



# THE SPIRITUAL JOURNEY

Formation in the Christian Contemplative Life

## Index of Audios and Videos

### Part 0: Background

#### 0. Invitation and a Blessing

Fr. Thomas affirms that to share in a blessing is to trust in God, allowing God to love us as God desires.

0a. APP DOWNLOAD: Contemplative Outreach offers a free Centering Prayer mobile app timer and resource for both iOS and Android platforms.

### Part 1: Overture

#### 1. Introduction: The School of Divine Love

Mary Dwyer explains the four guidelines in the method of Centering Prayer.

1a. VIDEO FILE: *What is Centering Prayer and How Do We Do It?* with Mary Dwyer, 9.4 mins.

#### 2. The Pursuit of Happiness

The desire for happiness is itself an infallible sign of God's presence ... that is, the idea that keeps asserting itself that happiness is even possible and that keeps beckoning to us that there is something more, a deeper meaning in life. This yearning is an invitation to enter into silence and trust enough to be willing to let go of our own ideas of happiness and to embrace a new reality, one that is already there – as absolute gift and the unmerited gratuity of God's love. This Love reveals our true Self, the Source of our happiness, and the Divine Indwelling which is our true center and the center of all creation.

2a. VIDEO FILE 2: "The Pursuit of Happiness" excerpted from *Heartfulness: Transformation in Christ*, 10.1 mins.

2b. AUDIO FILE 02: "The Pursuit of Happiness" excerpted from *Heartfulness: Transformation in Christ*, 10.1 mins.

### 3. Introduction to Centering Prayer

Fr. Thomas tells us that Centering Prayer as a method is two things at the same time: a) a relationship God, and b) a method of prayer that is in the service of nurturing that relationship while, at the same time, moving us deeper into spiritual awareness and the inmost level of our being which is our true Self. Ultimately, it initiates a whole new life, a transformed life in Christ. He leads us through the four guidelines with a brief instruction about each of them, including the choosing of a sacred word.

3a. VIDEO FILE 3: "The Method of Centering Prayer, Part 1," from *The Spiritual Journey Prologue*, 19.5 mins.

3b. AUDIO FILE 03: "The Method of Centering Prayer, Part 1," from *The Spiritual Journey Prologue*, 19.5 mins.

3c. AUDIO FILE: Guided Meditation into Centering Prayer with Julie Saad, 5 mins.

3d. AUDIO FILE: Fr. Thomas leads a 20-minute "practice session" of Centering Prayer, from *The Spiritual Journey Prologue*, 25 min.

### 4. Introduction to Centering Prayer, Part 2

Fr. Thomas offers practical insights and suggestions regarding when and when not to do Centering Prayer; physical symptoms that may arise during the time of the prayer and what to do about them; and the psychological-evacuation process.

4a. VIDEO FILE 4: "The Method of Centering Prayer, Part 2," from *The Spiritual Journey Prologue*, 4.4 mins.

4b. AUDIO FILE 04: "The Method of Centering Prayer, Part 2," from *The Spiritual Journey Prologue*, 4.4 mins.

### 5. Centering Prayer and Thoughts, Guideline #3

The third guideline is: "When engaged with your thoughts, return ever-so-gently to the sacred word." Fr. Thomas notes that "thought" is an umbrella term for thoughts, feelings, sense perception, noise in the room, memories, imaginations, visualizations and all sorts of dreaming. They're inevitable, integral and normal. He urges a friendly attitude toward them and the realization that they are *part of* the prayer itself. We are to simply return ever-so-gently to the sacred word as the symbol of our consent to the work of the Divine Therapist, which is to allow access to our inmost being, the true Self.

5a. VIDEO FILE 5: "The Method of Centering Prayer, Guideline #3: Handling Thoughts" from "The Spiritual Journey Prologue," 14 mins.

5b. AUDIO FILE 05: "The Method of Centering Prayer, Guideline #3: Handling Thoughts" from "The Spiritual Journey Prologue," 14 mins.

## **6. Centering Prayer and Thoughts, Guideline #3, Part 2**

Centering Prayer is an apophatic kind of prayer, which means it moves beyond the support of concepts, images, words, and rituals. Not that it denies them or rejects them, but it contributes a new dimension – intimacy with God – that is cultivated in interior silence. The sacred word is simply a calm and gentle means of returning to and renewing our intention to consent to God's presence and action in deep silence. No need to push thoughts away. It gradually brings the presence of God into daily life as a kind of fourth dimension that is present along with our three-dimensional world – without effort. It happens spontaneously.

