

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part I Tape 2(b)



My Burden is Light

Jesus says that his burden is light and that he will give us rest.
Rest is relief from our programmes for happiness and their intrusion on others.
Rest is relief from our programmes for happiness and their emotional swings.
The deepest rest is the Unitive state which is the normal, natural evolution of listening to the word of God and relating to the Incarnate Word in the Gospel.

Who Thought That Up?

As we listen more deeply to the Word our lives resonate.
The Moral Level of Scripture is the capacity to live it to some degree.
What matters is not how much we read but how much we put into practice.
The Allegorical Level is the spiritual level of listening as the scripture becomes a mirror in which we see our own lives.

- 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.

Oh My God, They're Writing About Me!

We begin to realize that our lives are reflected in the scriptures.
The Four Senses of Scripture are Four Levels of Consciousness and Four Levels of Developing Faith, each of which transforms our view of reality.

Come and See

Is Jesus being somewhat humorous when he names Peter, the "Rock"?

Peter, Let's Go Somewhere Else.

Jesus is not interested in what people generally think of him, he is interested in what Peter thinks, what Peter wants of him, who Peter says he is.
But, at the Allegorical Level, the story is not about Peter is about me.
Jesus is pursuing me and he will not let up.

Night of the Spirit

Therapy is helpful in identifying the false-self.
In healing us, God works backwards from where we are now.

The Blueprint is There

By virtue of Baptism the Unitive State is already there waiting activation.
Sadly, the atmosphere, at the moment, is filled with negativity.
Modern conditions make difficult an environment conducive to Lectio.
Lectio goes best if you can give big chunks of time.