

## Daniel's reflection for week beginning 15th July Bitterness to Contentment'

Bitterness has a sharp edge to it; it cuts deep into the soul; it spreads poison in hearts. While something can be said for anger, fear, guilt – bitterness is graceless. It is a dark room with no light. It takes a long healing. For many it is a curse of the second half of the hurt life. Those who pay attention to the state of their souls may be blessed with a glimpse of this subtle, destructive emotion and catch it in time. It may begin with unfavourable family wills, betrayals, missed opportunities because of gossip, ill-will, or jealousy. Or it can arise from a sense of unfairness, injustice or false accusations.

Holding on to bitterness ends all real growing or blossoming. It is an immense and impossible weight. New desires and possibilities cannot be discerned if all our energy is consumed in a shrunken negativity. Can the condition ever be healed? Only by love – a moment of true affection. Or a sudden and intense experience can open the shutters and shock the sick soul. This may be the beginning. Salvation follows. This new freedom for creativity, and the new surge of energy is pure redemption. The path ahead is thrown open. The possibilities, then, are endless.

*Invisible blight on every plant;  
A sprinkled poison ends all growing.  
A curse that kills, no harvest happens,  
Until a grace redeems the sowing.*

(The Heavenly Habit p 23)