

# *Listen to what you want*

*Prayer is the place where we sort out our desires and where we are ourselves sorted out by the desires we choose to follow.*

Barry and Ann Ulanov

Facing our desires demands courage. It is in the end self-defeating to deny our desires - even our desire for the wrong things. Our desires are the key to the journey of the spirit. How else can we wean ourselves off attachments and compulsions which are illusory, destructive and unsatisfactory?

**Look at some of the things you've wanted over the years –  
and realize how strong desires can be - and how deceiving.**

**Ask yourself now: what is it I really want?**

**What will really satisfy me?**

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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.

Contact: [juliancentre@gmail.com](mailto:juliancentre@gmail.com)