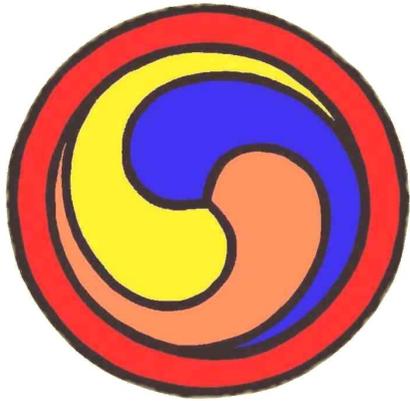


# THE ENLIGHTENMENT



*When I try to change what I dislike in me by fighting it I merely push it underground.*

*If I accept it, it will surface and evaporate.*

*What I resist, will stubbornly persist.*

*I consider the example of Jesus who sets himself the task of moving mountains and battles with*

*exasperating foes. Yet even in his anger he is loving—he combines a keen desire for a change with an acceptance of reality as it is...*

*The following are suggestions to stimulate reflection, not a blueprint to be slavishly followed.*

*I should use what helps, what is personally significant.*

I try to be like Jesus.

I start with the feelings I dislike...

To each of them I talk in a loving, accepting kind of way... and listen to what each has to say...

till I discover that, while it can do me harm, it also does me good.. that it is there for a benign purpose which I now attempt to see...

I keep on with the dialogue till I feel a real acceptance of these feelings - acceptance, not approval, not resignation...

so that I am no longer depressed about my depressions or angry with my anger or discouraged because of my discouragement or frightened of my fears or rejecting my feelings of rejection...

I can live with them in peace for I have seen that God can use them for my good...

I do the same with the many other things about my life that I might want to change;

My body's disabilities...

My sexuality....

My personal shortcomings...

The external circumstances of my life...

The happenings of the past...

The person with whom I live...

The whole world as it is...

Mid-life, Old age, sickness, death...

I speak to them with love and the consciousness that they somehow fit into God's plan...

*In doing so I undergo a transformation: while everything about me is the same*

*- the world,*

*- my family,*

*- my feelings,*

*- my body,*

*- my neuroses...*

*I am the same no longer.*

*I am more loving now, more accepting of what is undesirable.*

*More peaceful too for having come to see that violence cannot lead to lasting change – only love an understanding can.*

*From Wellsprings*

*by Anthony de Mello*