



Work Group Proposal

From the Bylaws, “The Church of Conscious Harmony exists for the sole purpose of facilitating the spiritual journey for people who want to make God-devotion the center of their lives”. To this end, in addition to the regularly-scheduled core classes (e.g., Lessons in Truth, Simple Explanations of Work Ideas, new member classes, the Gospel & Work class, etc.), a new form of small group spiritual enrichment is encouraged. “Work groups,” are small (generally 7-12 people), self-directed, semester oriented and focused on a particular topic or practice related to the two foundations of the Church: the Christian contemplative tradition and the Work of Inner Christianity.

The aim of Work groups is to provide participants with transforming spiritual enrichment, inspiring love of God and love of neighbor.

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Work Group Title: “Sacred Action Through Ho’oponopono”

Meeting day/time: Mondays 7-8:30pm

Duration: Sept 21 - Nov 23

Purpose or specific aim of Work Group: Using the practices of Ho’oponopono and the Work of Inner Christianity, we wish to initiate a 3-centered purification process leading to a deep understanding that we are 100% responsible for everything in our lives and the world. Through this internal repentance and discernment of ‘whatever breaks our hearts the most,* we embody contemplative movement into sacred action in the world.

Sources for content or practice: 1) Ho’oponopono practice, as taught by Mornah Nalamaku Simeona and Dr. Hew Len, referenced in the book Zero Limits by Joe Vitale and The Easiest Way by Mabel Katz, 2) The Hope: A Guide to Sacred Activism by Andrew Harvey, 3) The Psychological Commentaries on the Teachings of Gurdjieff and Ouspensky by Maurice Nicoll.

Outline and timeline for study and/or practice:

First 5 Weeks

- Read portions of Zero Limits, The Easiest Way and The Commentaries.
- Practice Ho’oponopono in the group.
- Report on experience of the practice, in and outside the group.

Second 5 Weeks

- Read portions of The Hope and The Commentaries.
- Continue practice of Ho’oponopono.
- Report on experience and discernment regarding sacred action.

Prerequisites for participants: Minimum 6 months of participation in Work of Inner Christianity class; daily Centering Prayer practice.

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