



Committee on
Contemplative Spiritual Formation

Online Meeting Program

30 April 2021

**3:00 pm Hamburg; 2:00 pm London;
9:00 am Ontario; 9:00 pm Manila**

**The Erotic Contemplative Series
by Michael B. Kelly
Lecture 2, Part 2**

"Taste and see the sensuousness of the Lord"

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Check-in

*How do I feel?
What am I most grateful for?*

Reading and Song before Meditation

The call to meditate is an invitation to stop leading our lives on the basis of second-hand evidence. It is a call to each one of us to come to grips with our spiritual capacity and so to discover for ourselves the astonishing richness of the human capacity that is anchored in the divine reality, in the divine life-power. And it is also an invitation to be simply open to that power, to be energised by it and to be swept along by it, into the depths of the divine reality itself.

The lived process is very important. We must always beware of being intoxicated merely by the message, merely by the good news, merely by the ideas of the gospel. *We must enter it in, taste and see.* And meditation is the process of entering in, of tasting, of seeing, Saying your mantra every day, making the time available for meditation, morning and evening, and placing your spiritual journey and the spiritual reality at the centre of your life, *that is what is important.*

That is what meditation is about - returning to your centre and finding that your centre is the gateway to the centre of All. And for that we have to stop living on the surface, we have to come to the depths.

John Main, The Heart of Creation

Get Ready My Soul

<https://www.youtube.com/watch?v=EiksgWpasKA>

How to Meditate

Remember: Sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Silently, interiorly, begin to say a single word. We recommend the prayer-phrase "Maranatha." Recite it as four syllables of equal length. Listen to it as you say it, gently, but continuously. Do not think or imagine anything - spiritual or otherwise. Thoughts and images will likely come, but let them pass. Just keep returning your attention - with humility and simplicity - to saying your word in faith, from beginning to the end of your meditation.

The Erotic Contemplative Lecture 2 (Re-visioning Sexuality and Spirituality) Part 2

<https://www.youtube.com/watch?v=-xWRIKBCWbQ&t=1511s>

Summary of Topics and Issues

Tasting the Water' in sexuality and spirituality:

- o The first taste;
- o The mystery that shows itself and at the same time withdraws;
 - o The heart's desire: being drawn 'upstream';
 - o The Desire is One; the Water is One;
 - o Going 'underground' towards the Source.

Qualities of deep sexual experience mirroring qualities of deep spiritual experience.

Pleasure—its power, our fear.

We come alive, long to go deeper, become open:

o Deep sexual experience begins to merge with the spiritual

o Deep spiritual experience begins to merge with the sexual

Questions for Reflection and Discussion

1. Have you ever experienced sexual desire or sexual relating as deeply spiritual? Did this affect your prayer life and your relationship with and understanding of God?
2. 'If I'm enjoying myself, it must be wrong'. Do you ever feel guilty about pleasure? Do you feel that you must limit the amount of pleasure you let into your life? Where do these feelings and ideas come from? What might liberate you to delight more fully and freely in your God-given body and your capacity for sensual pleasure?

Source:

<https://cloudsofmagellanpress.files.wordpress.com/2020/12/the-erotic-contemplative-study-guide-1.pdf>

Prayer to Jesus, Friend and Lover

*By Abbot Richard R. Mickley, O.S.Ae, inspired by
Abbot St. Aelred of Rievaulx*

Jesus, thank you for your love and friendship.
Every moment I feel your presence.
I abandon myself to you, placing my head on your heart
as you allowed your special beloved friend to do.

You have shown me your love
on every page of the Gospels.
You have shown me your love
in the persons, places, and events of my daily life.

I want to sing with the angels and proclaim
your love and kindness and understanding.
I hear you whispering in my ear, "I give you my peace."
Enfold me in that peace. There united with you,
I bask in the True Friendship that flows from your Heart,
with your special caring for me.

I feel your calming arms embracing,
your attentive ear listening,
your caring heart encouraging,
your eyes looking upon me with mercy and forgiveness.

To you I can pour out all my thoughts and secrets;
in your embrace I relax with your comforting kiss
that heals all my pains and worries.

You are ever together with me in spirit,
crying with me when I am upset,
rejoicing with me when I am happy.

I thank you for the consoling friends
who show me your good cheer and miraculous presence.

You guide me with your wisdom;
you lead me through doubts and fears.
you are so closely bound to my heart and soul
that absolute peace flows over me.

Thank you, Jesus, my Friend, my Lover. So be it. Amen.