



## **Chalmers Summer School 2007**

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March 13, 2007

### **Conversations from the Heart**

**Father Thomas Keating OCSO & Rev. Dr. Cynthia Bourgeault**

**July 9-13, 9:00am-12:00 pm**

#### **Course Description**

This course offers a rare opportunity to sit at the feet of a world-renowned Christian contemplative elder, and to draw deeply from his wisdom in an informal, “spirit led” dialogue. Participants will reflect together on where this past generation of contemplative renewal has led the Church, and what it may hold in store for the future. Exploration of the nuances of Centering Prayer will be combined with reflection that may include concepts such as neuro-meditation, the InterSpiritual movement, unitive awareness, and the re-emergence into public awareness of the Unitive or Wisdom Jesus.

Thomas Keating will lead the first two days of class, with Cynthia Bourgeault assisting on Wednesday, Thursday, and Friday. Bourgeault will lead the class deeper into the topics of discussion opened by Father Keating.

#### **Class Outline and Suggested Daily Readings**

**Monday, July 9:** Thomas Keating, leading

“Christianity in the Age of InterSpirituality”

Suggested preparatory Reading: *The Common Heart, Manifesting God, The Mystic Heart*

**Tuesday, July 10:** Thomas Keating, leading

“Meditation and Unitive Perception: Rewiring the Brain for the 21<sup>st</sup> century”

Suggested preparatory reading: *Centering Prayer and Inner Awakening*, Chapters 5, 11-14, Epilogue; *Biology of Transcendence*, Part I, handouts to be provided in class.

**Wednesday, July 11,** Cynthia Bourgeault leading

“Putting the Mind in the Heart: New insights on an ancient Wisdom teaching”

Suggested preparatory reading: same as for Tuesday class, plus *The Wisdom Way of Knowing*, especially chapters 3, 6, and 7.

**Thursday, July 12,** Cynthia Bourgeault leading

“Integral Christianity, Part I: The Integral Paradigm; toward an ‘Indigo’ Christianity”

Suggested preparatory readings: *Integral Spirituality* (particularly chapter 9); *Christophany* (particularly Part III)

**Friday, July 13**, Cynthia Bourgeault leading

“Integral Christianity, Part II: Heart Metaphysics for a New Millenium”

Suggested preparatory readings: *Wisdom Way of Knowing*, Chapters 4 and 5;  
*Christophany, Integral Spirituality*

### **Class format**

It is expected that this class will be fairly large, and the “conversations” will be in the form of spontaneous teaching from Father Keating (somewhat less spontaneous teaching by Cynthia Bourgeault) and response from the floor.

Questions are invited at any time during the teaching, from the floor or by prior written submission. Since this class is by nature dialogical, the above outline may be modified as the week unfolds according to class interest and/or the intervention of the Holy Spirit.

### **Required Reading**

Thomas Keating, *Manifesting God* (Lantern Books, 2005).

Thomas Keating, *The Common Heart: An Experience of Interreligious Dialogue* (Lantern Books, 2006)

Cynthia Bourgeault, *Centering Prayer and Inner Awakening* (Cowley Publications 2004)

Ken Wilber, *Integral Spirituality* (Integral Books, 2006)

### **Recommended Reading**

Cynthia Bourgeault, *The Wisdom Way of Knowing* (JosseyBass, 2003)

Joseph Chilton Pearce, *The Biology of Transcendence* (Park Street Press, 2002)

Raimon Panikkar, *Christophany* (Orbis Books, 2004)

Wayne Teasdale, *The Mystic Heart* (New World Library, 2001)

### **Course Requirements**

1. All participants are expected to attend class daily and engage the learning process for classroom lectures and seminars. Attendance is mandatory for credit students.
2. All students (credit and audit) are expected to do pre-reading of primary texts for the course, and do limited reading of handouts between classes (approximately one hour per day).
3. In order to receive credit for the course, all students taking the course for any type of credit must read three of the assigned texts.
4. For those taking the course for degree credit, (Diploma, M.Div., M.A.T.S., M.A.R.E., Th.M.), see “**Summer School Degree Credit Evaluation Information**” handout for paper requirements.
5. For those taking the course for Chalmers Institute Summer School Continuing Education credit, see handout, “**Summer School Continuing Education Credit Information,**” for requirements.
  - o For all credit students there will be an extra one-hour meeting with the course grading tutor, additional to class time, for each course, to review credit requirements and decide on an appropriate research topic.

**Father Thomas Keating**, of St. Benedict’s Monastery, Snowmass, Colorado is a Trappist monk and founder of the Contemplative Outreach in Snowmass, Colorado. Father Keating has developed a conceptual background for Centering Prayer bringing together the Christian contemplative tradition with insights from contemporary psychology. His books include, *Open Mind, Open Heart, The Mystery of Christ, Invitation to Love, Intimacy with God, The Human Condition, The Better Part, and The Fruits and Gifts of the Spirit, Manifesting God.*

**Cynthia Bourgeault** has worked with Fr. Keating for 15 years as student, editor, and collaborator. She is a founding director of the Victoria-based Contemplative Society. Cynthia Bourgeault is the author of four books and several teaching CD's, including *Centering Prayer and Inner Awakening*, *The Wisdom Way of Knowing* and *Encountering the Wisdom Jesus; Chanting the Psalms* (2006).

**All books will be available from the UBC Bookstore after May 14<sup>th</sup>.  
604-822-2665; Toll-Free Canada 1-800-661-3889**