

**Handouts for Mystics Retreat**  
**Weber Retreat and Conference Center**  
**August 1-4, 2021**

***Recommended books:***

Thomas Keating, *The Human Condition: Contemplation and Transformation*, Mahwah, New Jersey: Paulist Press, 1999

Thomas Keating, *Open Mind, Open Heart: The Contemplative Dimension of the Gospel*, New York: Bloomsbury, 2006

Judith Halbreich, *The Audacity to Be Divine: A Soul's Journey Towards Illumination*, New York: Austin Macauley Publishers, 2020



**Sunday 7:00 pm**

**Characteristics of Mystics**

1. Mystics seek a closer relationship with God first and foremost. Everything depends on this.
2. Mystics grow closer to God **by** practicing a way to reach a deeper consciousness level to connect directly and experience God in our center within. There are many methods, but most are contemplative. Their practice places them in the present moment with God, and they see that as sacred and precious.
3. Mystics speak with authority that comes from a direct, close relationship with God. Jesus spoke with authority because he was one with our Father. He prayed that we would be one with them. [John 17:21]
4. Mystics travel on a spiritual journey toward unitive, nondual consciousness with God. We see evidence of their progress from the fruits and gifts they receive from Holy Spirit. They suffer difficulties and dark nights. They let go of false programs for happiness that Thomas Keating identified. We will learn about them later. They depend on God for everything. Mystics receive the wisdom and see the right direction to go on the spiritual journey.

Sunday 7:00 pm



## Levels of Spiritual Awareness

