

Daniel's Reflection for Week Beginning 6th March – The Grace of a Mother's Blessing (A letter to a daughter)

Having written a reflection that a father requested for his son, a mother asked me to write a blessing to give to her daughter. So, here it is, for the teenage daughter I never had.

'Let nobody own you. You are too precious to be possessed by anything or anyone. There will always be those around you who will try to make you feel small and inadequate. Only God is big enough for you. You are a child of the universe, fashioned from the stuff of the stars. Don't ever forget your divine heritage.

Learn to love yourself. That means loving those parts of you that others may criticise. Some women tend to think that they are not good enough – or they are made to feel that way. While you are still young, do not let those negative habits take root in your heart. Learn to be gentle and patient with yourself. Don't wait until later to love and trust yourself. Begin today.

Remember that the Power is within you. With God, there is nothing you cannot achieve. The only limits around us are the ones we ourselves draw! Without depending on substances or other people, you can take charge of your own life. The true voice within you will guide you safely through necessary darkness. . .

Know how to protect yourself. You have a mystery about you that must be carefully looked after. Do not let all your sails out to the wayward wind. Do not trust the wrong people with your magic cookies. May you always have the grace to discern the falsehood and lies in those who pretend that they love you.

Make sure you have a 'soul-friend'. This is a person who will never deceive you, flatter you or wish anything for you but your true happiness. Your soul-friend will listen to you, will weep and laugh with you, but will not be fooled by you. Like a wise guardian angel, your soul friend will always walk with you, defend you and love you. You are the most important person in your life. And mine. (Prism of Love pp95,96)

outdoor walk on a Spring day after Winter of illness, the healing happens. Like a river of love after a dry year of the heart, the celebrations begin. That's what it's like to grow.

As the pear seed grows into a pear tree

And the hazel seeds grow into a hazel tree

The seeds of God grow into God.

May you keep green and growing. (Meister Eckhart)

Merton wished that all people could see 'the secret beauty of their hearts, the depths of their hearts where neither sin nor desire can reach, the core of their reality, the person that each one is in God's eyes. If only they could all see themselves as they really are'

Do we ever reflect on these things? Do we think about the Source of our gifts, our desires, our restless searching – the inner life we share with our Creator? Do we know that a God exists who understands our ambiguous story, who, in spite of everything, always delights in us, who alone can give us the gift we have always longed for – the gift of our truest self?