

# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part I Tape 4(b)



#### **Everything comes from God**

As our attachment to the false self is dismantled we are ever more open to the mystery hidden from all ages in Christ, which is our union with him.

We spend more time below the surface of the river in the depths.  
We learn to let go and to enter into the “cloud of unknowing.”  
We are liberated from the constant melodrama of emotional reaction.  
We begin to know God – that mysterious undifferentiated presence.

#### **Just an Arrow**

The sacred word is the arrow that points the way.  
The faculty at work is our will, our consent to God’s presence.  
Actual use of the sacred word becomes ever more subtle and delicate.

#### **Choosing a Sacred Word**

Choose a sacred word that does not trigger a whole association of ideas.  
The brain’s “receptionist” regulates what has access to our consciousness.  
So too do our “repressive apparatus” and our defence mechanisms.  
When centering the receptionist is given a break and our consciousness is wide open for invasion.

#### **They Can’t Find You**

The sacred word is a button to a trap door allowing us to escape the invasion.  
It allows us dis-identify with the interior dialogue and the false self and taste true interior freedom.

#### **Three Factors**

Receptionist, repressive apparatus and even the tempter (the personification of evil) can do us no harm if we are practicing faithfully our prayer.  
Letting go – “Here I am. Whatever you say!” – is, however, difficult.  
Remember transformation is always a gift.

#### **Jump I’ll Catch You!**

A real act of trust is needed.  
God will not miss the catch, though.  
Whatever the unconscious unloads will enable our healing and will facilitate our growth if we trust in Him.

