

## CONTEMPLATION AND THE CONTEMPLATIVE ATTITUDE

- I. A Basic Presupposition: God communicates with people in the daily events of life.

Contemplation is the cultivated ability to "stand before" these events, to attend to them as other than oneself--while remaining aware of one's own inner responses.

"A long, loving look at the real."

- II. Some things to notice about contemplative activity and the attitude that grows from it:

1. One's focus is outward, not inward.  
What is real? We tend to resist that focus.
2. I become simply present to the other.  
...absorbed/gloriously unhurried  
We tend to resist that presence.
3. I find myself with another, in a mutual relationship.  
...vulnerable/deep feelings/body involvement  
We tend to resist that relationship  
  
I find myself in relationship with the Holy Other  
..."poised unto the holy"...
4. The experience elicits a response from me.  
...attracted/repelled  
We tend to resist the spontaneous response.

- III. In all of this, we are speaking about:

- individual contemplative acts
- the contemplative lifestyle that grows from them
- a contemplative approach to this ministry