

Approaching Life

Getting started

First, create silence- as a precondition to any kind of healing.
Kierkegaard

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
Albert Einstein

*Days pass when I forget the mystery.
Problems insoluble and problems offering
their own ignored solutions
jostle for my attention....*

*And then
once more the quiet mystery
Is present to me....*

Denise Levertov

How do you approach life?

Are you open to possibility?

Have you a teachable, receptive heart?

Are you attentive?

Or do you want to fix, control and always understand?

Are you willing to admit you don't always know?

Or that you could be wrong?

How do you feel about not knowing everything?

Not being perfect?

Are you able to recognise that change is not only necessary but possible for you?

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Jesus said that unless you become like a little child you cannot enter the Kingdom of Heaven. "Every child is an artist" and for Picasso the problem was "how to remain an artist once [you] grow up". When he was looking at some children's drawings he said: "When I was [their] age I could draw like Raphael: it took me many years to learn how to draw like these children".

As I "grow up" I begin to realise just how often "I" - my ego - gets in the way. I also realise just how at cross-purposes I often am - within myself and with others. Spend some time looking at choices you have made- and are making- and find the courage to look at the consequences of these choices.

Do you let the "world offer itself to your imagination"? Can you envision - and even admit - that there's probably another, more creative and fruitful way?

John Keats describes the disposition necessary for a poet - as "capable of being in uncertainties, mysteries, doubts, without any irritable searching after fact or reason".

Ignatius of Loyola says" "There are very few people who realise what God would make of them if they abandoned themselves entirely into his hands, and let themselves be formed by his grace".

Stay with these words. Savour them. Let them speak to you. Let them invite you into "another way of knowing, another way of being". The invitation God makes is to learn to live in uncertainty: to live with mystery: and even doubt. The opposite of faith is not doubt, but certainty. Remember Pascal's words: "The heart has its reasons which reason doesn't know about"