

Daniel's reflection for week beginning Sunday, 15th April 2018

A grateful heart

Can you identify some of the painful patterns of thought in your life? Do you resent the success of an enemy, the good fortune of a neighbour, the ordinariness of your own life? Do you still feel wronged by being passed over for the job you had greatly desired, left out in your parents' will, or by the persistent memory of a false accusation? Do you suffer from low self-esteem, a sense of inferiority? For instance, do you ever tell yourself, 'I've done nothing useful with my life; I envy all those who are really clever, admired, who have a lovely family.' Do you take a critical remark and exaggerate it out of all proportion? Well, dear reader, if you answer 'yes' to any of the above questions, it simply means that you are a fairly normal member of the human race! But there is much you can do to lighten the darkness.

When the heart is grateful, the mind is healthy. When you appreciate who you are, enjoying the gifts within you and around you in your family, neighbourhood, nature, then the odds are that you are 'in a good place', responding in a balanced and positive way to the pain and wonder of your life. You may remember an old definition of prayer: 'a raising of the mind and heart to Love, to God'. Could you begin doing this? Thinking thankfulness. Practise the 'gratitude attitude', for the walk you've just had, the shower you've just enjoyed, the meal you are preparing, the friend who is calling in later, the friendly shop assistant this morning, the arrival of the email you were waiting for, the persistent demon whom you have finally befriended.

(The Healing Habit pp104, 105)