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Father Richard Rohr talks of the change that changes everything. He talks of experiences in life which bring us undone, lay us low, knock our egos out and are doorways to transformation. These are not experiences that we choose or can control but they come to us and take us by the scruff of the neck and all our ego resources are brought to nothing. Richard talks of five big experiences in life which do this to us: suffering, death – being confronted with it in some way; near death for ourselves or the death of someone close to us, where the grief pulls out all our props; love – the experience of falling; God and eternity. There are others too.

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But it's not be assumed that transformation will be the outcome. Because they are an invitation – and we are free to respond; to come to a new acceptance; a new humility and peace which passes understanding.

We know these people who have an inner light; who have travelled a difficult path and have somehow come through, They have both a lightness and yet also a gravitas about them. They shine with this inner light and to be with them is healing in itself and an invitation to also walk the path as they have. In the bearing they bear witness to something much greater, more profound than themselves. They are resurrected.

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