

## **Commentary on the Gospel for Mon, Mar 17th 2014**

I consider myself very fortunate to have been assigned to write the reflection today because I love the message I interpret from the Gospel! I have read the verses a few times already and I cannot stop nodding and saying “yes, that is how it should be”.

The last sentence resonates strongly with me: For the measure with which you measure will in return be measured out to you. I try to put into practice these wise words every single day of my life and am intentional in using a “measure” that does not measure anything but instead welcomes, with as much compassion as I have, the other in her or his own beauty. Not much because I expect to be measured the same way, but more because life has taught me that the approach of respect, forgiveness, valuing the others’ value and my genuine willingness to let the others be, has brought me to the opportunity to meet wonderful people who have enriched my life in a unique way.

I am far from being where I would like to be in terms of true forgiveness and judging (or, to be honest, not judging). As I examine and reflect on my life on a daily basis, I try to adjust my thoughts and behavior to get closer to my ideals. Something that has helped me to reach my goals has been to approach people who at first glance may be out of my comfort zone. I then try to establish a conversation so that I may discover something I had not seen before. This process is not easy at all for me and I cannot always follow through, but when I do it, 99.9% of the times does work wonderfully!

Another approach I have also tried is to read (blogs, magazine articles, books) that at first glance, I would not choose or think I would disagree with. This exercise has helped me to see other points of view and logics, and while I may disagree with them, at least I am aware they exist. This helps me to see the world and people in different ways and makes me re-define how I “measure” (or, better, how I should avoid measuring).

My prayer today is for us to be wise and full of love whenever we are facing a situation in which we have to measure or judge.

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