

# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part 3 Tape 17(b)



## Spirituality in Everyday Life

### Into Everyday Life

1. **Identify the Emotional or the Energy Centre:** Take note of events that trigger emotion in you and identify the emotional centre or the energy centre that is the source. Deliberately let go of the energy.
2. **The Active Prayer Phrase:** Deliberately work into your unconscious a phrase from scripture or some other phrase by repeating it again and again. Use it, but use it gently, when unhelpful commentary of any kind arises in your mind.
3. **Cultivate a Loving Acceptance of Yourself:** Someone has to break the cycle of emotional damage passed on from generation to generation so accept the damage done to yourself and try to forgive yourself and everybody else and disengage from everything that prolongs it. Accept it all and try with God's help to build on your experience so that it will not be repeated.
4. **Sit with Painful Emotions:** Sit with your feelings, stare them down. They can be changed. Embrace God in the emotion not the suffering in it.
5. **Use Friends, Therapists and Medication:** If you need to, avail of friends, therapists and medicine but the basic healing is in acceptance.
6. **Guard the Heart:** Let go of every emotional annoyance as soon as it arises when you can get to that stage. Consciously decide not to engage with upset and annoyance. Concentrate instead on what you are doing.
7. **Have a Minute Book:** Collect your own favourite scripture passages and spiritual quotations and carry them with you in a small notebook. When you have a spare minute in your day take it out and consult it.
8. **Share it Together:** Joining with the worshipping community to share Eucharist is a help and so also is joining a Centering Prayer Group or a Lection Divina Group or some other weekly support group.
9. **Take Personal Responsibility:** Take a personal responsibility to gently disengage from over-identification with groups. Withdraw projections and re-evaluate unquestioned assumptions and values from early life.

