

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part I Tape 5(b)



The Three R's

1. RESIST NO THOUGHT for that could constitute a thought in itself.
2. RETAIN NO THOUGHT for that thought then becomes a distraction.
3. REACT EMOTIONALLY TO NO THOUGHT for the emotion is then a distraction.

The bottom line here is letting go and dis-identifying from our self-image and our world-view. Gradually, rather than dramatically, our prayer allows us to transcend struggle/desolation or affirmation/consolation for instead a deep peace.

Oh Boy, At last I'm Getting Some Place

Any reflection on an experience during prayer is actually a step away from that experience. You do not have to think about your experience if you are really in union with God.

Divine love is the surrender of self. The non-possessive attitude is simply the right use of everything – which is to enjoy it while it's present and to let go when it isn't.

Trees Take a While to Grow

The word for God in the Hebrew text means an event – something that happens in you, to you and around you.

When you have no thoughts during centering and you are just aware that is a preview of divine union.

It is Totally Imperceptible

The only way to judge a practice is by its long-range effects in your dispositions, attitudes and behaviour.

Our sense of responsibility grows proportionately with divine love. The cry of the poor is then the cry of God.

Genuine love of self and respect for our human dignity and our capacities to serve – these are qualities that are often diminished under a false sense of guilt, a false sense of human weakness, a sense of low self-worth.

