



# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part 3 Tape 16(a)



## Liberation from Cultural Conditioning

### Freedom from the Domination of Feeling

The Night of Sense brought Anthony freedom from the domination of his feelings and emotions. They lost their addictive character and adopted the character of a preference. "It would be nice but if it is not to be, then, that is okay too."

### When Centering is bombarded by thoughts ask:

*Do I want to feel something?*

*Do I want to control something?*

*Do I want to know something with the security of certitude?*

### Translation and Transformation

Transformation is the moment of new insight/consciousness. Freedom and energy result. Translation is the integration of body, mind and spirit with this new consciousness. When this is done we are ready for further transformation.

### A Call Into the Unknown

Oddly enough as you journey towards transforming union you become ever more aware of your capacity for any evil. Humility – very different to low self-image – is developed. However, we need to be careful not to take on penance, trial, difficulty or ministry that is beyond us. These are only undertaken when we are called to them. Anthony headed for the tombs under the inspiration of grace. The spiritual journey consists in doing God's thing not my own.

### Here I AM!

Anthony is beaten, buffeted and terrorised. He hangs on and passes beyond emotional addiction and even emotional preference to total freedom. He is filled with the energy of transforming union as God reveals he was beside him all the time. But why the necessity for so much suffering if God was there?