6a. VIDEO FILE 6: "Centering Prayer" excerpted from *Invitation from God*, 7 mins.

6b. AUDIO FILE 06: "Centering Prayer" excerpted from *Invitation from God*, 7 mins.

## **7. Attitudes Toward God**

Fr. Thomas contrasts an attitude toward God that has developed in the West, based largely on philosophical ideas, with a Scriptural Model. The Western Model posits a self-outside-of- God that, through its own efforts, seeks to merit God's love and is largely concerned with "getting to heaven." The Scriptural Model emphasizes motivation over action and seeks union with God in the here and now. This attitude allows for the development of trust in God, which is necessary on the spiritual journey. Having contrasted the attitudes toward God found in the Western and the Scriptural Models, Fr. Thomas asserts that Centering Prayer is a means of "resting" in God, that is, facilitating a gradual evolution of the relationship with God to the full maturity of communion.

7a. VIDEO FILE 7: "Attitudes Toward God," excerpted from *The Spiritual Journey*, 18.3 mins.

7b. AUDIO FILE 07: "Attitudes Toward God," excerpted from *The Spiritual Journey*, 18.3 mins.

## **8. Attitudes Toward God, Part 2**

Fr. Thomas states that God can be known by way of relationship which varies throughout the spiritual journey. This is a tremendous mystery, a Mystery that seems to be calling us and determined to share with us the beauty, goodness, freedom, compassion, and forgiveness that is God and this sharing is totally gratuitous. Whereas we thought of ourselves perhaps as pursuing God, God is seeking us and presenting Godself in ways that come to meet us wherever we are on the spiritual journey. Thus, our whole approach to God needs a 180-degree shift to surrendering to this gratuity. Surrender is facilitated by contemplation.

8a. VIDEO FILE 8: "The Mystery of God" excerpted from *The Gift of Life: Death & Dying, Life & Living*, 11 mins.

8b. AUDIO FILE 08: "The Mystery of God" excerpted from *The Gift of Life: Death & Dying, Life & Living*, 11 mins.

## 9. Prayer as Relationship

Gail Fitzpatrick-Hopler states that praying with words is only one expression of prayer. Contemplative prayer is the deepening of our openness to God beyond words, thoughts and feelings. She quotes St. Gregory the Great who in the sixth century called contemplative prayer "the deep knowledge of God impregnated with love." In the silence we get to know God who is in relationship to us. Further, as time goes on in our "inner room" with God, the levels of relationship move from acquaintanceship to friendliness to friendship to intimacy. It is a continuous movement of openness, a journey from the head to the heart, to the inmost place of being where God dwells within each of us.

9a. VIDEO FILE 9: "Prayer as Relationship," excerpted from *Centering Prayer: A Training Course for Opening to the Presence of God*, from Sounds True, 14 mins.

5b. AUDIO FILE 09: "The Method of Centering Prayer, Guideline #3: Handling Thoughts" from "The Spiritual Journey Prologue," 14 mins.

## 10. Prayer as Relationship, Part 2

The classical meaning of contemplation comes out of Matthew 6:6, and which Jesus calls 'prayer in secret,' is about a deepening relationship that involves the intention to converse with God, or to open and consent to the presence of God. Listening is an act of silence. You cannot hear what somebody else is saying if you are talking all the time. Prayer as relationship emerges as the essence of prayer. Little by little we enter into prayer without any other intention except to consent. Consent becomes surrender. And surrender becomes total receptivity as this process evolves. And total receptivity is effortless.

10a. VIDEO FILE 10: "Centering Prayer," excerpted from *Heartfulness: Transformation in Christ*, 9 mins.

5b. AUDIO FILE 10: "The Method of Centering Prayer, Guideline #3: Handling Thoughts" from "The Spiritual Journey Prologue," 14 mins.

## 11. Review of Part 1

-No video in Session 11.

## 12. Pause

-No video in Session 12.

## Part 2: Models of the Human Condition

### **13. The Human Condition: Evolutionary Model, Part 1**

Fr. Thomas gives an introduction to the next several sets of lectures directed at understanding the nature of the human condition. This series of conferences uses a variety of models from contemporary scientific disciplines to add to understandings of the healing initiated by the practice of Centering Prayer. In this first talk, Fr. Thomas outlines the Evolutionary Model. He gives a brief description of an anthropological theory of developing consciousness, describing the Uroboric, Typhonic, Mythic Membership, Mental Egoic and Intuitive stages of development in the human family.

