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Pot of thought

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In II Kings 4, there's a story of Elisha and the sons of the prophets with a communal pot of stew. Somehow, a poisonous herb slipped in and Elisha told them to throw in meal. Then the whole stew was edible.

I've been thinking of this as the pot of thought. Every day we contribute something to this pot of thought - perhaps inspiration, kindness, loving comfort, divine energy or zest. If an unkind remark or sickly talk or media fear slips into the pot, we can neutralize it with meal. The meal represents the Christ Truth, saving all that is good and removing what isn't. A grain of Christly inspiration neutralizes fear. A grain of spiritual love neutralizes hurt feelings. A grain of right action resolves inertia. These spiritual ideas keep the pot of our thought healthy. And you don't have to accept someone else's rotten vegetables. Defend your pot of thought by putting a lid on it. Keep the rotten out and accept only the best.

So today, let's keep our pot of thought healthy with Christly inspiration and understanding. Then our thoughts will be sweet and nourishing to ourselves and others.