

# *Towards Healing*

## Seeing things differently

*I have learned to be content with whatever I have.*

Philippians 4:11

*Praise is inner health made audible.*

C.S. Lewis

*If anyone should tell you the shortest, surest way to all happiness, all perfection, he would tell you to make a rule to yourself to thank and praise God for everything that happens to you, and it is certain that whatever seeming calamity happens to you, if you thank God for it, you turn it into a blessing. Could you therefore work miracles, you could not do more for yourself than by this thankful Spirit, for it heals with a word spoken, and turns all that it touches into happiness.*

William Law

*I am not made or unmade by what happens to me,  
but by my attitude to what happens to me.*

St. John of the Cross

*I am so poised that I do not cling to any created thing as though it were my ultimate good.*

Ignatius of Loyola

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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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How attractive is the freedom which is “content with whatever” I have”? This is the way of detachment (poise) or freedom.

**Take some time out and ask:**

**If I had a choice, would I ask to change the circumstances of my life**

**or to change the way I look at them?**

**Begin to see how attractive and free it is if I can look at my circumstances**

**(whatever they are) differently.**

Of course there are things we can change, and must try to do so. But in those things which seemingly don't or won't change - can I see God inviting me to see things differently - with a new freedom and sense of purpose - which will lead to praise and gratitude?

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