

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part 2 Tape 8(b)



Phony or False Happiness

The Beatitudes challenge our usual attitudes and call us to freedom.
The whole Gospel calls us to freedom from our emotional selfish programmes.
The sin against the Spirit is the refusal to grow.

Am I my Brother's Keeper?

The Gospel answer is "yes".
All forms of violence are an attack on God Himself.
War, the ultimate violence is a defense of Mythical Membership.
Jesus says that our attachment to Mythical Membership has to be "cut off" even if we are as attached to it as we are to our eye, hand or foot.
He wants us to dismantle our programmes for happiness.

If You Want to Save Your Life, You Will Lose It

Selfishness and Self-Centredness are central to our need for security etc.
This is the false self that we need to let die.
This is the father, mother, brother, sister that Jesus says we must "hate".
Dis-identify with the false self is the message of Jesus.
As we grow allow our relationships to change appropriately.
The super-ego, for example, is an emotional value judgment not a judgment of true conscience.

A Kind of Straightjacket

Any guilt that lasts more than half a minute is neurotic.
Paralyzing and prolonged guilt comes from the super-ego not from conscience.
At the Typhonic Level God is polytheistic.
At the Mythic Membership Level God is monotheistic.

What Do You Think of This God?

The greatest theologian can have all the complicated theory about God but be wounded still by emotional baggage from childhood – "God is always watching you!" – for example.
If you do Centering Prayer you must learn to trust God.

Sonny, Why Don't You Take Another One

This is what God would say if He "caught" us putting our hand into the cookie jar.
God is actually used by adults to threaten children and other adults at times!
Children are best taught about God through story.
You cannot overdo trust in God however.

