

Sunday, January 17, 2010 – Br. Allen

“How to be Stronger Than Life’s Trials and Tests”

Life is worth nothing if it is not a continuous overcoming of life’s problems. There can be no life without problems. This is the nature of life on this planet.

Don’t look at tests and trials as a bad thing. They are more friend than foe. Tests put pressure on us to do something or they are something we cannot overcome and have to learn to live with then.

Tests and trials are a religious duty brought to us. Every one has a reason. They are a reflection of our karma. They come to teach us something.

Tests and trials help us to get back to God. See them as a friend not foe.

Matthew, Chapter 10: “He that endureth to the end, he shall be saved.”

Be patient and endure. Use ardent prayer and meditation.

Test and trials free us. The only way to overcome is to rise above them. Lift yourself high enough. As we rise above them, we join with God.

Gita, Chapter 2, Verse 15

Krishna – “He who cannot be ruffled by trials...”

Be unchanged during trials. Trials come with a reason and are always keyed into our karma. They always come at the right time.

If we didn’t have trials, or adversity, we would not be strong. We’d be spiritual creampuffs!

TIPS:

A simple change of viewpoint can make a difference.

Be unattached/non-attached.

If we are non-attached, we rise above.

Keep desires under control.

Our level of pain has to do with desire and attachment.

Introspect to find out the desire and what you need to overcome.

See God behind the trials you face. Don't think you are separate from God and that God is into a part of overcoming troubles.

Go through trials with faith in God. Surrender. Struggle ceases with surrender.

When you take your ego out of it, and see God's will, trials will be easier to deal with.

Face all troubles with faith in God and you will overcome.

The fiercer the test, the more fiercely you need to **cling** to God.

Keep proper perspective. What are we? We are spirit. We are part of God. We are infinite. We are not these bodies.

"This thought gives peace and power. When we are infinite, everything becomes a trifle. We need to let go." ~ Sister Gyanamata

What is life? It is a dream. Stand unshaken no matter what comes.

Don't be afraid of suffering. It is just a dream. This will give us mental strength.

Keep up the good fight no matter what. Do your best and rise above. No matter what your tests, don't give up.

Churchill: "If you are going thru hell, keep going!"

Don't be paralyzed. Don't remain in that miserable place. Hold on to peaceful after-effects of meditation.

Don't avoid your trials. It will come back to us sooner or later.

How do you know you are making progress? If you are meditating, making a sincere effort, make God a priority – everything else will fall into place.

Overcome all by constant inward calling to God. Do everything for Divine Mother.

A smooth life is not a victorious life.