

Be attentive

*...in everyday life
it is the plain facts and natural happenings
that conceal God and reveal him to us
little by little under the mind's toolings*

R. S. Thomas

STOP! LOOK! LISTEN! Go for a slow walk. Enjoy the world around you. Use your senses - one at a time. "Cleanse the doors of perception" as William Blake would say, and learn to see and hear everything as it really is.

Look at something with your undivided attention- and let it look at you, engage you, and speak to you.

"The harder you look at something the harder it looks at you"

Gerard Manley Hopkins

(Each day) attend to your inner world

your everyday reactions and responses

your thoughts and your feelings –

without judging or putting yourself down.

And ask yourself - does this particular feeling, attitude etc. –

lead to life and freedom, or away from it?

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.

Contact: juliancentre@gmail.com