

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part 2 Tape 8(a)



The Pre-Rational Energy Centres

The Story in Genesis of Adam and Eve

We have a sense of being incomplete.

We cannot regain our innocence and we cannot go forward to divine union.

Eden symbolizes intimacy with God – a state of soul, of mind, of consciousness.

Our predicament - we are an individual psyche in a potentially hostile universe.

A Need for Security that has No Bounds

Emotion life does not develop in line with our biological life.

So repressed, undigested emotions breed defense mechanisms.

Our emotional need for security becomes a fixation.

Energy Centres (attitudes, motivations, responses, commentaries) give rise to programmes for happiness that are absolute.

Even small threats can be reacted to disproportionately.

How Can They Do This to Me

An internal “commentary” accompanies every emotion.

Once the interlocking wheels turn the whole emotional mechanism is alive.

Our “hurt” illustrates our enormous emotional investment.

Peer Group Pressure

We can over-identify with our membership groups and deny responsibility.

Conformity and entrenched attitudes become barriers to honest appraisal.

Authoritarian styles displace genuine authority.

Even with growth in reason our ability to re-evaluate is remains weak.

The Word Became Flesh

Sarx: Means the human condition, solidarity in selfishness.

Jesus in the desert struggles with the false-self system and the emotional programmes for happiness.

