

Forgiveness Friday #3

24 September 2021



It seems such a simple thing, to bless instead of curse drivers who annoy me on the highways and byways (as described in my [first two posts](#)). But what I have learned in just three weeks has already changed my thinking and behaviour in profound ways.

As I shared in Forgiveness Friday #2, the condemnations of others that we allow to form in our minds – even if they are never spoken aloud – rebound as a form of self-condemnation or self-cursing. What I realised this week is that these thoughts do not lie dormant once they have returned to us. They are like seeds we are sowing into our spiritual selves, and the more we feed and water them the more they grow and flourish. We may keep them hidden in our minds and present a kind face to the world, fooling ourselves that we have our worst selves contained and under control, but these weeds can grow just as well in the dark!

The photograph above is a section of my garden. A little further along from the prunus tree in the background are vegetable beds. When I moved here last year I began composting kitchen scraps into the beds, turning the soil a rich black and almost ready for planting. One morning I saw a forest of seedlings pushing their way up in the vegetable beds and beneath the prunus. At first I thought the kitchen scraps or previous plantings were producing a crop of mixed lettuce, herbs and unidentified vegetables. Within days I realised that instead of edibles I had a dense forest of weeds!

I was totally perplexed. What? How? The mystery was soon solved. The former owners of the house came for a visit and explained they had sown packets of bird seed along all the beds, with the notion of digging the plants they produced back into the soil. My careful composting had simply fed the crop of super-sized weeds you see in the photo.

When I started to ‘mow’ these weeds in preparation for overlaying with cardboard and mushroom compost, I saw that I was also scattering their seeds. Not only do our curses grow, they replicate, generation after generation.

This was sobering. We do indeed reap what we sow, and unfortunately our descendants may reap what we have sown, too. But I have also discovered that forgiveness is a miraculous and powerful spiritual weed remover, shrivelling curses while growing blessings. *Zap! Pow!*

Through acts of forgiveness we bless ourselves, and our children, and our children’s children. It’s a great incentive to continually renew the decision to forgive.

Love, Lyndal