

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part 2 Tape 9(b)



You Are Killing Yourself

Honesty towards all reality is the foundation of the Christian journey.
 So, whatever makes you humble buy into it and whatever inflates avoid.
 And if you do not want to change, forget about Christianity.

Jesus is the divine way of being human and the human way of being divine.
 He tries to free us from oppressing and repressing our inner world.
 He pursues us to nourish, invite, love, laugh and pick us up.

Study the Brain

The brain is probably the greatest of all of God's creations.
 When Jesus calls us to repent/change direction, he echoes the wisdom of all great religions. But we invest in our false programmes for happiness and project instead of looking inward and asking questions of our value systems.

Until We are Touched Inwardly

Hope frees us and encourages us to face the possibility of change.
 Part of that change is facing what Jung called the shadow self.
 When we love God what happens us becomes less significant because our focus is on what God might want or is interested in.
 The worst aspect of the self-outside-of-God is the belief that we can do it all.
 St. John's "Night of Sense" is God's way of dismantling the false self system.

Let US Begin to Look at this Diagram

Existential Model of Original Sin		
Security (Security/Survival) Sensation (Affection/Esteem) Power (Power/Control)		
Emotional Reactions When energy centres are Frustrated		Reaction According to Temperament when energy centres are Frustrated
Apathy (sloth)	Anger/Revenge	AGGRESSION
Envy (jealousy)	Grief	DEPENDENCY
Lust (greed-gluttony)	Pride/Ambition	WITHDRAWAL

The wholesome grief that Jesus talks about is the willingness to let go.

Nobody has to Change except Ourselves

Upsetting emotions tells us that we have a problem and virtue, in the Christian tradition is the effort to change.
 Apathy/withdrawal from life is a most difficult disposition to fix.
 Lust is the overweening desire for pleasure of any kind.

I Can't Bear to See Myself Failing

Pride is experienced as self-rejection and as guilt (not doing enough).
 Anger is part of the Emergency Passions (hope, fear, anger, courage, despair) which concern goods difficult to obtain or evils hard to avoid.