

# HOW TO BE ALIVE

## "Yes" to Life

*For all that has been- THANKS!*

*To all that shall be- YES!*

Dag Hammarskjold

*Practise resurrection.*

Wendell Berry

*God is not exterior evidence but the secret call within us*

Olivier Clement

**As you spend time reflecting on your life - become aware of those things in your life that are destructive, which lead nowhere, which are negative and deadening. These are things, relationships, aspects of work, parts of your temperament which block, inhibit, rob or starve you of life. These are movements in you which are often characterized by fear or anxiety.**

**Now listen to another movement within - often unnoticed. Often it doesn't find a voice - or is drowned out by stronger, more insistent, negative voices. This is the movement towards life- that too often lies untouched, buried, forgotten and ignored - but if given room is actually full of life and promise and hope and energy and purpose.**

**Pay attention to what brings you to life - the (often) little things - that give you a sense of joy or purpose or well-being.**

Practising resurrection is not about putting up with a bit of pain so we can then "live happily ever after". It is about letting the cross shape resurrection faith in us so that we see always the cross as the tree of life. Being shaped by the cross of Jesus is about learning to live whatever we are living in the knowledge that "grace happens".

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Philip Carter is a retired Anglican Priest. He was the inaugural president of the Australian Ecumenical Council for Spiritual Direction (AECSD). He ran the Julian Centre in Adelaide, an independent and ecumenical centre for spirituality, from 1997-2009.

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*I don't know Who-or what- put the question, I don't even know when it was put. I don't even remember answering. **But at some moment I did answer Yes to Someone - or Something - and from that hour I was certain that existence is meaningful and that, therefore, my life, in self-surrender, had a goal.***

Dag Hammarskjold

*Life is not formed by chance, it is not random...life is not just a succession of events and circumstances, helpful though many of them are. It is a search for the true, the good and the beautiful. It is to this end that we make our choices; it is to this end that we exercise our freedom....*

Benedict XVI

*If God so made us that only He himself can ultimately satisfy us, He does not withhold that gift of himself. It is ours already, but being too blind to recognize it, we have to discover it, not in religious theory, but **in the warmth and sweetness and dryness and terror of actual living.***

H. A. Williams

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