

GOOD RELIGION & GOOD PSYCHOLOGY!

At the moment I am reading a wonderful book that is called *Travels in Sacred Spaces* the author is Bishop Geoffrey Robinson (1937-2021). The bishop makes the point in his writings that God is able to be the author of 2 books, the first is the bible and the other is the book of life in the world that we are living in. Logically if both books are based on truth then there is no possibility that they would contradict each other. If there are apparent contradictions then perhaps the reader's interpretation of each book needs to be investigated!

Good psychology makes the point that if people do not have a good and a healthy sense of genuine self-love then it is a definite barrier for them being able to effectively love someone else. Some of the great saints of the Church such as Saints *Benedict of Nursia (480-547)*, *Catherine of Siena (1347-1380)* and *Ignatius of Loyola (1491-1556)* in many of their classic spiritual writings shared profound insights into the human condition. For example, they made the point that true love towards others needs to be self-giving and if it is then it's a constant work in progress.

Jesus of Nazareth makes the point; "*that I have come to give life and give it to the full.*" (John Ch.10 verse 10). The Son of God here is not just talking about religious life but all dimensions of a healthy human life! *Fr Martin R Maunsell*