

The Power of Fear

Written by Ron Rolheiser, O.M.I.

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with the first two, sadness and anger, than we can with the third, fear. Here's her thought

Sadness can be handled through tears, through grieving. Sadness fills us like a water glass, but a glass can be emptied. Tears can drain sadness of its bite. We have all, no doubt, experienced the release, the catharsis, that can come through tears. Tears can soften the heart and take away the bitterness of sadness, even while its heaviness remains. Sadness, no matter how heavy, has a release valve. So too does anger. Anger can be expressed and its very expression helps release it so that it flows out of us. No doubt too we have also experienced this. The caution, of course, is that in expressing anger and giving it release we need to be careful not to hurt others, which is the ever-present danger when dealing with anger. With anger we have many outlets: We can shout in rage, beat a drum, punch a bag, use profane language, physically exercise until we're exhausted, smash some furniture, utter milder threats, and rage away

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