

Contemplative Outreach Spiritual Journey with Thomas Keating Part 4 Tape 20(a/b)



Blessed are the poor in spirit for theirs is the kingdom of heaven.

Put your trust in God rather than in possessions or symbols of security for the demands of the energy center for safety and security will prove insatiable. Set yourself free and the kingdom is yours.

Blessed are those who mourn for they will be comforted.

To demand from the legitimate relationships and pleasures of life an absolute happiness is idolatry. We need to learn to let go and to accept loss for the affection, esteem and pleasure we experience now cannot substitute for God.

Blessed are the meek for they will inherit the earth.

Happiness consists in the freedom not to have to be in control of every situation. We are able to accept insults and injustice and even people we do not really like without being driven to distraction.

Blessed are those who hunger and thirst for righteousness for they will be filled. Be free from too much dependence on peer and social pressure, cultural, and family conditioning and early religious training and open yourself to the Spirit, to the demands of the Gospel and a personal relationship with Jesus. Courage is demanded here.

Blessed are the merciful for they will receive mercy.

Accept people as they are and actively love your neighbour not just as you love yourself but as Jesus loves them. Allow your compassion to extend to yourself.

Blessed are the pure in heart for they will see God.

Our sensitivity to God speaks to us now in our neighbour, in service, in nature, in art, in music and in all of life. We intuitively sense God's presence all around us.

Blessed are the peacemakers for they will be called children of God.

Those who are at peace within themselves. They experience integration of the emotional life and rational life into the intuitive life will be able to bring peace and be a source of peace to others.

Blessed are those who are persecuted for righteousness' sake for theirs is the kingdom of heaven. Even when you are persecuted and suffer for truth, justice and Jesus' name, you will experience the kingdom because your happiness has now become rooted in the truth.