



## Contemplative Outreach

### Spiritual Journey with Thomas Keating

#### Part 2 Tape 10(b)



#### A Way of Catching Monkeys

African monkeys and the sweetmeat in the coconut – refusal to let go!  
Similarly, the afflictive emotions always catch us if we refuse to let go!  
What we have to remember is that our human existence is of itself spectacular proof that God loves us. That love is all we need.

#### Weeds in A Desert

Centering Prayer reinforces our capacity to let go of the false self system.  
Story of the rude newspaper seller – we only get upset if our programme says we must get upset if someone does not like us and is downright rude.  
Antidote is to show love whatever happens as love always triumphs.  
Even the new physics is saying that love is the ultimate consciousness out of which the universe exists.

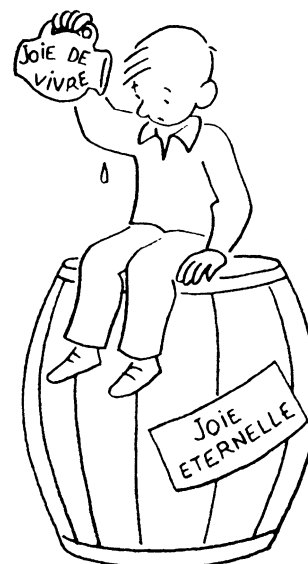
#### A Programme for Personal Glory

*Withdrawal* (Enneagram 9, 5, 4) *aggression* (Enneagram 3, 7, 8) and *dependency* (Enneagram 1, 2, 6) are three ways to frustration (Karen Horney). Story of the “Teddy Bear” children.

#### Fifty Years Have Passed

The Teddy Bear children have grown up but they still react to life emotionally in the same manner. Their emotional immaturity is tragic but it is the false self system not the emotions themselves that are the problem.

Every step into God is a step away from the false self and a freeing of energy for service.



#### Capitulation

Is somewhat like dependency but is really a pretence of involvement.

#### Emotional Programmes have layered expressions:

***Materialistic/ Emotional/ Intellectual/ Social/ Religious/ Spiritual.***

*Materialistic Values:* Instinctive need met by wealth, prestige, property etc.

*Emotional Exchange:* Having everyone approve of me and love me etc.

*Intellectual Levels:* Being an “A” student or being seen as shrewd etc.

*Social Level:* Making a good marriage, having nice children and a big house etc.

#### Emphatically Yes

*Religious Level:* Religious contexts not immune – the monk who went from drinking everyone under the table to fasting everyone under the table!

*Spiritual Level:* Deserves deeper consideration all on its own.