

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part 4 Tape 18(b)



The Biblical Desert

The Door

The Night of Sense releases the energy of the unconscious and opens the way to higher consciousness along with dismantling the false self system. Mental egoic consciousness is only the door to higher states of consciousness.

As the false self diminishes and energy is released by the unconscious we need to be disciplined and faithful to our spiritual practice (devotion to God) and we need to be engaged in the service of our neighbour (devotion to others) otherwise we could experience a flood.

KNOWLEDGE OF THE TWO BANKS OF THE SPIRITUAL PATH IS MOST IMPORTANT

Two Banks for the River

These provide two banks for the river so that stable and steady practice prepares you for the full benefit of the Night of Sense and helps channel any release of energy into consciousness.

The Night of Sense provides maximum opportunity for healing and development and transition from a reflective and spontaneous relationship with God to a relationship of communion.

GOD OFFERS HIMSELF TO US AT OUR LEVEL OF CONSCIOUSNESS

Our religious, cultural and social conditioning also begins to come under question and scrutiny as do our mixed motivation and the images we hold of God. We need to sustain our commitment to the spiritual path, be faithful to prayer and to trust in God.

INTERIOR SILENCE RELEASES IMMENSE ENERGY TO SERVE OTHERS AND TO RELATE TO GOD

Love Makes one Vulnerable

Difficulties will arise and the dark side of our personality will reveal itself. We will also be tempted to just give up call a halt. Again, commitment is crucial even though it is not a characteristic of our times.

“The present moment is always full of infinite treasure. It contains far more than you have the capacity to hold. Faith is the measure; what you find in the present moment will be according to the measure of your faith. Love also is the measure; the more your heart loves, the more it desires, and the more it desire, the more it finds.”