

A WEARY WORLD: Week Two

PRACTICING HONESTY

Saturday:

We hope you had a Blessed and restful Sunday. Saturday's meditation wrapped up the week's topic on Practicing Honesty. I had to reread Saturday's entry (pages 46-53) because there was so much information in there on how to put what we've been discussing into practice. It is important to remember that we shouldn't feel guilty about our feelings. Feelings are neither good or bad, but as we practice we can become more aware of "what's happening inside our heads and hearts and bravely express that in whatever way helps us." The author suggests several ways of expressing feelings such as a conversation with a trusted person, keeping a journal, music, art, etc. I really liked her prompts that I think will help me to practice being honest with myself as to how I am doing on any particular day.

Right now, I'm feeling_____

I think I need_____

A way I might be able to get this met is_____

Another very important point that the author made on Saturday was even though being honest about feelings is hard that "in the middle of the hard, there is good too." I truly believe that even in the midst of this pandemic everyone one of us can reflect on something good we witnessed that stood out from our daily challenges.

She concludes with a beautiful prayer on Practicing Honesty while encouraging us to "Let yourself feel what needs to be felt."



Today's Reflection

Question:

*How are
you doing
with
practicing
honesty?*