13a. VIDEO FILE 13: "The Human Condition: Evolutionary Model, Part 1," excerpted from *The Spiritual Journey Part 2*, 31.2 mins.

13b. AUDIO FILE 13: "The Human Condition: Evolutionary Model, Part 1," excerpted from *The Spiritual Journey Part 2*, 31.2 mins.

### **14. The Human Condition: Evolutionary Model, Part 1 (cont.)**

-No video in Session 14.

### **15. The Human Condition: Evolutionary Model, Part 2**

Building on his first conference on the evolutionary model of human development, Fr. Thomas focuses on the Mythic Membership level. Two examples of challenges to Mythic Membership are given to illustrate how divine action invites humans to recognize unconscious attachments. Such attachments act as barriers to reaching the inner freedom of full human consciousness. He emphasizes that once the Mental Egoic level begins to be integrated, the ability to take responsibility for one's decisions opens the way for the Intuitive and Unitive levels of consciousness.

15a. VIDEO FILE 15: "The Human Condition: Evolutionary Model, Part 2," excerpted from *The Spiritual Journey Part 2*, 16.2 mins.

15b. AUDIO FILE 15: "The Human Condition: Evolutionary Model, Part 2," excerpted from *The Spiritual Journey Part 2*, 16.2 mins.

### **16. The Human Condition: Evolutionary Model, Part 2 (cont.)**

Herein, Fr. Thomas speaks of evolutionary development as God's way of creating, which suggests that:

- The divine plan is calling forth humans into ever-newer ways of becoming.
- Higher states of consciousness reveal the capacity to see God in everything.
- The spiritual life is the most important thing there is to do in life.
- The Christian contemplative path moves us more firmly in an evolutionary direction.

16a. VIDEO FILE 16: "Human Evolution," excerpted from *God is Love: The Heart of All Creation*, 10.4 mins.

16b. AUDIO FILE 16: "Human Evolution," excerpted from *God is Love: The Heart of All Creation*, 10.4 mins.

## **17. Formation of the Homemade Self: The Existential Model, Part 1**

Fr. Thomas uses an expanded chart of the evolutionary model to describe the existential stages of human development from infancy through adolescence. The frustrations and missteps in our experiences and acculturations contribute to assumptions about the world and to a child's sense of self. Any damage done shapes the child's responses to life, leading to the formation of a "false self." By the time the individual reaches puberty, a blueprint for life has largely been formed

17a. VIDEO FILE 17: "Formation of the Homemade Self: The Existential Model, Part 1," excerpted from *The Spiritual Journey Part 2*, 21.2 mins.

17b. AUDIO FILE 17: Formation of the Homemade Self: The Existential Model, Part 1," excerpted from *The Spiritual Journey Part 2*, 21.2 mins.

## **18. Formation of the Homemade Self: The Existential Model, Part 1 (cont.)**

-No video in Session 18.

## **19. Formation of the Homemade Self: The Existential Model, Part 2**

Fr. Thomas continues his discussion of the human condition by describing how this "false self" is formed. As an individual's evolutionary development is distorted by experiences in childhood, programs for happiness are established, based on the need for security, esteem and power. These three energy centers are at the heart of the false self's motivations. Reality frustrates the energy centers, setting off afflictive emotions that act as accurate indicators of our values.

19a. VIDEO FILE 19: "Formation of the Homemade Self: The Existential Model, Part 2," excerpted from *The Spiritual Journey Part 2*, 27.2 mins.

19b. AUDIO FILE 19: "Formation of the Homemade Self: The Existential Model, Part 2," excerpted from *The Spiritual Journey Part 2*, 27.2 mins.

## **20. Formation of the Homemade Self: The Existential Model, Part 2 (cont.)**

Centering Prayer is a practice that initiates psychological and spiritual processes. Fr. Thomas speaks of these processes and gives them the term "Divine Therapy." The Divine Therapy sets to work in healing the deepest wounds of human nature, all the way back from the time we were in the womb.

20a. VIDEO FILE 20: "Centering Prayer and Divine Therapy" excerpted from *Invitation from God*, 6.18 mins.

20b. AUDIO FILE 20: "Centering Prayer and Divine Therapy" excerpted from *Invitation from God*, 6.18 mins.

