



Spiritual Contemplation

the Practice of Living The Mystical Life

where Man meets God
in Oneness!

facilitation by

Marc Tankeh

Contemplative Pathways

(Our teaching is **timeless** yet very **relevant** today,
profoundly **true**, and yet... *truly simple*.)

An exceedingly fine thread of universal truth and profound spiritual wisdom weaves subtly and invisibly through the great religious systems of the world . . .



...opening the hearts and minds of people to the unseen oneness of everything, in a marvelous unifying experience of...

illumination!

Spiritual contemplation illumines and transforms human awareness, to reveal the indwelling reality and presence of the one Divine Self that we are. **Those who awaken to It are known as mystics.** We invite you to **become one.**

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Our websites —

<https://contemplatingtruth.wordpress.com>

<http://allness.wixsite.com/spiritpathways>



*My eyes
can no
longer hide
the
wondrous
fact
of who
you really
are!*

Hafiz, Sufi Mystic

Divine Feminine/Mother/Goddess/The Human Soul

Oneⁿess is the foundation of all authentic systems of pure spirituality. It is the living cornerstone of **true mysticism*** whether ancient, classic or contemporary.

- ★ **The Infinite Way** — Joel S. Goldsmith
- ★ **Eight Point Program** — Eknath Easwaran
- ★ **The Spiritual Journey** — Fr. Thomas Keating
- ★ **Unity School of Christianity** — The Fillmores
- ★ **Advaita Vedanta** — Vedanta Society/Hinduism
- ★ **Buddhism:** Tibetan **Mahamudra** or **Dzogchen**, Japanese **Zen**, and Chinese **Chán**
- ★ **Taoism** — Indigenous mysticism of China (Lao Tzu)
- ★ **Sufism** — Islamic mysticism
- ★ **Classic Jewish Kabbalah**
- ★ **The Mystery Schools / Gnosticism / Tarot**
- ★ **The Perennial Philosophy / Alchemical Magic**

Modern spirituality and science support the case for a 21st century **contemporary mysticism**—one that is timeless yet **relevant** now; profoundly true, and yet, *truly simple*.

Be part of today's worldwide spiritual awakening— a time of *accelerated* spiritual growth: an opportunity for enlightenment, for transformation and empowerment, and for transcendence, liberation and ascension.

*Our program includes and features the listed sampling of schools or systems.

Enter the Divine Mind to directly experience Truth/Spirit/Self/God.

We enter the silence to consciously experience **Our oneness within the one Mind, God...** withdraw our attention from the manifest realm of effects and turn inward where we seek and find...

God in the silence...

in consciousness where God is directly experienced...

[Unity: 100 Years of Faith and Vision by Unity Books (1988), pp. 18-19.]

Contemplative prayer is the opening of mind and heart—our whole being—to God, the Ultimate Mystery, beyond thoughts, words and emotions... whom we know... is within us, closer than breathing, closer than thinking... than choosing—closer than consciousness itself. Contemplative prayer is... a process of interior purification, leading, if we consent, to divine union.

[Open Mind, Open Heart by Fr. Thomas Keating, OCSO.]

Contemplation refers to a very simple **experience...** an experience of **illuminated consciousness...**

a heightened awareness of God...

when you are totally occupied in being lovingly aware of God... You are united to Him now...

[The Monastic Primer, <http://www.newmelleray.org>.]

The... student must **learn... the nature of God...** By cogitating, pondering, or meditating on the message that you listen to or read you can learn the nature of God...

from within your own being.

The words or the message is the truth about Truth, but **Truth reveals itself to you from within.** The message must be taken into... consciousness and nurtured... like a seed, (until you) **gain the conscious awareness of the presence of God...** the conscious feeling of this inner voice, of this inner Self, of this inner peace... After that, there is no or very little, conscious effort... it all flows from within...

[Joel S. Goldsmith]

Find wholeness and experience healing in all areas and every aspect of your life.

