

Contemplative Outreach Spiritual Journey with Thomas Keating Part 2 Tape 10(a)



Power, Sensation, Security

Emotions faithfully record your real value system even if you think you have changed it. Ministry will always be hindered without work on the unconscious.

Oh, I am Not Addicted: I am Free

Asceticism helps change addiction into a preference.
Even purely psychological addictions remain in place and crave satisfaction.
So, "Blessed are those who mourn" such addictions.

Energy centres are destructive when they hinder the free flow of grace.
Loving your enemy, for example, is true freedom.
Turning the other cheek is more invitation to be free than recommendation.

The Beginning of Freedom

Changing the programmes for happiness helps go from addiction to preference.
One element is unconditional acceptance of everyone we meet – Jesus.

Pin-Point the Emotion to Move Towards Mind Freedom

- >Name the emotion without analysis.
- >Pinpoint the trigger event.
- >Chose deliberately to give up the desire to control the person/situation etc.

- >Habits are repeated acts and good habits can replace bad habits.
- >Say it aloud: "I give up my desire to **earn or demand or fear for** my programme for **power and control or love and affection or safety and security.**"

- >Let go and demolish the value system.
- >Centering Prayer helps us to do all of this.

- >Remember the emotions are not repressed or suppressed, just named and subjected to free choice.

