



*... the mystery that has been hidden throughout the ages and generations has now been revealed to the saints. To them God chose to make known how great among ... are the riches of the glory of this mystery, which is Christ in you, the hope of glory.*

*Colossians 1. 26-27*

I read an article this week in The Huffington Post entitled “Six Sneaky Signs You’re Experiencing Ongoing Trauma from the Pandemic” by Julia Ries. I was curious what the signs are. Aren’t you? So here they are:

You’re super on edge. You’re fatigued. You’ve been particularly negative. You have more physical aches and pains. You haven’t been sleeping well. You’ve been withdrawn.

It’s my guess that most of us have experienced some, of these symptoms of ongoing trauma. So, I want to encourage all of us traumatized or not to refocus our hearts and minds on three things.

1. Begin and in your day with gratitude. As you awaken and as you prepare for sleep count your blessings, maybe even write them down.
2. Forgive someone each day. Sometimes forgiving means forgiving others, and sometimes it means forgiving ourselves.
3. Finally, I offer to you a teaching by Buddhist teacher and author, Tara Brach, from her book, *Trusting the Gold: Uncovering Your Natural Goodness*. Throughout the day repeat to yourself as needed: “May I trust my own goodness. May I see the goodness in others.”

For those of us who take the name Christian this shouldn’t be hard for us for the simple reason that we are, as the First Testament teaches us in Genesis we are “made in the image and likeness of God.” What the theologian Matthew Fox calls our “original goodness.” That means, as the Apostle Paul points out in his letter to the church at Colossae, that the great mystery of the cosmos has been revealed to us through the life, death and resurrection of Jesus, the Rabbi of Nazareth. And the mystery is this, “Christ is in you!” That means that the spark of divinity resides within us.

These are the understandings of our Christian faith that allow us to fully understand the teachings of number three above. I believe it is important for us to think on these teachings of scripture every day. So, if you have been struggling with recovery from the trauma of the pandemic, even if you didn’t realize it, join me in practicing these things that will restore our souls.

*Holy One, help me to recenter my life on you, on the blessings you bestow upon me, on forgiving others including myself, and reminding myself daily that Your Spirit is within me. Amen.*

