

When Something Awful Happens

What do you do when you lose a child, or when a big tornado comes along and destroys everything you own? How can you see such times through spiritual eyes? Certainly, the answer isn't to be unfeeling or numb about the loss. That's just a common defense mechanism that your mind may use to cover up your overwhelming grief and pain.

Instead, you must allow your feelings to arise, completely uncensored. Don't act on the angry or vengeful ones, but allow the feelings to arise nevertheless. Even if you feel angry with God, that's okay. At least you're thinking of God! In fact, some people communicate with God only when they're angry about one tragedy or another. Maybe getting these people angry over unfair tragedies is the only way God can get them to relate to Him as real!

Be Careful

Some people use spiritual ideas of personal responsibility to feel guilty about their own tragedies or callous about the traumas of others. Spiritual awareness is not meant to take away your compassion for yourself or others, but rather to add to that compassion a note of faith and higher awareness that gives solace and hope in even the darkest of times.

Terrible disasters can transform your entire relationship to the world around you. These extreme tragedies may rip you out of the roots of materialistic, illusory thinking, forcing you to shed a false sense of security. That sense of security wasn't right; it was too limited. You may fear that after the false sense of security is gone, you'll fall into some horrible state of nothingness, but that's not necessarily the case.

With spiritual eyes, you can see beneath the experience of insecurity to a real security that you may not have known was there. God! Reality! Spirit! Eternity! Nobody dies! Nothing is destroyed! Hallelujah!

Don't Forget

To your deepest soul, even painful experiences are worth undergoing if they lead to a greater unfolding of your small sense of self into the greater divine Self. This is why terrible disasters can actually become great blessings on your soul's journey. An old worldview must crumble before a new one can blossom forth. If it takes a big kick in the butt to get you there, so be it!