



# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part 2 Tape 7(b)



<b>EVOLUTIONARY MODEL</b> Chain of Being Evolution of Human Family SOMA	<b>EXISTENTIAL MODEL</b> Energy Centres Individual Human Development SARX
<p><b>4. Mental Egoic</b>            Rational Person-hood            Full Self – Reflective            Self - Consciousness            Industrial/ Technological Culture            Nation – Co – Operation</p> <p><b>3. Mythic Membership</b>            Verbal            Socialization            Farming Culture            City State/ Nation/ Race</p> <p><b>2. Typhon</b>            Magical            Emotional exchange            Hunting culture – clan            Formation of Body Self</p> <p><b>1. Uroboric</b>            Immersed in nature, food, shelter,            Matter Immediate fulfillment of needs.</p>	<p><b>4. Age of Reason</b>  <i>Co-opted by the energy centers. Hence their programs are:</i></p> <p>a) <i>justified</i>            b) <i>rationalized</i>            c) <i>glorified</i></p> <p><b>3. Group Over-Identification</b>            Uncritical acceptance of:            Parental, Education,            Ethical, Training influences,            Religious, Cultural conditioning.</p> <p><i>Hence, preconceived ideas &amp; pre-packaged values.</i></p> <p><b>2a. Power Centre</b> – power and control  <b>2b. Sensation Centre</b> – affection &amp; esteem            - sexual energy/ pleasure</p> <p><b>1. Security Centre</b> – survival and security</p>

<b>ENERGY CENTRES &amp; individual development</b>		<b>FRUSTRATION OF ENERGY CENTRES &amp; emotional reactions/</b>
<p>INTUITIVE (Influenced by energy centres)</p> <p>REASON (Co-opted by energy centres) Rationalises, justifies, glorifies.</p> <p><b>OVER-IDENTIFICATION WITH THE GROUP</b> (Conformity to group values)</p> <p><b>INSTINCTUAL NEEDS BECOME DEMANDS</b> (Power/control centre, affection/ esteem centre.)</p> <p>SECURITY/ SURVIVAL (Security/ survival centre)</p>		<p><b>ANGER</b> – hostility and desire for revenge  <b>APATHY</b> – (withdrawal from life) boredom, bitterness, aversion or despair.  <b>ENVY/ JEALOUSY</b>- competitiveness  <b>GRIEF</b> – (refusal to let go) self-pity or discouragement.  <b>LUST</b> – (greed) demand for excessive bodily, mental, or spiritual satisfactions.  <b>PRIDE</b> – demand for fame, wealth or power; vindictive triumph; ambition/ vanity; self-hatred in the face of failure.</p>