## **21. Pre-Rational Energy Centers, Part 1**

Fr. Thomas describes how the three energy centers (security, esteem, power) are formed at the pre-rational level of consciousness and how they manifest themselves in human behavior. He goes on to explain how Jesus Christ experienced these same energy centers when he took on our human form; how he confronted them in his temptations in the wilderness. By way of contrast, Fr. Thomas introduces Jesus' idea of happiness given in the Beatitudes (Matthew 5:3-11).

21a. VIDEO FILE 21: "Pre-Rational Energy Centers, Part 1," excerpted from *The Spiritual Journey Part 2*, 24.3 mins.

21b. AUDIO FILE 21: "Pre-Rational Energy Centers, Part 1," excerpted from *The Spiritual Journey Part 2*, 24.3 mins.

## **22. Pre-Rational Energy Centers, Part 1 (cont.)**

-No video in Session 22.

## **23. Pre-Rational Energy Centers, Part 2**

Fr. Thomas uses examples from Jesus' wisdom sayings and other examples to describe the impacts of influences on pre-rational consciousness and their consequences later in life, which include a lack of trust in God, other people, and even life itself.

23a. VIDEO FILE 23: "Pre-Rational Energy Centers, Part 2," excerpted from *The Spiritual Journey Part 2*, 17.4 mins.

23b. AUDIO FILE 23: "Pre-Rational Energy Centers, Part 2," excerpted from *The Spiritual Journey Part 2*, 17.4 mins.

## **24. Pre-Rational Energy Centers, Part 2 (cont.)**

-No video in Session 24.

## **25. Review and Pause**

-No video in Session 25.

## **26. Pause**

-No video in Session 26.

## **27. Frustrations Caused by the Emotional Programs**

Herein, Fr. Thomas cautions us that *any* upsetting emotion tells us *we* have a problem; that is, the problem isn't "out there" rather, it is within and is based upon our particular emotional programs for happiness.

27a. VIDEO FILE 27: "Frustrations Caused by the Emotional Programs," excerpted from *The Spiritual Journey Part 2*, 15.5 mins.

27b. AUDIO FILE 27: "Frustrations Caused by the Emotional Programs," excerpted from *The Spiritual Journey Part 2*, 15.5 mins.

## **28. Frustrations Caused by the Emotional Programs (cont.)**

-No video in Session 28.

## **29. Dismantling the Emotional Programs, Part 1**

Fr. Thomas discusses our emotions, value systems and unconscious motivations in terms of attachments and addictions. Having outlined the way emotional programs for happiness actually lead to unhappiness, he goes on to discuss ways of dismantling these unconscious programs. Jesus' suggestion of unconditionally acceptance of others undercuts usual reactions and allows for responses under the influence of grace. Naming the afflictive emotion, recognizing the program for happiness that has been triggered and choosing to let go of that value system are other means. Fr. Thomas notes that chapters five and six of the Gospel of Matthew are about freedom from our programs for happiness. He gives other suggestions, including the practice of Centering Prayer.

29a. VIDEO FILE 29: "Dismantling the Emotional Programs, Part 1," excerpted from *The Spiritual Journey Part 2*, 23.1 mins.

29b. AUDIO FILE 29: "Dismantling the Emotional Programs, Part 1," excerpted from *The Spiritual Journey Part 2*, 23.1 mins.

## **30. Dismantling the Emotional Programs, Part 1 (cont.)**

-No video in Session 30.

## **31. Dismantling the Emotional Programs, Part 2**

Fr. Thomas discusses ways of reacting to frustrations of the emotional programs for happiness according to temperament and how our hidden value system expresses itself in secular and



religious environments alike. The invitation is to change the direction in which we're looking for happiness from selfishness to divine love, so that divine love will be the motivation of our responses to life at each moment.

31a. VIDEO FILE 31: "Dismantling the Emotional Programs, Part 2," excerpted from *The Spiritual Journey Part 2*, 28 mins.

31b. AUDIO FILE 31: "Dismantling the Emotional Programs, Part 2," excerpted from *The Spiritual Journey Part 2*, 28 mins.

### **32. Dismantling the Emotional Programs, Part 2 (cont.)**

Little by little one enters into Centering Prayer without intentionality except to consent. Consent becomes surrender. And surrender becomes total receptivity as this process evolves. And total receptivity is effortless. Our chief job is to keep letting go of our attachments as we perceive them, especially those that are opposed to love. The less we think of ourselves, the better the process goes, as well as the faster it goes. The formula that Jesus gave in Matthew 6:6, which Centering Prayer is based on, is a kind of cascading movement of a deeper silence, deeper listening.

