

Quiet Day 13 November 2021

SEEING WITH THE *EYES* OF THE HEART

ADDENDA

The Heart of Centering Prayer. Cynthia Bourgeault, p. 54:

According to the great wisdom traditions of the West (Christian, Jewish, Islamic), the heart is first and foremost *an organ of spiritual perception*. Its primary function is to **look** beyond the obvious, the bounded surface of things, and **see** into a deeper reality, emerging from some unknown profundity, which plays lightly upon the surface of this life without being caught there: a world where meaning, **insight**, and clarity come together in a whole different way. Saint Paul talked about this other kind of **perceptivity** with the term “faith” (“Faith is the substance of things hoped for, the evidence of things not seen”), but the word “faith” is itself often misunderstood by the linear mind. What it really designates is not a leaping into the dark (as so often misconstrued) but a subtle **seeing** in the dark, a kind of **spiritual night vision** that allows one to **see** with inner certainty that the elusive golden thread **glimpsed** from within actually does lead somewhere.

Philippians 2:5-8

You have the mind which was also in Christ Jesus, who though he existed in the form of God did not regard equality with God as something to be grasped, but emptied himself taking the form of a slave, in the likeness of humans becoming; and sharing in human nature he humbled himself becoming obedient unto death, even death on a cross.

Thomas Keating. “The Process of Awakening” in *Contemplative Outreach News* June 2021:

“If we experience emotional suffering, there is probably something we haven’t quite surrendered yet. If we truly surrender everything we possess, we will know the right thing to do spontaneously, and action inspired by the Spirit is where Centering Prayer is preparing us to go.”

... “At some point in the spiritual journey, there is a shift where you realize that the best knowledge you can have of God is *no* knowledge. That means letting go of every thought, memory, rigid belief system, harmful forms of cultural conditioning, as well as all possessions. It doesn’t mean you despise the value of belief systems because most people need some kind of discipline of mind and body in the beginning. The process of awakening normally takes time. Where is it going and where does it end? It ends in God, which is to say it never ends.”

Wisdom Jesus. Cynthia Bourgeault, p. 181:

“It is not about giving up things we want or rolling over and playing dead. It is about connecting with an energy of sustenance so powerful and vibrant as it flows through our being from the infinite that all else pales in comparison. It not only flows through our being; it *is* our being.”