

Tell Me Why

By Rev. Toni Brasted

When I was a little girl, my family nicknamed me the “**why** girl”. Nobody could make me do anything if they did not first explain to me “**why**”.

As I grew up, I was surprised to find out I was not alone. Many people do not move, unless they know why. Many people want to know “**why**” before they do anything. Very often I hear, “Until I know why, I cannot take the next step.” Some people make knowing why such a condition on beginning anything that they become stuck and frustrated with the lack of knowing

I have to confess that I am still a work in progress. Sometimes, I still catch myself wondering why, but as I work in my spiritual growth, more and more, I come to realize the silliness of holding back a move or an action, only because I do not know why. As I learn to trust and interpret God’s direction in my life, more and more I am convinced that putting time and energy into trying to figure out **why** my life path changed so often and so dramatically, is a pure waste of time.

Let me explain a bit more clearly my present comprehension of the whys and wherefores. There is nothing wrong in wanting to know why. The difficulty comes when we try to lead with this question. If we really look at it, why always happens in retrospect. The *whys*, the “*ah has*” come when we look back on a situation. They come with reflection. They come in the wake of the actual experience. When we move into the **now**, **why** does not lead us. We most likely will not know why as the moment unfolds, why is not our experience; why is a reflection on our experience. Therefore, if we try to lead with why, we feel blocked and confused. **Whys** are very well in their place, but not if you try to place them first; not if you must have a why before you can move or begin.

If you have “the gut feeling” to take a step, consider that the whys will be present after you have taken that step. Consider the language we use. “Oh, now I see why that happened. Now I see why that had to go in that particular direction.”

Life is full of surprises. Many times the decision we make turns in to being the wrong one, but the wrongness might be only in the moment. How many times, has something that started so wrong turns out to become the most right thing for us in the future? The universe is wise. Nothing is lost, everything is transformed. If we are patient long enough we will have our “why” questions answered.

In many situations, we would be thankful we did not know the whys in the moment we made the move. It probably would be too painful for us to handle it. Not knowing the whys, most of the time is a blessing in disguise.

Let's not be so concerned about knowing the whys, but instead, be sure that everything happens for a reason and that sooner or later we will know **why**.