

BLESSINGS

Mix a handful of salt in a glass of water and drink it.
How does it taste? Unbearably bitter?

Take the same handful of salt and throw it into a fresh water lake.
Now drink from the lake.
How does it taste? Do you taste the salt?

The bitterness in life is pure salt; no more, no less. The amount of bitterness we FEEL remains exactly the same, just like the handful of salt. However, the amount of bitterness we TASTE depends on the container we put it in.

When you are in pain, enlarge your sense of life. Focus on the beauty and blessings in your world. It's human nature to lament losses and a skill to recognize life's gifts. Life will always be bittersweet. The bitter times make the sweet times sweeter.