32a. VIDEO FILE 32: "Centering Prayer," excerpted from *Heartfulness: Transformation in Christ*, 10 mins.

32b. AUDIO FILE 32: "Centering Prayer," excerpted from *Heartfulness: Transformation in Christ*, 10 mins.

### **33. The False Self in Action, Part 1**

Fr. Thomas explains that the abstract, intellectual, or conceptual decision to begin the spiritual journey does not touch the unconscious motivation which is firmly in place by the time we reach the age of reason. When the purification process begins, we may wonder why we even began the spiritual journey. Fr. Thomas says the great struggle is not to get discouraged. He encourages us by telling us an example from his own journey and concludes by telling us that our journey "is an invitation to a new depth of love, a new depth of relating to God on a more spiritual level which requires a little scrubbing, a little emptying out so that we can relate or hear that marvelous communication, that transmission of divine life which can't come through if the noise of the false self is too strong." Ultimately, if we persevere on the journey, Fr. Thomas assures, "You begin to trust God, to be content with [God's] action ... and to trust in [God's] love beyond your psychological experience."

33a. VIDEO FILE 33: "The False Self in Action, Part 1," excerpted from *The Spiritual Journey Part 2*, 29 mins.

33b. AUDIO FILE 33: "The False Self in Action, Part 1," excerpted from *The Spiritual Journey Part 2*, 29 mins.

### **34. The False Self in Action, Part 1 (cont.)**

The true Self is who we really are; a manifestation of God, unknown to us, buried in the unconscious, beyond reflection concepts. "Me" is my identity, but to be really real, we have to allow that identity to be changed and left at the disposal of the Divine Will. Then, our spiritual will can be in union with God's will. This is the ultimate effect of transformation. Under the influence of the Spirit our actions more and more emerge from a place of surrender, silence and receptivity that is the full development of the transformative process.

34a. VIDEO FILE 34: "Divine Transformation," excerpted from *Heartfulness: Transformation in Christ*, 12.5 mins.

34b. AUDIO FILE 34: "Divine Transformation," excerpted from *Heartfulness: Transformation in Christ*, 12.5 mins.

### **35. The False Self in Action, Part 2**

Fr. Thomas discusses the Mythic Membership of consciousness and examples of its behaviors. He discusses the emotion of fear and the meaning of fear of God. He gives examples of the unloading of the unconscious and then suggests a practice for ordinary daily life to hasten the unloading of the unconscious programs: an active prayer sentence. This practice ingrains a phrase, often drawn from Scripture, into the unconscious, a phrase that can override the commentary that arises with afflictive emotions. Such a practice offers a means of reducing the force of emotional turmoil when the emotional programs are frustrated.

35a. VIDEO FILE 35: "The False Self in Action, Part 2," excerpted from *The Spiritual Journey Part 2*, 26 mins.

35b. AUDIO FILE 35: "The False Self in Action, Part 2," excerpted from *The Spiritual Journey Part 2*, 26 mins.

### **36. The False Self in Action, Part 2 (cont.)**

-No video in Session 36.

### **37. The Philosophical Model, Part 1**

Fr. Thomas uses a model of human nature largely drawn from the teachings of Thomas Aquinas, a static worldview from the high Middle Ages but a representative view of the ideal evolution of the human family and an individual human being who recapitulates the consciousness development of the human family. The Philosophical Model is also based upon Teresa of Avila's seven rooms in a castle and compares them to modern psychological concepts using a skyscraper image rather than a castle. He explains how the active intellect, the passive intellect and the will to God transcend reason to intuitive consciousness which perceives truth directly without the mediation of reason. In Centering Prayer, the capacity is opened to enter into a space of non-mediated openness to God that does not draw on concepts but allows one to simply rest in the exchange.

15a. VIDEO FILE 15: "The Philosophical Model, Part 1," excerpted from *The Spiritual Journey Part 3*, 27 mins.

15b. AUDIO FILE 15: "The Philosophical Model, Part 1," excerpted from *The Spiritual Journey Part 3*, 27 mins.

### **38. The Philosophical Model, Part 1 (cont.)**

-No video in Session 38.

### **39. The Philosophical Model, Part 2**

Fr. Thomas concludes his discussion of the Philosophical Model and then describes the various levels of consciousness that extend beyond the Mental Egoic, namely the Intuitive and Transforming Union. The intuitive level gradually stabilizes in such a way as to witness one's life taking place from a deeper place and that deeper place is the true Self which is beginning to be revealed or awakened by this journey of prayer and action.

