

## Contemplative Outreach

### Spiritual Journey with Thomas Keating

#### Part 5 Tape 27(a)



**Matthew 10:32-40:** Jesus asking us to “hate” our father and mother is a way of asking us to change what we are used to and not to over-identify with our upbringing or with our role in life or social status. All Jesus’ parables challenge social structures in this way and call us to union with our fellow human beings.

What we call the **mid-life crisis** is another form of this challenge not to over-identify. If mid-life does not work, the onset of old age and incapacity certainly will. But, why not let go and anticipate all this and accept the divine therapy?

**Taking the Divine Therapy:** The purpose of entering the inner room is to become who we really are. It is to allow the false self to die in order to give life to the true self and its limitless capacity. It means no over identification with anything. It means redemption by healing rather than by atonement.

First step in healing is the **affirmation of our basic goodness**. This gives us the courage to drop the internal dialogue and commentary. What actually disturbs us is, in fact, our immersion in this chatter. What the inner room usually bestows is a sense of peace first of all, therefore.

Our **relationships are healed** and we begin to **question the unchallenged beliefs** about life that drive us. In prayer we move from conversation to communion, from activity to receptivity. Freedom from our thoughts is the beginning of contemplative prayer.