

A "THINKING HEART"

What life expects from us

What was really needed was a fundamental change in our attitude toward life. We had to learn ourselves and, furthermore, we had to teach the despairing ones, that it did not really matter what we expected from life, but rather what life expected from us.

Victor Frankl, speaking out of his experience of being in a concentration camp

This is the promise and challenge of the gospel: a new heart or spirit an altogether new attitude bringing hope and freedom. We are called to a new, healthy and positive attitude which penetrates both our feelings and judgements. We are not promised freedom from our feelings, but the freedom to choose what to do with them.

**Get in touch with an attitude that you have –
perhaps a negative attitude about yourself –
and how the everyday feelings you register convince you of the rightness of this attitude.
Because such an attitude keeps you either depressed or feeling bad about yourself,
imagine instead what life would be like if you approached it with a new attitude.
Dispute the false belief system that keeps you trapped.
Ask for courage to choose life.**

*God is not in the first place 'absolute power', but 'absolute love'.
Hans Urs von Balthasar*

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