



# THE SPIRITUAL JOURNEY

Formation in the Christian Contemplative Life

## Outline of Session-Narratives

0 Background and Invitation ... and A Blessing

### **Part 1: Overture**

1. Introduction: The School of Divine Love
2. The Pursuit of Happiness
3. Introduction to Centering Prayer
4. Introduction to Centering Prayer, Part 2
5. Centering Prayer and Thoughts, Guideline #3
6. Centering Prayer and Thoughts, Guideline #3, Part 2
7. Attitudes Towards God
8. Attitudes Towards God, Part 2
9. Prayer as Relationship
10. Prayer as Relationship, Part 2
11. Review of Part 1
12. Pause

### **Part 2: Models of the Human Condition**

13. The Human Condition: Evolutionary Model, Part 1
14. The Human Condition: Evolutionary Model, Part 1 (cont.)
15. The Human Condition: Evolutionary Model, Part 2
16. The Human Condition: Evolutionary Model, Part 2 (cont.)
17. Formation of the Homemade Self: The Existential Model, Part 1
18. Formation of the Homemade Self: The Existential Model, Part 1 (cont.)
19. Formation of the Homemade Self: The Existential Model, Part 2
20. Formation of the Homemade Self: The Existential Model, Part 2 (cont.)
21. Pre-Rational Energy Centers, Part 1
22. Pre-Rational Energy Centers, Part 1 (cont.)
23. Pre-Rational Energy Centers, Part 2
24. Pre-Rational Energy Centers, Part 2 (cont.)
25. Review and Pause
26. Pause
27. Frustrations Caused by the Emotional Programs
28. Frustrations Caused by the Emotional Programs (cont.)
29. Dismantling the Emotional Programs, Part 1
30. Dismantling the Emotional Programs, Part 1 (cont.)

31. Dismantling the Emotional Programs, Part 2
32. Dismantling the Emotional Programs, Part 2 (cont.)
33. The False Self in Action, Part 1
34. The False Self in Action, Part 1 (cont.)
35. The False Self in Action, Part 2
36. The False Self in Action, Part 2 (cont.)
37. The Philosophical Model, Part 1
38. The Philosophical Model, Part 1 (cont.)
39. The Philosophical Model, Part 2
40. The Philosophical Model, Part 2 (cont.)
41. Review of Part 2
42. Pause

### **Part 3: Paradigms of the Spiritual Journey**

43. The Four Consents, Part 1
44. The Four Consents, Part 1 (cont.)
45. The Four Consents, Part 2 (Bernie)
46. The Four Consents, Part 2 (cont.)
47. The Levels of Awareness
48. The Seven Moments of Centering Prayer
49. The Archeological Dig and The Spiral Staircase
50. The Archeological Dig and The Spiral Staircase (cont.)
51. Mid-Point Review
52. Pause

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

53. Night of Sense: The Biblical Desert, Part 1
54. Night of Sense: The Biblical Desert, Part 1 (cont.)
55. Night of Sense: The Biblical Desert, Part 2
56. Night of Sense: The Biblical Desert, Part 2 (cont.)
57. Night of Spirit: Towards Transformation, Part 1
58. Night of Spirit: Towards Transformation, Part 1 (cont.)
59. Night of Spirit: Towards Transformation, Part 2
60. Night of Spirit: Towards Transformation, Part 2 (cont.)
61. The Beatitudes: Healing the Emotional Programs, Part 1
62. The Beatitudes: Healing the Emotional Programs, Part 1 (cont.)
63. The Beatitudes: Healing the Emotional Programs, Part 2
64. The Beatitudes: Healing the Emotional Programs, Part 2 (cont.)
65. The Spiritual Senses, Part 1
66. The Spiritual Senses, Part 1 (cont.)
67. The Spiritual Senses, Part 2
68. The Spiritual Senses, Part 2 (cont.)
69. Rest
70. Rest (cont.)
71. What Contemplation is Not
72. What Contemplation is Not (cont.)
73. From Contemplation to Action, Part 1
74. From Contemplation to Action, Part 1 (cont.)
75. From Contemplation to Action, Part 2

76. From Contemplation to Action, Part 2 (cont.)
77. Review of Part 4
78. Pause

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

79. The Most Excellent Path, Part 1
80. The Most Excellent Path, Part 1 (cont.)
81. The Most Excellent Path, Part 2
82. The Most Excellent Path, Part 2 (cont.)
83. The Divine Banquet and Dance, Part 1
84. The Divine Banquet and Dance, Part 1 (cont.)
85. The Divine Banquet and Dance, Part 2
86. The Divine Banquet and Dance, Part 2 (cont.)
87. Prayer in Secret: Matthew 6:6, Part 1
88. Prayer in Secret: Matthew 6:6, Part 1 (cont.)
89. Prayer in Secret: Matthew 6:6, Part 2
90. Prayer in Secret: Matthew 6:6, Part 2 (cont.)
91. What is Divine Therapy? Part 1
92. What is Divine Therapy? Part 1 (cont.)
93. What is Divine Therapy? Part 2
94. What is Divine Therapy? Part 2 (cont.)
95. Review of Part 5
96. Pause
97. Contemplative Service
98. Contemplative Service (cont.)
99. Creating a Rule of Life
100. Farewell