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Embracing Adversity

by Rebbie Straubing

Smooth seas do not make skillful sailors.

African Proverb

The human soul is an infinite and resilient substance. Unlike its more frail physical and egoic housings, the inner being remains bright and buoyant regardless of conditions. No matter what you may be going through right now, you can tap into the deep abiding substance that is your true nature and you can find some relief.

The storms we endure in a lifetime can be harsh, even unimaginable to others. They are as unique as our joys. And each person's private suffering contains within it a trace of the soul's essence. This trace can lead anyone, in any situation, back to a place of connection. It can eventually lead to peace and ultimately to joy.

Pain

Physical pain has been reduced to a mundane shell of a concept. It is something that we avoid. It gives drug companies endless creative outlets. We run from it like frightened children. However, when you strip pain of its name, when you look into its eyes, you will find a mystical reality.

Pain is not what you think it is. If you experience pain on a regular basis, consider yourself blessed with a spiritual portal through which to access your divine nature. It's not that you need pain in order to do this, but as long as you have it, you can learn to use it as a funnel into wisdom.

Forget everything you know about pain. Let go of all traces of your well-forged relationship with this ruthless opponent. Then, the next time you feel it, greet it as an unknown. Look directly into the experience. Move your attention right into its center with openness and curiosity. See what you find.

I'm not saying that the pain will dissolve, although it may. I'm suggesting that through the heightened attentiveness brought on by the pain, you can more easily access a part of you that usually remains hidden. This opportunity offered by the pain, when understood and embraced, can bring greater depth and wisdom to your journey.

Despair

Abraham* has very clearly articulated for us that despair is basically synonymous with a perception of disempowerment. We can't see a way out of the difficult situation or painful predicament. It seems like the hostile circumstances have won. We feel defeated.

If you can catch that moment right at its deepest point of desolation, you will find a trick doorway. You will find a surprise passageway right where despair and release intersect. It wears the costume of "I give up." If you leave it at that, you may remain in the feeling of disempowerment and despair. But if you take it one step further and go from the resistant, reluctant, victim feeling of "giving up" to the voluntary, trusting, empowered place of "release," you will make a hairpin turn and suddenly find yourself on a sunnier road.

Sometimes, it takes a depth of despair to get us to authentically let go of deep patterns of resistance. And once we do that, we can honestly thank the despair for so methodically freeing us from the stranglehold we had on our own life force.

Experiment

If you find yourself in a space of physical pain or emotional turbulence, here is a small vibrational journey you can take. Don't look to this to change the conditions, although it might. Here, your purpose is to realign yourself relative to your own suffering. As you willingly step into your own shoes, you cease to be a victim of circumstances. And once well established on your own feet, you can deliberately walk somewhere else.

Here is the process: Sit quietly, alone and keep your body completely still. Look directly into the eyes of the moment. Feel the essence of aliveness that is currently clothed in pain or upset. Understand the pain as a measure only of intensity. Understand the pure aliveness as who you are.

Focus yourself completely and steadfastly on the pure aliveness that is being amplified by the pain. Thank the pain for calling your attention to your rich inner life and then release the pain. Its job is done. Let your perception of pain peel away as you journey ever more deeply into the mystery of your own consciousness.

By greeting your difficult moments with this approach, you milk them for spiritual illumination. The intensity of the pain affords you a sharper perception of your pure beingness. Your attention to your pure beingness removes your focus from the pain. The pain fades. Now, in your life, you have greater awareness of your soul's essence. Now, the pain has served you well and you are empowered by the experience.

Pure Awareness

Conditions change like the tides. Circumstances, like the weather, range from pleasant to fierce. And while these fluctuations can challenge us and take us to extremes, we can ride the waves with skill and dignity. By embracing the adversity you encounter, you transform it from adversary to teacher. By awakening pure awareness regardless of the content you are living, you become a skillful sailor.

* Find out more about the teachings of Abraham at www.abraham-hicks.com

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