

SHINING SPIRIT

Healing the hurts of the past brings the shine back to our tarnished spirits... and our light bounces off that shine and goes out into the world like a beacon of promise. But the polishing is hard work. Some spots we wipe clean with ease. Others are stubborn. No matter how much we rub, no matter what cloth we use, no matter how many times we leave it and return to it later, we cannot seem to lift the dullness off. In our frustration and helplessness we sit and look at our precious spirits, and seeing the dark spot we begin to weep. Our grief pours out in the story of that dark place in us that yearns to light up but cannot. And then a miraculous thing happens.

When our tears have dried, we take up the cloth again, ready to work again, and we see the shine has already begun to show through the dullness. We see that to bring our spirits back to their full brilliance, we must grieve and mourn the losses we hold in the pain of the stubborn spots. Then with loving-kindness and compassion we set to polishing again, and when we see the tarnish disappear into the shine, our spirits lift up and soar.



© Sally Scott