

Contemplative Outreach Spiritual Journey with Thomas Keating Part 2 Tape 11(b)



Get Out of My Sandbox

Many of us are getting used to the Mental Egoic Period but we still fall into the Mythical Membership way of doing things.

An example of this is the children's "sandbox" mentality we bring to international relations - preoccupied only with our own national interest. Given we have weapons that can destroy the world this could be disastrous.

Religion too suffers from this mentality - mine is better than yours!

Becoming one human family is a concern of Mental Egoic consciousness. Mythic Membership can be positive but loyalty is not an absolute.

A Heavy Authoritarian Form of Government

Mythic Membership Style of Government – monarchy and dictatorship.

Mental Egoic Style of Government – participation and democracy.

Fear destroys relationship and makes us defensive.

Fear of God is awe at God's transcendence and trust in God's immanence.

Fear of God is the fascination of mystery.

Is There Anything We Can Do?

Can we hasten the unloading of the unconscious?

Choosing an *active prayer sentence* and using it when the emotional programmes are aroused helps erase the old tapes in the subconscious.

The active prayer sentence quietens the commentary so the emotion can be handled with reason and some judgment.

He's Never Going to Get Angry at this Person Again!

We may resolve and even succeed for a while but it will take a long time and there will be slips along the way.

True freedom is being able to forgive from the heart almost instantaneously when we meet rudeness, abuse and ignorance.