The next movement is the death of any sense of a separate-self and awareness of conscious union with God. This union involves the freedom to do what God wants without our thinking about it.

39a. VIDEO FILE 39: "The Philosophical Model, Part 2," excerpted from *The Spiritual Journey Part 3*, 23 mins.

39b. AUDIO FILE 39: "The Philosophical Model, Part 2," excerpted from *The Spiritual Journey Part 3*, 23 mins.

### **40. The Philosophical Model, Part 2 (cont.)**

Fr. Thomas explains unity consciousness in which God takes over the faculties more and more. And, as in Jesus, God manifests in everything we do by suggesting what the right response to every situation is from the perspective of divine love. All self-interest is transformed into abandonment to the divine will and the openness to manifesting it. This is heaven on earth. But it's extremely down to earth and it doesn't need extraordinary consolations, visions or other things. It's rather just leading ordinary life from the extraordinary perspective of allowing God to manifest in us rather than egoic-self.

40a. VIDEO FILE 40: "Into Unity Consciousness" excerpted from *God is Love: The Heart of All Creation*, 10 mins.

40b. AUDIO FILE 40: "Into Unity Consciousness" excerpted from *God is Love: The Heart of All Creation*, 10 mins.

### **41. Review of Part 2**

-No video in Session 41.

## 42. Pause

-No video in Session 42.

## Part 3: Paradigms of the Spiritual Journey

### 43. The Four Consents, Part 1

43a. VIDEO FILE 43: “The Four Consents, Part 1” excerpted from *The Spiritual Journey Series Part 3*, 24 mins.

43b. AUDIO FILE 43: “The Four Consents, Part 1” excerpted from *The Spiritual Journey Series Part 3*, 24 mins.

### 44. The Four Consents, Part 1 (cont.)

-No video for Session 44.

### 45. The Four Consents, Part 2 (Bernie)

45a. VIDEO FILE 45: “The Four Consents, Part 2” excerpted from *The Spiritual Journey Series Part 3*, 29 mins.

45b. AUDIO FILE 45: “The Four Consents, Part 2” excerpted from *The Spiritual Journey Series Part 3*, 29 mins.

### 46. The Four Consents, Part 2 (cont.)

-No video for Session 46.

### 47. The Levels of Awareness

47a. VIDEO FILE 47: “The Levels of Awareness” excerpted from *Invitation from God*, 8 mins.

47b. AUDIO FILE 47: “The Levels of Awareness” excerpted from *Invitation from God*, 8 mins.

### 48. The Seven Moments of Centering Prayer

48a. VIDEO FILE 48: “The Seven Moments of Centering Prayer” excerpted from DVD 4 “The Human Condition,” Sounds True *Introduction to Centering Prayer*, 13 mins.

48b. AUDIO FILE 48: “The Seven Moments of Centering Prayer” excerpted from DVD 4 “The Human Condition,” Sounds True *Introduction to Centering Prayer*, 13 mins.

## **49. The Archeological Dig and The Spiral Staircase**

49a. VIDEO FILE 49: “The Evolution Towards Oneness,” from DVD 4, “The Human Condition,” Sounds True *Introduction to Centering Prayer*, 11 mins.

49b. AUDIO FILE 49: “The Evolution Towards Oneness,” from DVD 4, “The Human Condition,” Sounds True *Introduction to Centering Prayer*, 11 mins.

## **50. The Archeological Dig and The Spiral Staircase (cont.)**

-No video for Session 50.

## **51. Mid-Point Review**

-No video for Session 51.

## **52. Pause**

-No video for Session 52.

# **Part 4: Contemplation: The Divine Therapy**

## **53. Night of Sense: The Biblical Desert, Part 1**

53a. VIDEO FILE 53: “Night of Sense: The Biblical Desert, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

53b. AUDIO FILE 53: “Night of Sense: The Biblical Desert, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

## **54. Night of Sense: The Biblical Desert, Part 1 (cont.)**

54a. AUDIO FILE: “Night of Sense,” with Gail Fitzpatrick-Hopler and Mary Anne Best from “Silence and The Spiritual Journey: Lent,” online course, March 2015 (15 mins.)

## **55. Night of Sense: The Biblical Desert, Part 2**

55a. VIDEO FILE 55: “Night of Sense: The Biblical Desert, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 23 mins.

55b. AUDIO FILE 55: “Night of Sense: The Biblical Desert, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 23 mins.

## **56. Night of Sense: The Biblical Desert, Part 2 (cont.)**

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## **57. Night of Spirit: Towards Transformation, Part 1**

57a. VIDEO FILE 57: “Night of Spirit: Towards Transformation, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

57b. AUDIO FILE 57: “Night of Spirit: Towards Transformation, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

## **58. Night of Spirit: Towards Transformation, Part 1 (cont.)**

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59a. VIDEO FILE 59: “Night of Spirit: Towards Transformation, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 26 mins.

59b. AUDIO FILE 59: “Night of Spirit: Towards Transformation, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 26 mins.

## **60. Night of Spirit: Towards Transformation, Part 2 (cont.)**

60a. AUDIO FILE: “Night of Spirit,” with Gail Fitzpatrick-Hopler and Mary Anne Best from “Silence and The Spiritual Journey: Lent,” online course, March 2015 (20 mins.)

## **61. The Beatitudes: Healing the Emotional Programs, Part 1**

61a. VIDEO FILE 61: “The Beatitudes: Healing the Emotional Programs, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

61b. AUDIO FILE 61: “The Beatitudes: Healing the Emotional Programs, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

## **62. The Beatitudes: Healing the Emotional Programs, Part 1 (cont.)**

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63a. VIDEO FILE 63: “The Beatitudes: Healing the Emotional Programs, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

63b. AUDIO FILE 63: “The Beatitudes: Healing the Emotional Programs, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

## **64. The Beatitudes: Healing the Emotional Programs, Part 2 (cont.)**

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65a. VIDEO FILE 65: “The Spiritual Senses, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 26 mins.

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67a. VIDEO FILE 67: “The Spiritual Senses, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

67b. AUDIO FILE 67: “The Spiritual Senses, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 27 mins.

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68a. VIDEO FILE 68: “The Present Moment and All That Is” excerpted from *That We May Be One: Christian Non-Duality*, 13 mins.

68b. AUDIO FILE 68: “The Present Moment and All That Is” excerpted from *That We May Be One: Christian Non-Duality*, 13 mins.

## **69. Rest**

-No video for Session 69.

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## **71. What Contemplation is Not**

71a. VIDEO FILE 71: “What Contemplation is Not” excerpted from *The Spiritual Journey Series Part 4*, 20 mins.

71b. AUDIO FILE 71: “What Contemplation is Not” excerpted from *The Spiritual Journey Series Part 4*, 20 mins.

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-No video for Session 72.

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73a. VIDEO FILE 73: “From Contemplation to Action, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 26 mins.

73b. AUDIO FILE 73: “From Contemplation to Action, Part 1” excerpted from *The Spiritual Journey Series Part 4*, 26 mins.

## **74. From Contemplation to Action, Part 1 (cont.)**

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## **75. From Contemplation to Action, Part 2**

75a. VIDEO FILE 75: “From Contemplation to Action, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 20 mins.

75b. AUDIO FILE 75: “From Contemplation to Action, Part 2” excerpted from *The Spiritual Journey Series Part 4*, 20 mins.

## **76. From Contemplation to Action, Part 2 (cont.)**

-No video for Session 76.

## **77. Review of Part 4**

-No video for Session 77.

## **78. Pause**

-No video for Session 78.

# **Part 5: Divine Love: The Heart of the Christian Spiritual Journey**

## **79. The Most Excellent Path, Part 1**



79a. VIDEO FILE 79: “The Most Excellent Path, Part 1” excerpted from *The Spiritual Journey Series Part 5*, 29 mins.

79b. AUDIO FILE 79: “The Most Excellent Path, Part 1” excerpted from *The Spiritual Journey Series Part 5*, 29 mins.

## **80. The Most Excellent Path, Part 1 (cont.)**

-No video for Session 80.

## **81. The Most Excellent Path, Part 2**

81a. VIDEO FILE 81: “The Most Excellent Path, Part 2” excerpted from *The Spiritual Journey Series Part 5*, 27 mins.

81b. AUDIO FILE 81: “The Most Excellent Path, Part 2” excerpted from *The Spiritual Journey Series Part 5*, 27 mins.

## **82. The Most Excellent Path, Part 2 (cont.)**

82a. VIDEO FILE 82: “Suffering” excerpted from *The Gift of Life: Death & Dying, Life & Living*, 9 mins.

