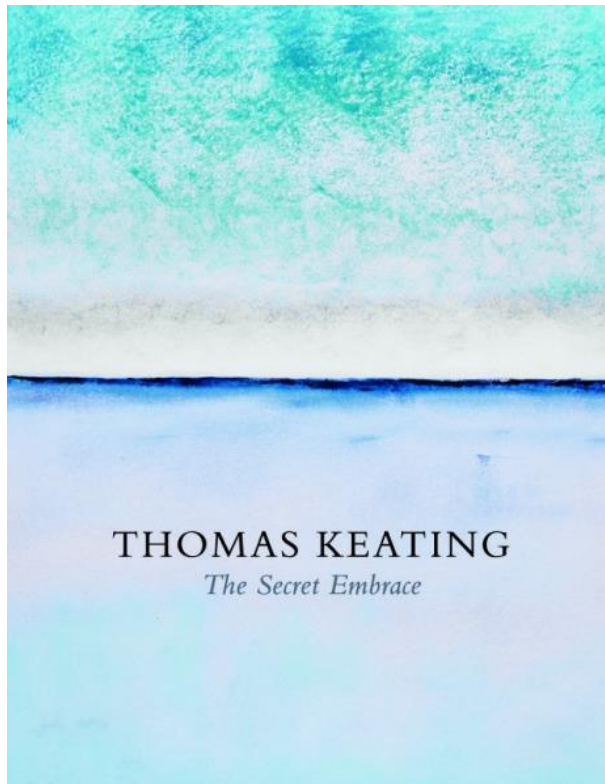




THE SPIRITUAL JOURNEY

Formation in the Christian Contemplative Life

70: Rest (cont.)



Our true nature is stillness,
The Source from which we come.

It manifests itself within us
As a rising tide of silence.

A flowing stream of peacefulness,
A limitless ocean of calm,
Or just sheer stillness.

The deep listening of pure contemplation
Is the path to stillness.

All words disappear into It,
And all creation awakens to the delight of
Just Being.

- Thomas Keating, "Stillness," *The Secret Embrace*

To Practice

- Just being: we breathe in and we breathe out: What have we heard? What has spoken to our heart? What do we wish to carry forward?

Resources for Further Study:

The Secret Embrace, a book of poems by Thomas Keating, is available at the Contemplative Outreach bookstore.

Notes and Reflections: