

## Reflection Wednesday Week 2 2023

Jesus walks into the synagogue and sees a man with a withered hand, the Pharisees only see Jesus as a problem. We can look at the world and see possibilities for action especially in providing creation with the parameters for healing itself rather than a problem to be solved. Ronald Rolheiser writes:

G.K. Chesterton believed that familiarity is the greatest of all illusions and that the secret to life is to learn to look at things familiar until they look unfamiliar again. By opening our eyes to hidden depth, we open ourselves to wonder and a new way of seeing.

It is not incidental that the first word out of Jesus' mouth in the Synoptic Gospels is the word "*metanoia*", a word that opposes itself to "*paranoia*". We open our eyes to depth with we shift from a posture of self-protection to a posture of nurture.

Our perception becomes distorted whenever we move from the happy state of admiration to the unhappy state of envy. Our eyesight is clear when we delight in admiration.

The root of bitterness is being wounded in some way. The way out of bitterness is grieving. Tears clear our eyesight because they soften a heart hardened by the wound.

Nothing taints our eyesight as much as anger. It's the most debilitating of all cataracts. And nothing cleanses our vision as much as forgiveness. No-one holding a grudge sees straight.

While longing and hunger distort our vision, gratitude restores it. It enables insight. The person who is most grateful will always have the best eyesight.

Love is the eye! Seeing straight has many more dimensions than we can normally imagine.

**Don't stress about your eyesight failing as you get older...** It's nature's way of protecting you from shock as you walk past the mirror.

**What do you call a deer with a good eyesight?** A good idea.