



THE SPIRITUAL JOURNEY

Formation in the Christian Contemplative Life

68: The Spiritual Senses, Part 2 (cont.)



David Arms, *Be Still and Know*

*Behold, now is a very acceptable time;
behold, now is the day of salvation.*

- 2 Corinthians 6:2

" And so, the fruit, then, of this movement from a take-off point using the external senses, to the awakening of spiritual attentiveness, to its unfolding in ever-deeper levels of interior union and absorption of the faculties in God, terminates in a restructuring of our consciousness. We can return to daily life now without the sensational experiences of the past, but rather with the mature awareness of faith that accesses the divine energy directly.

"...This is total freedom, the freedom not only of union, but of a union that is maturing into unity. Thus, if you could envisage the divine energy as infinite potentiality, infinite possibility, and it gets localized in you and I, then, if there's no obstacles in us, no self-projects, no false-self system, then one becomes a pure light through which the Divine Presence can manifest itself as it is.

"...The spiritual journey is a reverse process in which we move back from our particularities, from our local life, activity, little by little into the life, light and love of grace and then into the still point, and into the divine energy, and to unity with that source, and out of that place to return into daily life, manifesting that perspective – God's perspective – in our daily life, however humdrum that may be."

-Thomas Keating, from the Session 67 video

A Meditation

"The freedom to accept reality as it is and as it happens seems to be the primary transforming experience of the spiritual journey."

- Thomas Keating, *Consenting to God as God Is*

To Practice

- View the video excerpt "The Present Moment and All That Is" which is from the series entitled *That We May Be One* and is about 13 minutes in length.

- In Session 67's "To Practice" section, we suggested that unity consciousness may be accessible in our own lives by looking at Fr. Thomas' definition of unity in his poem: "When all anxious seeking stops Unity begins." In this Session 68 video, he reminds us that the present moment is God's way of communicating with us – up to and including the use of the latest technologies. Can you experience abiding in God and God abiding in you while texting?

Resources for Further Study:

You may wish to read Chapters 11 and 12, "The Development of Spiritual Attentiveness" and "The Spiritual Senses" in *Crisis of Faith, Crisis of Love* by Thomas Keating.

Notes and Reflections: