

Towards freedom

The most difficult and worthwhile feat of all is to become so rich inside ourselves that we become careless of other forms of wealth and status. This richness, and the stillness out of which it comes, really makes it possible to love others. Our children, our marriage partner, our colleague, our friends, are no longer any kind of threat, and can therefore be given the undivided attention, the absolute concentration, which is only possible in freedom.

Monica Furlong

Iris Murdoch, English novelist and philosopher, says: 'Love is the extremely difficult realization that something other than one's self is real'. Monica Furlong grounds this in the need to cultivate dispositions which help us 'to become so rich inside ourselves'.

What would it look like to look at your everyday life in terms of freedom and unfreedom?

**Instead of putting yourself down for failing,
see each moment as an opportunity to practise more interior freedom –
to become 'careless of other forms of wealth and status'.**

Imagining what it's like to be someone other than yourself is at the core of our humanity. It is the essence of our compassion and the beginning of morality.

Ian McEwan

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