Be intelligent

I want to beg you as much as I can...to be patient towards all that is unsolved in your heart and try to love the questions themselves....

Rainer Maria Rilke

Our heads are (obviously) very important to us. Thinking and self-awareness mark us off from the rest of creation. But while our heads are good places to start, we are not supposed to live there!

So listen to your questions, doubts and fears. Acknowledge them, but don't let them hijack you. Often they are quite reductionist – but remember: you are more than your doubts.

The openness of faith which Jesus of Nazareth asks of us is not irrational or unreasonable. On the contrary: as Anselm in the 12th Century said: it is a matter of "faith seeking understanding".

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