February 2020 Spiritual Theme:  
**Triumph Over Obstacles**

Most all of our problems come our way because of ignorance. That’s a rather painful thing to hear, because generally a person on the spiritual path is more sensitive than others and more keenly conscious than others—even a little bit more conscious, anyway. And it doesn’t seem to make sense. There doesn’t seem to be any justice to then have a problem or an obstacle. It doesn’t add up. There are lots of other people we could see that should have the problems we have instead, who are much more deserving perhaps.

And it’s pretty hard to come to grips with problems because generally one feels if you have a problem, and you’ve studied about the law of karma, the law of cause and effect—that whatever happens to you is an effect of a certain cause that you think or feel. It doesn’t seem just, it doesn’t seem right, and it seems that if you’re going to have a problem, it’s almost like the admission of a flaw. So, thus all problems become twice as harsh for the yogi. Not only do you have the problem, but you have perhaps the sorrow, or the confusion, or the guilt of having a problem.

I hope as we face this whole area of problems, that we will have an idea where they come from and what to do about them. And we’ll have an idea that nobody could be more delighted than this conscious Creator of this universe, nobody can be more delighted than God, to help us with our problems. There is continual help in every area, and if you look at this planet, there are those who ignore their problems, don’t want to deal with them. The beautiful thing about a yogi, and other people as well, the yogi wants to deal with problems.

In a sense the yogi is a problem solver. Unless the person comes to the stage when they want to deal with their problems directly as possible, in as loving and as conscious a way as possible—until they come to that point—they’re not really wanting to realize what it is to be a human being or a divine expression, a divine creature. We’re all told we’re created in God’s image. What does that mean? Certainly, it means that our roots are spiritual. And this is a great problem solver in itself.

Everybody on this planet has problems and obstacles. The ones who lead the happy life are the ones who become conscious enough to deal with problems. And those who suffer sorrow are those who will not deal with their problems. It’s about as simple as that. You meet happy people, they have not rejected the problem part of their life, they face it. They deal with it directly and indirectly, and they deal with it with a certain viewpoint that becomes more and more pleasurable to see the world from. They look at problems as challenges to growth.

*—*By Ramakrishna Ananda, *From 1979 February Seminar*