

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part I Tape 3(b)



The Fear of God is a Technical Term

- Fear of God means having the right relationship with God.
- The right relationship with God is a relationship of trust.
- A relationship of deep emotional fear leads us to flee God and will easily nullify other more adult and intellectually acceptable images of God.
- However, God, like the sun is always shining if we can pull the curtains.
- Centering Prayer helps heal emotional wounds and build a relationship of trust.

We're Always Thinking of Something

The false self involves constant emotional reaction to our incessant thoughts, includes our ordinary awareness along with unconscious defence-mechanisms and repressed material.

Our Core Self is Our True Self (our sharing in the boundless field of energy which is Life, Light, Love and the Ultimate Mystery called God)

Our Ordinary Awareness (consists of our own idea of ourselves, drawn from personal, childhood experience and built into a hard shell or crust)

The Emotional Junk of a Lifetime

Prevents us from looking inward at our true self and at our spiritual nature. The spiritual journey is about quieting the mind so we can access our true self.

Begin to Spread Out the Boats

The River as a Metaphor of the True Self

We cannot see the river for the number of boats (thoughts)

We choose a Sacred Word (or Symbol of our intention)

The Sacred Word helps to Spread Out the other boats (thoughts)

Our intention is to open to the presence of God in faith and love in our inmost being.

