camp! Be good on your own!

If God or universal Consciousness has given you certain intense challenges to deal with, you can help the process by allowing these ongoing challenges to transform, humble, and uplift you. The key to turning troubles into blessings is to surrender deeply to them through faith and higher spiritual understanding while still making steady efforts to surmount the challenges. Instead of always fighting the waves that are crashing down on you, you can let go and let the same waves carry you to the shore.