

WHAT I/WE HOLD IN OUR HEART

Contributed by Sister Carol Ann Killoran

Vanity of Vanities, The Book of Ecclesiastes 1:2, 2:21-23.

What comes to us from all the toil and anxiety of heart with which we have labored under the sun. All the days of sorrow and grief are our occupation; even at night our mind is not at rest. This also is vanity.
(paraphrased)

Have you ever pondered how carrying resentment, anger, frustration against yourself or another is vanity?

What we hold against our self or another person becomes part of *our heart*.

Yes, so much time carrying this toil in our heart, mind, body. Eckhart Tolle says, Let's stop torching our self.



LET'S BEGIN our journey with an invitation and teaching from Eckhart Tolle, How to Forgive Yourself of the Past.
(10 minute YouTube)

[Eckhart Tolle How To Forgive Yourself - Google Search](#)

LET'S CONTINUE our journey with Thomas Merton's thoughts on Forgiving Ourselves.

"We cannot have true compassion for others unless we are willing to accept pity and receive forgiveness for our own sins. We do not really know how to forgive until we know what it is to be forgiven".

LET'S CONTINUE our journey with Pope Francis.

“Practicing forgiveness not only saves families (religious congregations) from divisiveness, but makes them capable of helping society to be less heartless and less cruel. Yes, each act of forgiveness fixes the cracks in the house and strengthens its walls”.

FINALLY, LET'S CONTINUE our journey with Sister Joan Chittister,
“Being with Pain”

<https://www.joanchittister.org/audio/being-present-pain>

(3 minute reflection)

LET'S CLOSE OUR REFLECTION with a Spiritual Communion

Lord, please come to me in Spiritual Communion
Send your Body and Blood gushing through my veins
Send your Love into my heart, my soul and my mind
Lift me up to your bosom and infuse me with your Divine Love.