There are no obstacles to illumination apart from the false sense of self we entertain in our conditioned human mind. We realize our spiritual identity and our oneness in God, once we **release humanhood**—the illusory sense of separation from God into which we are born humanly, conditioned mentally, and further reconditioned in life. As individual consciousness is transformed, the false self system is dismantled, and mind is enabled to function infinitely.

The realized wholeness of God-being manifests as your healing.

[Marc of Contemplative Pathways]

Join the many people who are awakening now. Here is **what they are saying about our program.**

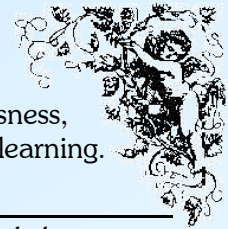
- The thing that has impressed me most about the class is the spirituality that is expressed by the students and the teacher. I truly feel closer to God through the prayerful attitude on the part of everyone. I have had special glimpses of God as Love and have felt very comforted by the insights I have received. — Carolyn H. —
- I want to tell you all how much our weekly coming together in meditation means to me. It has brought much peace in my life. Thank you for your companionship in God awareness. — Sanna C. —
- This... class has become my anchor in my spiritual practice. It is very important to me, and I feel graced and blessed to have found Marc, the teacher. — Terry V. —
- Marc, you have certainly enlightened me and at my age that is a major accomplishment. I do feel that God and I are at One... You keep me in touch with the spirit when I waver... We appreciate your constant search of ways to demonstrate your lessons and help us on our ways. — Juanita H. —
- I love the way Marc teaches and what he teaches. It is like taking a “masters” class... getting your doctorate in understanding higher consciousness. This class is the most inspiring, completely makes mysticism discernable. — Suzanna W. —
- My goal now is to move on to studying the “Silence,” your website has lots of useful information on the subject. I wanted to thank you for helping me in a strange and transitional part of my life. — Alex M. —
- I was scrolling through some spiritual sites on the internet and was overjoyed to stumble across “the Mystical Path”... it is magnificent in its purity, clarity and presentation... it is striking and I am struck... — Anna R. —
- I'm so blessed to have these conversations with you. Thanks for the study material and the ongoing support. — Boban M. —

[Visit <https://contemplatingtruth.wordpress.com/about/feedback/> for more feedback.]

Our “Contemporary Mysticism” Program

And He said, “To you it has been given to know the mysteries of the kingdom of God...” [Mark 4:2; Luke 8:10, NKJV]

Our **developmental program** in **contemporary mysticism** and **integral psycho-spiritual practice** is designed to impart and inculcate the principles of the mystical teaching, to *de-condition* and illumine the mind, and to spiritually liberate individual consciousness, in the course of **living the mystical life** daily. The following are the program’s touchpoints and main areas of coverage and focal learning.



