

REFLECTION #4 FROM ALL ABOUT LOVE

On pages 80-81 (Chapter 5), hooks states:

So many people turn to spiritual thinking only when they experience difficulties, hoping that the sorrow or pain will just miraculously disappear. Usually, they find that the place of suffering--the place where we are broken in spirit, when accepted and embraced, is also a place of peace and possibility. Our sufferings do not magically end; instead we are able to wisely alchemically recycle them. They become the abundant waste that we use to make new growth possible. That is why biblical scripture admonishes us to "count it all joy-when we meet various trials." Learning to embrace our suffering is one of the gifts offered by spiritual life and practice.

Vocabulary Words- **alchemically (adv.), alchemy (n.)** - all about taking one thing and transforming it into something better.

Reading Response

-Read this paragraph more than once if necessary, then write down your immediate thoughts about this passage. Prepare for a class discussion about the beauty of hitting rock bottom and our potential and obligation to change our lives.