

Contemplative Outreach Spiritual Journey with Thomas Keating Part 5 Tape 26(b)

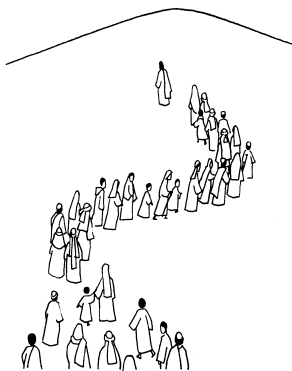


“Will reward you” With deep knowledge of God leading to Divine Union.

“Close the door” Signals intent to spend time with God. We have no expectations and are ready to meet God as God is. Like Aquinas says, we know more about God by what we cannot say than by what we can say. Closing the door also means discontinuing the endless 24 hour (dreams included) endless commentary and interior dialogue which is just as disruptive as any external noise. We discontinue by using the sacred word. God’s language is silence.

“In secret” The cascade quiets external stimuli, then internal stimuli but even after that we are not quiet enough apparently for reward. God is present in secret beyond signs and wonders because God is so close that we have no faculty to interpret that presence. God is too big to be received but that does not mean He is not there. We discontinue self-reflection as the ego’s false self activity does not allow us to get to the present moment. The ego acts as a bridge between the past and the future. It passes over the now, but, God is present in the now

“Inner room” Two things go on: the affirmation of our basic goodness and the purification of a lifetime’s unconscious repressed emotional material that is stored in the body. Unless we take the spiritual journey seriously the stagnated energy of this material will continue to influence our life and decisions. So, the Divine action affirms and challenges, but, to heal our wounds, those wounds must first come to consciousness. The deeper the secrecy, the deeper the silence, the deeper the rest, the more the trust based on affirmation of our basic goodness increases. This is the Divine Therapy and the purification of the soul (and in psychological terms the healing of the unconscious). As we are immersed in this dark material, we allow ourselves to sink into it and allow Christ the Divine Healer take it away and substitute instead the gifts of the Holy Spirit. Jesus called himself the physician of the sick not the well.



Why are thoughts so attractive? When we think we are normally just distracting ourselves from what causes us pain. We need to remember that though we have feelings (energy), we are not our feelings and do not have to act them out. Feelings can change.

Prayer in secret is precisely the acceptance of the mystery of God’s presence in silence. It is a triumph of faith which allows us to find God in the only place He exists which is totally beyond our comprehension. Our goodness is our capacity to see God in everything.