



Contemplative  
Outreach

## SPIRITUAL JOURNEY SERIES: THE HUMAN CONDITION

This six-week course will begin introducing you to Fr. Keating's core material of the Spiritual Journey Series and the process of healing our human condition. In these videotaped lectures, he offers an evolutionary model for human development, describes the pre-rational energy centers (our basic instinctual drives for power and control, safety and security, pleasure, or affection and esteem), and introduces us to the concept of the false self with its afflictive emotions. You will learn how, through the practice of Centering Prayer, the Divine Therapist begins the process of dismantling our false self, thereby healing our emotional wounds of a lifetime. **Course I, Basic Centering Prayer, is a prerequisite. Please contact Teri Leitwein for further information at [tmleitwein@gmail.com](mailto:tmleitwein@gmail.com)**

**Cost: \$50  
Online**

**Tuesday Evenings November 1- December 13, 2022  
(No class on November 22)**

8:30-10:00 pm EST

Facilitators: Dave Mazour and Kit Snyder

**or**

**Wednesday Afternoons November 2 - December 14, 2022  
(No class on November 23)**

3:00-4:30 pm EST

Facilitators: Colleen Hatton and Lorie Schwindt

*I have heard of your faith ... and your love ...  
and for this reason, I do not cease to give thanks for you  
as I remember you in my prayers.  
I pray that the God of our Lord Jesus Christ ...  
may give you a spirit of wisdom and revelation as you come to know God,  
so that, with the eyes of your heart enlightened,  
you may know what is the hope to which God has called you ... Ephesians 1:15-18*