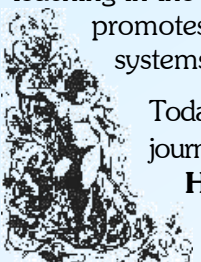
TOUCHPOINT	AREAS OF DEVELOPMENTAL FOCUS AND SPIRITUAL LEARNING
1. Consciousness, mind and awareness	The <i>fabric</i> of consciousness, <i>loom</i> of the mind, the mind-brain <i>connection</i> , the mind-body <i>continuum</i> , the <i>metapsychology</i> of the soul as corroborated by modern science: e.g., medicine, neuroscience, paleoanthropology, quantum and theoretical physics, astrophysics, cosmology, biology, genetics, biblical archeology, studies in metaphysics and human consciousness, <i>etc.</i>
2. Centering practices, contemplation, and meditation in the Spiritual Journey	Unfolding spiritual consciousness, the <i>spectrum of awareness</i> (from everyday waking awareness, to disengagement by relaxation and centering, and to entering the stillness of the single-pointed meditative mind), brain engagement techniques, centering methods, centering as both yogic practice and prayer, deepening <i>inner silence/stillness</i> in contemplation, spiritual rest in God-Presence, cultivating inner receptivity to the <i>still small voice</i> of God, the neuroscience of the contemplation process , <i>etc.</i>
3. Oneness, the true Self, mystical context and content, the transformative experience	The <i>mystery</i> and <i>paradox</i> of mystical oneness, <i>nonduality</i> and <i>indivisibility</i> , developing the soul-senses for illumination through levels of human awareness, from the <i>letter</i> of Truth to its <i>spirit</i> , the God-experience in realizing oneness or Truth, <i>lectio divina</i> as paradigm for growing intimacy in the mystical union , attained Christhood by the realization of the true Self as individual consciousness (Self-realization, God-realization), “domesticating” our pet human beliefs, the no-thingness of here and now, <i>etc.</i>
4. The human condition and the illusory nature of error or evil	The human condition, its origins and human suffering, the spiritual energy centers, the fundamental errors of <i>duality</i> and <i>humanhood</i> , the <i>false self</i> system and its subversive human programs for happiness, creation as mythical and ongoing paradigm, stuck in the primitive earlier phases of evolving human consciousness, finally moving onward to fullness and completion, <i>etc.</i>
5. Healing, karmic law, grace, and the two worlds	Freedom from karma, rising above duality/humanhood, living a life of grace and its fruitage, spiritual mind treatment, spiritual healing as the activity of grace at the center of Spirit-being, resurrection, transfiguration, ascension, the “catch-22” hell of the human condition, <i>IS-ness</i> and <i>suchness</i> , living between two worlds, <i>dying daily</i> to the illusion, overcoming “this world,” back to Paradise, <i>etc.</i>

Our **methodology** is simple: **Learn** and **correctly understand** the *process*, the *content* and the *context* of the spiritual journey... and **practice** well, very well. The program includes *ongoing support for spiritual practice* and **guidance for continuing mystical studies and learning**, whether by yourself or in the nurturing environment of spiritual fellowship and group association.

Program Facilitation

As facilitator, Marc Tankeh teaches *contemplative meditation* within the context of **contemporary mysticism**. His understanding of the mystical life is solidly based on years of personal study, practice, unfoldment, realization, and experience, by which he has received the gifts of spiritual discernment and spiritual transmission (*darshan*). His teaching methodology meaningfully and powerfully shifts consciousness in students through *darshan*. His work is an extraordinary synthesis and integration of the mysticism found in the teachings of modern mystics, notably: Joel S. Goldsmith, Fr. Thomas Keating, Eknath Easwaran, Sri Ramakrishna and his disciples, and the Unity School of Christianity, among other forms and systems of mysticism.

Discovering *The Infinite Way* teaching in the 1970s, Marc has immersed himself in its mysticism, and he has nurtured a *simple* contemplative practice based on its principles. He has a profound spiritual understanding of the *unitive healing message* common to all true mystical teachings. He began teaching in the 1980s tapping into the richness of Christianity first and then eventually to other diverse spiritual cultures and traditions, from which he promotes the **Mystical Life** and the **Spiritual Journey**. Marc fully integrates into the program this extensive synthesis of: the spiritual systems of the major religions, the all-time *perennial philosophy* of mankind, and the corroborative findings of 21st century modern science.



Today, Marc facilitates the mystical teachings under the style name of *Contemplative Pathways*, by which others are enabled to embark on the spiritual journey through living the mystical life. He conducts class and contemplation meetings in the S.F. Bay Area normally in a classroom or other group setting.

His methodology is divinely inspired and rooted firmly in authentic mysticism. His approach is essentially non-denominational, non-sectarian, interfaith, transreligious, and definitively *unitive* or *nondualist*. His contributions to worldwide spiritual awakening and to the global contemplative movement include individual mentoring and direction. (For more, go to <https://contemplatingtruth.wordpress.com/about/services/>.)

Accept the gifts of *darshan* and the **Dharma** from us.

Our website is **The Mystical Path**



at **contemplatingtruth.WordPress.com**.
The site is a recipient of several Internet awards:



This is our **methodology** for **The Spiritual Journey**.

