Why Me
Why This
Why Now

A Guide to Answering
Life's Toughest Questions

Robin Norwood

Also by Robin Norwood

Women Who Love Too Much
Letters from Women Who Love Too Much
ceed on the Outward Path from innocence to maturity, our traumas lead us to develop definite beliefs about ourselves and the nature of Life. As we begin to tread the Path of Return, our lifetimes are directed toward shedding these distortions. Imagine Barbara's higher Self, prior to this lifetime, agreeing to participate in an incarnation in which her deeply held convictions regarding her alienation and victimization were powerfully challenged. Naturally she would have to once again attract to herself, through the principle of morphogenetic resonance, those persons and events that fit with her belief system. But this time she invited the catalytic, cataclysmic event that made a breakthrough possible. She asked to be dealt the Tower card.

Remember what Barbara underwent in order to recall and be transformed by her NDE. First, the veil between consciousness in the physical state and consciousness while in the nonphysical was thinned as she learned to leave her body while being molested. Then she was injured so badly that she was forced out of her physical body. Finally, although she ultimately recovered, some of the crippling effects of her physical trauma remained. This was the price, agreed upon prior to her present incarnation, for the enlightenment she gained, the profound healing she underwent.

**Guidelines for healing ourselves**

Inevitably, even those of us who are deeply committed to our spiritual evolution, struggle against adversity. We need the help of guidelines to remind us how to cooperate with our transformational process.

A list of such guidelines is offered here.

- Always look for the gift in adversity
- Never indulge in self-pity
- Never blame anyone else for your problems
- Cultivate an attitude of gratitude
- Do not judge your condition or that of others
- Avoid sentimentality
- Recognize that disease is not a punishment
- Seek opportunities to serve
- Learn to regard death as a healing

Now let us take a closer look at each of these guidelines.

**Always look for the gift in adversity**

Every problem is an assignment from your soul. Therefore, acknowledge that a purpose is being served by your problem, your wound, your illness, your disability, your terminal condition, and try to align with it; that is, seek what it is trying to teach you. Remember that from the soul’s perspective, a change in consciousness is of far greater value than a “cure.” Therefore, follow King Solomon’s wise injunction: “With all your getting, get understanding.” Make that understanding the object of your quest and be optimistic that you will be rewarded.

There is a delightful story about two small boys, one an optimist and the other a pessimist. The pessimist is led to a room filled with all kinds of wonderful toys, but as soon as he is inside, he sits down by the door and pouts. A while later as he is led from the room, he is asked why he was so unhappy in there.

“I just knew,” he replies miserably, “that if I chose a toy I really liked, it would probably break!”
Meanwhile the little optimist has been left in a room piled high with horse manure, where he is singing a song about cowboys and happily digging away. When invited to come out he shakes his head and keeps on digging.

"I just know," he calls out excitedly, "that with all this manure there's got to be a pony in here somewhere!"

Believe in the pony. Believe in the gift hidden in all the . . . well, you know . . .

\textit{Never indulge in self-pity}

You may feel that some self-pity is natural and excusable, given all that you're suffering. It is, however, an invidious indulgence that easily becomes habitual. Once the habit of self-pity is in place, it acts on our consciousness much like a drug to which we are addicted, providing a seductive excuse for further indulgence—and like the habitual use of drugs, indulgence in self-pity is an extremely effective barrier to spiritual development.

\textit{Never blame anyone else for your problems}

Blaming others, like self-pity, is a self-indulgent practice that prevents us from taking responsibility for our lives. Nowhere in spiritual law is it written that someone else is to blame for our troubles, whether in this life or past lives. If we remember that all our difficulties, including those connected with other people, serve an important purpose in our evolution, then we will recognize our enemies as agents for our enlightenment. This does not mean, however, that we must necessarily enjoy all our dealings with these agents of karma.

A wise old saying advises us:

\begin{center}
\text{WHY ME} \quad \text{WHY THIS} \quad \text{WHY NOW}
\end{center}

\begin{center}
When confronted by a foe
Praise him,
Bless him,
Let him go.
\end{center}

Blessing our enemies, wishing them all the good we would wish for ourselves, is an excellent way to achieve our own liberation.

I once had to work in a treatment center with another therapist who repeatedly badgered and belittled me and undermined my work with our patients. From his maneuvering I learned to be more forcefully direct, and I tried to be grateful for that, but the constant struggle with him was wearing me down. I began silently affirming "This man's highest good, whatever it is, is coming to him." One day, after I had been repeating this affirmation for a few weeks, he suddenly announced that he had been offered a far better job elsewhere and was leaving!

Such affirmations, when done with as much love as possible, put into motion the biblical injunction: "Resist ye not evil but overcome evil with good."

The higher truth behind our troubles with others is that we are really here to help one another progress along the Way. Without denying that there are problems, we can, by sending blessings, do much to ameliorate interpersonal difficulties.

\begin{center}
\textit{Cultivate an attitude of gratitude}
\end{center}

Sometimes when things are very dark, a review of our blessings can serve as an excellent antidote to creeping depression and self-pity. The more we focus on our blessings, the lighter our burdens become. And if we can also appreciate the prog-