

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part 1 Tape 0(b)



Two Attitudes

The self-in-God (Scriptural Model) and the self-outside of God (Western Model). God is neither policeman, judge or tyrant demanding instant obedience. These images carry an emotional charge. They have overtones of fear.

Fear is Useless

Fear of God in Scripture means having a right relationship with God and the right relationship with God is one of trust and service.

- *The spiritual journey progresses through actions based on a contemplative response to the gospel.*

In Centering Prayer, as in contemplation, we are “resting in God” and move beyond concepts.

A Vacation from Oneself

The self that we know best is a false self. The false self system rests on our instinctual need for affection, approval, esteem, control, safety and security. These needs eventually become fixations and a misguided programme for our happiness. This programme is further complicated by the emotional and moral attitudes we take from our parents and the cultural attitudes we take from our peers.

- *Our emotional reactions and selfish motives waste our energies.*

Value System

- *Contemplative prayer channels energy towards positive service of others.*
- *Centering prayer penetrates the hardened false-self.....*
- *....to find the light of God.*
- *Centering prayer reduces obstacles to the grace of contemplation.*

A New Way of Looking at Ourselves

- *Contemplation brings rest and opens us to the values of our spiritual nature.*
- *Contemplation heals the emotional wounds of early life and liberates us for union with God.*
- *Truth, scientific and religious, has one source – God.*