

# JOY: The Journal of Yoga

Spring 2006, Volume 5, Number 2

## **Looking at God's Plan, Part 1 – Why is it Sometimes So Painful?**

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We hear the expression that something is “God’s Plan” frequently when something bad has happened to ourselves or our community and nation as a whole.

In Islamic cultures it is said that when something terrible happens, that it was the “will of Allah”. However, when innocent Moslems are killed, and there are a great many innocent Moslems, it is not considered to be the will of Allah and instead calls for defense by all possible means.

Regardless, we seldom use the expression that it was “God’s Plan” when something good is happening or when things are going our way or as we wish them to.

Instead we think it was because of our own effort and then pride, arrogance and ego can develop, leading us to become greedy or have more excessive desires or to think more highly of ourselves than we should.

But there are many things in life, both big and small, both noticeable and hidden, that are painful for us to experience or acknowledge each day.

It could be an anxiety or fear that keeps us hidden in our home or apartment each day, or some feeling that we are not loved, liked or respected?

It could be a feeling of confusion about what to say or do each day, or a recurring experience of poor energy and focus in all of our activities and actions.

Perhaps we may even feel like a failure in life, or only feel important and

successful when we are making other people feel like they are failures or unloved?

The pain that we experience in life, whether we think of it as being God's Plan or just fate can many times be taken for what it is in most cases, that being a wake up call to something that needs to be learned, or an ignorance about life and living that needs to be overcome and cast aside.

Of course, such a concept does not apply to natural disasters such as tornadoes and hurricanes, landslides and earthquakes, though it is sometimes true that when these disasters happen, there has been some kind of contribution to the scope of the disaster because of man's laziness, greed or ignorance.

How much of the flooding in New Orleans in 2006 could have been prevented if more attention, time, effort and money had been directed at looking at the state of the levee that eventually broke?

How many people could have been saved from the tsunami that devastated Southern and Southeast Asia if there had only been an acknowledgement among governments that such a thing could happen and people had been warned to look out for signs of an approaching tsunami.

In Thailand, there was a meeting of the concerned parties when news of the earthquake that caused the tsunami to happen occurred, but they were afraid to issue a warning because they were afraid to hurt the tourist industry.

Many lives could have been saved if such a warning had been issued.

We have seen in both Malaysia and California instances where homes were built in areas near hills or on hills in such a ways that landslides were more likely to happen because of this development.

How about homes and offices that are built on or near earthquake fault lines, or people who do not build tornado shelters even though they live in places where tornadoes can develop and occur?

So sometimes the pain that we experience from what we refer to as being “God’s plan” is sometimes caused or made worse by man’s ignorance.

If we can understand and accept the fact that some of the pain that we do feel and experience whenever it happens is nothing more than a wake up call that we need to deal with something regarding our own mind, feelings, words, physical actions and behaviors, we may be able to look at pain as being a learning experience, instead of something that we dread.

It will take mindfulness to see and understand this.

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