

Transforming Anger and Strife

by Rev. Stephen Towles (November 22, 2009)

There is a simple thing to do,
When anger lives inside of you.
When strife becomes the order of the day,
And you now feel you have lost your way.

Step back one step and ask why,
This feeling doesn't make me cry.
It doesn't feel all that good,
And quite frankly it never should.

Be curious as to what is really going on,
In this sad version of a common song.
Ask what is trying to happen here,
That makes you feel in total fear.

Be grateful for this moment in time,
Where life is placed on the line.
And how we respond is what this is about,
And gratitude is how we get out.

Be grateful you are awake right now,
And curious as to what and how.
And let that feeling rule the day,
And help you to find your way.

For every moment is filled with promise,
If we stop being a doubting Thomas.
And take the mantel upon ourselves,
With the energy of a bunch of Santa's elves.

And you will see how good it can be,
To feel God's presence and now be free.
And curiosity is a powerful tool,
To use in the life that is our spiritual school.