82b. AUDIO FILE 82: “Suffering” excerpted from *The Gift of Life: Death & Dying, Life & Living*, 9 mins.

## **83. The Divine Banquet and Dance, Part 1**

83a. VIDEO FILE 83: “The Divine Banquet and Dance, Part 1” excerpted from *The Spiritual Journey Series Part 5*, 29 mins.

83b. AUDIO FILE 83: “The Divine Banquet and Dance, Part 1” excerpted from *The Spiritual Journey Series Part 5*, 29 mins.

## **84. The Divine Banquet and Dance, Part 1 (cont.)**

84a. VIDEO FILE 84: “The Great Banquet: All are Invited” excerpted from *Invitation from God*, 6 mins.

84b. AUDIO FILE 84: “The Great Banquet: All are Invited” excerpted from *Invitation from God*, 6 mins.

## **85. The Divine Banquet and Dance, Part 2**

85a. VIDEO FILE 85: “The Divine Banquet and Dance, Part 2” excerpted from *The Spiritual Journey Series Part 5*, 31 mins.

85b. AUDIO FILE 85: “The Divine Banquet and Dance, Part 2” excerpted from *The Spiritual Journey Series Part 5*, 31 mins.

## **86. The Divine Banquet and Dance, Part 2 (cont.)**

86a. VIDEO FILE 86: “Christian Non-Duality and Unity Consciousness,” excerpted from *That We May Be One*, 10 mins.

86b. AUDIO FILE 86: “Christian Non-Duality and Unity Consciousness,” excerpted from *That We May Be One*, 10 mins.

## **87. Prayer in Secret: Matthew 6:6, Part 1**

87a. VIDEO FILE 87: “Prayer in Secret: Matthew 6:6, Part 1” excerpted from *The Spiritual Journey Series Part 5*, 24 mins.

87b. AUDIO FILE 87: “Prayer in Secret: Matthew 6:6, Part 1” excerpted from *The Spiritual Journey Series Part 5*, 24 mins.

## **88. Prayer in Secret: Matthew 6:6, Part 1 (cont.)**

88a. VIDEO FILE 88: “Human Evolution,” excerpted from *God is Love: The Heart of All Creation*, 10 mins.

88b. AUDIO FILE 88: “Human Evolution,” excerpted from *God is Love: The Heart of All Creation*, 10 mins.

## **89. Prayer in Secret: Matthew 6:6, Part 2**

89a. VIDEO FILE 89: “Prayer in Secret: Matthew 6:6, Part 2” excerpted from *The Spiritual Journey Series Part 5*, 30 mins.

89b. AUDIO FILE 89: “Prayer in Secret: Matthew 6:6, Part 2” excerpted from *The Spiritual Journey Series Part 5*, 30 mins.

## **90. Prayer in Secret: Matthew 6:6, Part 2 (cont.)**

-No video for Session 90.

## **91. What is Divine Therapy? Part 1**

91a. VIDEO FILE 91: “What is Divine Therapy? Part 1” excerpted from *The Spiritual Journey Series Part 5*, 30 mins.

91b. AUDIO FILE 91: “What is Divine Therapy? Part 1” excerpted from *The Spiritual Journey Series Part 5*, 30 mins.

## **92. What is Divine Therapy? Part 1 (cont.)**

-No video for Session 92.

## **93. What is Divine Therapy? Part 2**

93a. VIDEO FILE 93: “What is Divine Therapy? Part 2” excerpted from *The Spiritual Journey Series Part 5*, 28 mins.

93b. AUDIO FILE 93: “What is Divine Therapy? Part 2” excerpted from *The Spiritual Journey Series Part 5*, 28 mins.

## **94. What is Divine Therapy? Part 2 (cont.)**

-No video for Session 94.

## **95. Review of Part 5**

-No video for Session 95.

## **96. Pause**

-No video for Session 96.

## **97. Contemplative Service**

-No video for Session 97.

## **98. Contemplative Service (cont.)**

98a. VIDEO FILE 98: “A Word About Service,” excerpted from *God is Love: The Heart of All Creation*, 8 mins.

98b. AUDIO FILE 98: “A Word About Service,” excerpted from *God is Love: The Heart of All Creation*, 8 mins.

## **99. Creating a Rule of Life**

-No video for Session 99.

## **100. Farewell**

100a. VIDEO FILE 100: “A Blessing,” from *God is Love: The Heart of All Creation*, 9 mins.

