

Convent, October 8th 2015

Our life depends on the kind of thoughts we nurture. If our thoughts are peaceful, calm, meek, and kind, then that is what our life will be like. If our attention is turned always to the circumstances in which we live, we are drawn into a whirlpool of thoughts, and will have neither peace nor tranquility.

Father Richard Benson, founder of the Cowley Fathers has said, "That it was clear that holiness and mission are inseparable. Sanctification of a person is a self-communicating principle....one soul really and truly sanctified is capable of transmuting a whole world into newness of life". This also links to Saint Seraphim of Sarov who said that if we "acquire peace, a thousand around us will be saved", for having been created in the image of God, we are part of the Divine thought that was made material in time and space. We not only influence those around us with our thoughts, but we even influence the cosmos. If we focus on the negative, those negative thoughts impact on everyone around us, and even the whole world.

There is a lot that is wrong with the world, but it begins with me. If there is to be peace in our world, it must begin with me. If hatred, anger, envy, lust, and spite, are to end, it must end with me. When we allow destructive thoughts to destroy our peace, the peace around us is destroyed.