

Interiority and St Augustine

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Interiority described by St Augustine - research by Ivan

Interiority:

Is one of the classifications described by Augustine, He indicated that our balance or equilibrium is dependent on our relationship with our selves. This was a guiding or leading principle of his spirituality.

Interiority is the deepest aspect of the human soul in search for God and love. In this search is the faith that leads to what Augustine describes as 'A return to your heart and surrendering our whole being to God'.

Our journey in this liberal existence is weighed down with difficulties and not to say the least temptations which can only be over come by faith if we are to find that happiness and balance on the way back to our hearts/ interiority, Augustine quotes 'God is not out there He is already within us. I search everywhere to find you but little did I realise you were close and within my heart'.

We are directed to abandon yearnings for that which is earthly in order that we may be freer to strive for that which is heavenly. Thomas Martin affirms that Augustine deepest concern for his community was to move from the external and exterior of the world to that which is spiritual/ interior and of God.

Maybe if we are asked what we most seek and desires, maybe our answer would be 'Happiness' but where is the origin of that happiness does it originate exteriorly or interiorly. To be happy is being happy with God and this must only occur interiorly. Never be afraid to open your hearts to God and only then can we be of one mind and one heart.

Ivan