

## **Dear friends, brothers and sisters in the Risen Christ,**

It is my great pleasure to be able to reach to you through this little message as we rejoice with the Easter celebrations.

Currently I am enjoying a wonderful time with family and valuable time of studies and personal reflection.

I am going then to share with you a bit of my reflection, but this might be contentious or challenging.

I am not asking you to believe or to accept what I am sharing with you.

But if it makes sense, then you can consider it.

Quite often, I used to wonder why some people face great challenges and suffer greatly in their lives.

In some cases, people seem to fall in a kind of loop of suffering from which they cannot get out.

In a given moment, I have asked myself if it is possible that people might be choosing their suffering.

### **THESE ARE SOME ANSWERS I HAVE FOUND:**

I believe that we were created in the image and likeness of God. Therefore, we were created and we are creators.

Everything that happens, all situations and events are basically our creations.

If it is the case, that all events and situations are our creations, it is because in a given moment we have chosen them.

It means that even happenings, outcomes, events or situations that we call bad or evil are our choices and creations.

It is not a mistake to have chosen unwisely in life, but it is a great error to call them bad or evil. If we call our situations or events bad or evil, personally, as a community or as a society, we are calling ourselves bad and evil.

And we cannot accept the tags of bad or evil for us. Thus, the expected reaction is to reject and deny our own creations.

This rejection, denying and denial is an intellectual and spiritual dishonesty.

The opposite of denying and rejecting our creations is taking the personal responsibility also for what we call evil in the world.

Realising that we are creators and taking responsibility, gives us the giant possibility of transforming our creations,

the wisdom to choose something different and the ability to transform greatly our lives.

There are events such as natural disasters, floods, earthquakes, hurricanes or other calamities, that might not be our direct creation.

Nevertheless, including in these situations, we hold a great creating power, the power to DECIDE what is the meaning for us,

who you are in front of the situation or how do you relate to it. It requires changing the way we look at things.

We can create the degree to which those events affect our lives.

For example, if we are sad, anxious or angry at the war, we contribute with the same energy to the war.

But if we decide to be peaceful and joyful, that is the energy we send to improve the situation.

We can contribute to reduce suffering in the world looking at life differently or we can contribute to misery.

You decide, either you contribute to the world with your joy and gladness, or you do it with your anger and suffering.

Valentin Mendoza.