

Finding the hidden gems

Spirituality in Action

Here's a chance to contemplate how to learn the soul lessons inherent in challenging situations, using the example of a situation that is challenging you right now.

- 1. Start by thinking about a circumstance that is currently challenging you.** Remember and think about all the details of the situation.
- 2. Try to imagine yourself in God's place.** Rise above your own limited self-concept and move into a bird's eye view of your life. See the patterns and lessons you've already been through, your goals and aspirations, and your various personal qualities, and ask yourself this question: If you were the omnipotent, benevolent lord of the universe, why would you be creating this scenario for yourself? What lessons could you be trying to teach this beloved person (you)?
- 3. Remember other similar challenges you've had in the past.** What benefits came from those difficult times? What changes did you make based on lessons learned? What strengths did you gain from persevering through previous obstacles? It's not always easy to see the possible benefits of a difficult situation while you're in it, but memory and hindsight are two of the great gifts of human life. You may even want to write about these previous experiences to help you distill more insights from them.
- 4. Imagine your current troublesome circumstance as a piece that fits perfectly within a great puzzle and consider how this challenging circumstance may fit in with the rest of your personal history and future goals.** Are there parallels to situations that have happened before, even during your childhood? Could the current challenge be giving you one more opportunity to tap into deeper resources of courage, faith, strength, intelligence, humility, or discipline? Approaching your challenges with a positive attitude may also help to improve them.
- 5. Ask for grace in whatever context this is comfortable for you — from your own self, from God, Allah, Krishna, Jesus, the Higher Power — you get the idea!** Asking for grace is one of the most powerful tools you have for attracting blessings to yourself and others.