

# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part I Tape 4(a)



#### The Fourth Stage of Lectio

The sacred word penetrates the shell of the false-self system, the superficial, psychological self and disrupts its normal way of thinking for a time.  
The sacred word ideally reduces all thoughts to one.  
Its purpose is to dissolve all other thoughts and affirm our original intention.  
We float this little boat to let go of other thoughts or at least spread them out.

#### Secondary Purpose

The sacred word has a secondary purpose to point to the depths.  
The Hindu mantra is different as it calms the mind.  
The Jesus Prayer is different as it is a concentrative method.  
Soto Zen Buddhism is different as it concentrates on the posture and breathing.  
Icon gazing is also different and it too calms the mind.

#### A Receptive Method

Concentrative methods are useful for active minds.  
The receptive method presupposes a profound trust in God.  
The deepest communication of God is totally unfelt.

#### Extraordinary Deep level of Rest

Ordinary rest does not touch repressed unconscious material.  
Ordinary thought flow reinforces the false self and helps maintain repression.  
Centering loosens the emotional junk and releases a flood of thoughts.  
Eventually it helps to stop the usually incessant interior dialogue.  
The brain is freed up (from lower consciousness) to work at maximum capacity.  
The enormous energy of divine light, life and love is also freed up.

#### The Seven Gifts of the Spirit

*Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Fear of the Lord.*

**Counsel:** What we should do at every moment in life.

**Wisdom & Understanding:** Penetrates the contemplative dimension of journey.

**Fortitude:** Enables us to keep the journey going in difficulty.

