

## Asceticism and the Trusting Life

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Our consideration of the psychology of communion began with the observation that the formation of human identity required the trusting acceptance of our own limits. That is to say, there is an inherent and dynamic relationship between conformity and communion. If I wish to be free and to freely enter into a life of communion, I must accept in trust and gratitude the fact of my own limitations. This dynamic is

with us from the first moments of our life. Socialization, whatever else it may be, is the process by which I find myself in a world not of my making but which, if I accept these limitations, I am able to influence. To speak more theologically, I can only become a co-creator with God if I first accept the fact that I am NOT God but a creature who receives his existence as a gift—and so from outside—or not at all.

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