PRIÈRE DE CONSENTEMENT QUÉBEC présente :
Le conférencier KESS FREY,
un proche collaborateur de Thomas Keating

Samedi 21 septembre 2019 de 9:30 à 16:30
Centre Jean-Paul Régimbal : 200, boulevard Robert, Granby, QC, J2H 0R2

Pour réserver ou pour plus de renseignements : Christiane Lampron
Courriel : c.lampron@videotron.ca  Tél. : 819 561-1047
Coût 50,00$ comprend les collations et le repas du midi

Note: Conférence donnée en anglais

Morning Session: The Unfolding of Centering Prayer
This session consists of a detailed and in-depth discussion of this important article by Thomas Keating, which appeared in the December 2017 Contemplative Outreach News. This article outlines Keating’s vision of the spiritual journey from start to finish through the practice of Centering Prayer and the progressive deepening unfolding of the transformative gift of silent contemplation in prayer and daily life.

Afternoon Session: Far Away so Close a New View of the Divine Relationship
A discussion about the origins of our eternal relationship with the Divine and how we may engage it in terms of the four basic levels of relationship identified by Thomas Keating. We’ll also attempt to discuss the divine relationship from the perspective of the Divine Consciousness.

About Kess Frey
Born Jan. 22, 1945 and grew up in Eagle Rock, CA (North Los Angeles). He attended Eagle Rock junior/senior high school, Pasadena City College and graduated in Psychology from the University of California at Irvine in 1968.

Since 1965, he studied Eastern and Western philosophy, psychology and religion with special interest in meditation and depth psychology. His main spiritual teachers have been Lama Anagarika Govinda (German), Chogyam Trungpa Rinpoche (Tibetan), Swami Amar Jyoti (East Indian) and, since 1989, Father Thomas Keating (American).

In 1983 he moved to Anchorage Alaska, where he worked with school age children for 20 years. He currently offers introductory centering prayer workshops, facilitates prayer groups & silent retreats, and is active in prison ministry.

His desire to write came to him spontaneously in his late teens when he awoke in the middle of the night feeling charged with energy and experiencing a flow of ideas and inspiration in his consciousness. He didn’t know where this was coming from but was uplifted by it and has been drawn to writing ever since. This inspiration is a gift that has continued to guide him from within, giving meaning, depth and purpose to his life. He believes such inner guidance is there for everyone, if we simply take time to slow down and be receptive to it. He also believes that we are all connected to the divine Source of life and creation in the deepest center of our being - one together in the love, truth and freedom of non-created Reality or God.