

# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part 3 Tape 17(a)



## Spirituality in Everyday Life

### How to Adapt this Journey to Everyday Life

The primary practice **IS** daily life. And being able to handle and be faithful to one's commitments and to the wear and tear of daily life **IS** the arena in which spiritual progress takes place. In spiritual literature the desert, the ocean, the forest, all these are symbols of the spiritual journey and also of endless routine.

To see daily life as a spiritual journey, Centering Prayer is the keystone. It is designed to heal the disease we call the human condition. It is an extract, you might say, that combines the following four elements in a kind of capsule.

THE FOUR BASIC ELEMENTS TO HEALTH which is a certain amount of	
1)	Solitude
2)	Silence of an exterior kind, both of which are designed, of course to cultivate interior silence.
3)	Simplicity of life, not necessarily penury, but a reasonable use of the goods of the earth so as not to use up goods that other people need.
4)	A discipline for prayer and action.

We need two doses a day – a maintenance dose and a curing dose. Experience shows that two doses a day more effectively maintain the reservoir of healing than one long dose. Ideally, if your schedule allows the first dose can be included in a quiet reflective hour at the beginning of the day and the second dose in a quiet half hour in the early evening.

