



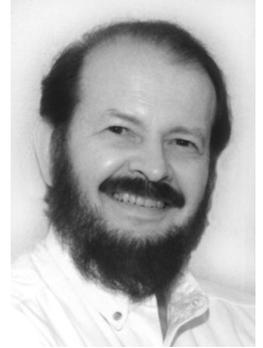
February 2020

Spiritual World Society Theme of the Month by Guruji 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,

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Nobody could be more delighted than this conscious Creator of this universe to help us with our problems.

Are you Ready to Transform Your Life?

Free Meditations

You can join us for a free meditation class any time. That's right, it's no charge and open to everyone! All you have to do is show up.

These classes are designed for both new and long time yoga students. It's a great way to turbocharge your life and learn from some of our veteran yogis.

These proven techniques are offered by yogis who practice them. We offer five free meditation classes each week:

- » Tuesday 8 am - 9 am Essential Practices for Self Discovery
- » Tuesday 5:30 pm - 6:45 pm Meditations for Health and Healing
- » Wednesday 6:30 pm - 7:30 pm Exploring the Art of Meditation
- » Friday 5:30 pm - 6:30 pm Chakra Meditations to Open the Heart
- » Saturday 9 am - 10 am Exploring the Art of Meditation

Come as many times as you like. And, bring a friend if you like. This is our fifth year of offering this free public service to Orange County.