

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part 4 Tape 22(a)



Infused Recollection

Sometimes called “slaying in the Spirit” it can be induced in others by some charismatics. You have the choice to resist. If you consent, the external senses are slightly suspended and you fall down. In Teresa’s terms it is a first experience of the perfume of God and is meant to attract you to God.

Psychic Gifts

Energy stuck in the nervous system can manifest as psychic gifts. Such energy is usually dissipated in the body by the ordinary physical demands of the day. There is no guarantee that psychic or charismatic gifts make you any better. The Night of Spirit and some freedom from the false self system is required before one can exercise the gifts of God without them going to one’s head and ending in pride. You cannot short-circuit the painful path of purification.

Para-Mystical Phenomena

Visions, locutions and levitations etc are probably meant to encourage a person on the spiritual journey or call the people to conversion. They are by-products and are not seen by the great writers as of the essence of contemplation. By way of contrast we need wise and properly experienced spiritual guides to encourage us along the way.

**Look for the essence of contemplative
prayer, not in external phenomena, but in
pure faith.**

