

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part I Tape 3(a)



There's No Up or Down, Right or Left

View as a descending into our interior or an ascending to higher consciousness.

Baptist Minister	Lectio Divina	Road to Emmaus
"First I read myself full..."	Reading of scripture (slowly and line by line)	Jesus begins to go through the scriptures.
"Then, I think myself clear..."	Reflection on scripture (give it even more time)	Their hearts begin to burn within them.
"Then I pray myself hot..."	Spontaneous prayer (use your own words)	"Stay with us, the day is late," they implore.
"And then I let myself go..."	Contemplation and 'resting in God' (the most important part)	Their eyes were opened and they recognized him.

You Start Walking Away

THE WAY TO EMMAUS MEANS OPENING ONESELF TO BE TRANSFORMED

Just Like a Programme on Television

Science and religion are beginning to agree that all creation is one.

The false self is like the snow that blurs your television reception.

More static is provided by cultural, behavioural and emotional conditioning.

Harmony

Anthropology, psychology, the developmental and social sciences all need to influence our world view along with our own ascetical and mystical Christian tradition.

Scared to Death of Silence

Some people are genuinely frightened of silence and that may mean postponing the introduction to centering prayer.

Others experience moments of silence and are at a loss as to what it means.

Hopelessly Inadequate

The psychiatric profession and many clergy are hopelessly inadequate in helping people with real transcendent experiences of Ultimate Reality.

This can result in the spiritual journey being a lonely one for some.

Many Catholics have drifted away to Eastern spiritual communities faced with the God of fear and moral demand presented by the Church.