

# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part I Tape 2(a)



Stages of Relationship	Lectio Divina	Senses of Scripture
Acquaintance (formal and informational)	<b>Reading</b> of scripture (slowly and line by line)	<b>LITERAL</b> (Teachings of Christ)
Friendliness (informal and conversational)	<b>Reflection</b> on scripture (give it even more time)	<b>MORAL</b> (Putting into practice)
Friendship (trust and commitment)	Spontaneous <b>prayer</b> (use your own words)	<b>ALLEGORICAL</b> (Spiritual listening)
Intimacy (oneness and knowing)	Contemplation and ' <b>resting in God</b> ' (the most important part)	<b>UNITIVE</b> (Spirit acts in me)

#### The Penetrating Knowledge of God

Listening to scripture is total attentiveness – for insight rather than information. We seek a penetrating knowledge of God, a tasting knowledge of God.

Tasting God means experiencing God inside myself.

Tasting God means laying to the rest the emotional programmes for happiness.

#### Four Ways

Christian consciousness traditionally involved four ways of listening to scripture.

- LITERAL: studying the text, the teachings of Christ.
- MORAL: putting the teaching into practice.
- ALLEGORICAL: spiritual level of listening required.
- UNITIVE: spirit is acting in you completely.

The teaching and parables of Jesus are designed to help us see reality differently.

#### The Good Samaritan

Moral is not so much to love your neighbour as to think differently of people.

If you listen to Jesus you have to be open to change.

#### Different Kinds of Hearing Apparatus

We don't hear the Gospel for we are invested in our programmes for happiness.

This is why the good seed when scattered does not always find good soil.

The Gospel offers us enormous energy for life if we can bring ourselves to listen.

It tells us, in all kinds of ways, that if we are to really enjoy life, it will mean the dismantling of our so-called programmes for happiness.