

## Contemplative Outreach

### Spiritual Journey with Thomas Keating

#### Part 3 Tape 15(a)



#### Liberation from the False-Self System

“.....the heart of Christian asceticism is the dismantling of the unconscious value system, put together in early life, which we’ve been calling the emotional programs for happiness; especially when they have been fossilized and developed and defended through the process that winds up with what have been called an energy center.”

“But the spiritual journey is not a career. It is not a constant growth process that you can feel and appreciate. It’s rather... it’s characterized by the ever increasing gift of self-knowledge in which we perceive our mixed motivation and the dark side of our personality.”

#### John of the Cross and the Dark Night of Sense

“.....diminution of satisfaction in our relationship with God, and in the concrete in our participation in prayer, liturgy, or ministry, is the direct effect of an increase of contemplative prayer; that is to say, an increase of pure faith.”

1. “This is a positive experience. It’s not a dissatisfaction with anything, pleasure, money, power, anything. It’s simply the realization that is taking root, once and for all, that no created thing is going to bring us full satisfaction.”
2. “.....a certain anxiety in our relationship to God, and a fear that we are moving backwards.”
3. “.....an inability, disinclination, to practice discursive meditation or what we call the reflective part of listening to the Word of God in Scripture.”

#### Our Personal Efforts Don’t Work Anymore

“And now we find to our dismay that our personal efforts don’t work anymore. Actually the one who does the work, or most of it, from this point on, is the Spirit of God, and our efforts are often more of a hindrance than a help.”

“.....all of us are incredibly sunk and trapped in our cultural conditioning.”

“.....*three intense trials* may arise in the Night of Sense that make it more difficult but also accelerate its progress and enables us once and for all to put to rest the motivation coming from the subhuman false-self system.”

1. The Spirit of Fornication (Vivid sexual images)
2. The Spirit of Blasphemy (Intolerable blasphemies, ideas and thoughts)
3. The Night of the Spirit (A thousand scruples and perplexities)