

# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part 4 Tape 18(a)



### The Biblical Desert

#### The Christian Model for Growth and Transformation (Chart)

The Evolutionary and Philosophical models are really ideals of how human nature should gradually unfold. The Existential Model showed how development, however, malformed. The Christian Model addresses human nature just as it is by means of contemplative prayer.

#### The Call to Friendship

We feel the call of friendship when spontaneous or affective prayer has reached a certain habitual state in our daily Lection Divina period. A time comes, however, when we experience the absence of God instead of God's presence and this is the night of sense. It is a transition, a call to growth.



#### **Security/Survival: need is safety; emotion is fear/anger; antidote is trust.**

When the security centre is starved of certitude which is what it wants most a "dizziness" results, says John of the Cross. There is an inability to decide anything for sure and doubts about faith, the benefit of religious exercises, spiritual reading etc arise.

#### **Esteem/Affection: need is love; emotion is boredom; antidote is simplicity.**

Sexuality is a strong drive in our need for affection so we may experience intense temptation here and the dark side of our motivation which prefers our own personal satisfaction to the rights and needs of others.

**Power/Control: need is recognition; emotion is anger/rage; antidote is humility.** This centre is our need for power and control over events, people and even God - if we can get away with it. But God is, in a sense, behind everything that happens in life and knowing this we can become very angry with God when we feel things are outside our control.

*"The Night of Sense, then is designed to bring about the death of the false self, the dismantling of the energy centers, and the enormous freedom of being able to decide what to do with our lives, with everything that happens, without the compulsions, the routines, and the fixations of the false self system." (T. Keating)*