

Adversity - A Blessing in Disguise

In light of the unfoldment of COVID-19, an event which has shaken the entire world, I thought I'd write about the value of adversity. Swami Satsangi, one of my dear teachers once said: "It is only in times of difficulty that we grow - not in times of pleasure or comfort." She went on to explain that this is because in times of difficulty we must access our deeper inner resources. In the words of Swami Sivananda:

"A smooth ocean never made one a dexterous Captain of a ship or an Admiral. The storms of adversity rouse the faculties and talents of an individual and generate prudence, skill, fortitude, courage, patience and perseverance. Adversity makes one think, invent and discover."

Therefore, I would like to invite you to see the *opportunity* which undoubtedly lies before us at this time. I can say that I am finding a renewed sense of appreciation for some of the most simple things in life. Having to forego most of what were my usual social activities, I am learning to savor simple moments of connection. Greeting a neighbor with a smile while walking to the park, appreciating live music shared over Face-Book, carrying the intention to cultivate a deeper connection with nature in place of former activities... these simple things have been 'feeding me.'

I am also reminded of the preciousness of time - something so many of us have in rare abundance these days. In a culture where life can be so full of distractions, it is all too easy to lose touch with what really matters. And... what is it that really matters? I cannot answer that for you. However, I do believe that you will find the answer to this question in your own heart should you ask sincerely.

I feel this is a time to take the opportunity to pray, meditate, and read inspiring books. Nourish your spirit. May many on this beautiful Earth emerge from this challenging time with a renewed sense of purpose, and clarity of vision. May we be reminded that in essence we are all one family, all connected. May we have learned the lessons which lie before us.

Om, Peace Peace Peace.