



## 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.

∞

**Work Group Title:** “Shadow Dance”

**Meeting day/time:** Friday 6 - 7:15pm

**Duration:** Two semesters; Sept 9 - Dec 2 and spring Work Group term for 12 weeks

**Purpose or specific aim of Work Group:**

- To write our Work autobiographies for the purpose of bringing all to the light for healing.
- To strive to know God through recognizing and letting go of obstacles and opening to the process of surrender.

**Background Ideas:** “To know means to know all: not to know all means not to know.” Mr. Gurdjieff gave the task to the members of his early groups to report on their whole lives from the beginning without suppressing anything. He spoke of this autobiography as “one of the first tests on the way”, a prerequisite for further progress. In the Work of Inner Christianity it is said that “A man’s being, a woman’s being, cannot change beyond a certain point, unless contradictions are seen. To change your being you have to begin to realize contradictions in yourself by direct, uncritical self-observation. . . . Pictures of ourselves prevent us from seeing what we are like. (p 964, Commentaries).

What am I? Is it this body? Is it this mind? Is it the actions and story of a lifetime? J.G. Bennett says that pursued without any compromise a true question finally leads to the vision of God. David Richo says our shadow is “everything about ourselves that we do not know or refuse to know, both dark and light. It is the sum total of the positive and negative traits, feelings, beliefs, and potentials we refuse to identify as our own”. Befriending the shadow makes fear an ally and enables us to live more authentically.

In service to these ideas we will engage in the writing of our autobiography in order to shed light on the Whole, recognize our stories and integrate it all in the great cosmic dance!

**Sources for content or practice:** Shadow Dance by David Richo; Letting Go by David Hawkins; Psychological Commentaries on the Teachings of Gurdjieff and Ouspensky

**Articles-** (will be provided) “Instructions for Writing Your Autobiography”- Tim Cook

**Scripture** “Ye shall know the truth and the truth shall make you free”, John 8:32  
“My power is made perfect in weakness. I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me”, 2 Corinthians 12:9

**Outline and timeline for study and/or practice:** (Suggested readings will be offered prior to each group for application to your life and Work for discussion)

Week 01- Sept 09 - Introduction/Group and Individual Intention; Reading: Introduction to Shadow Dance (pgs 1-9) and The Mechanism of Letting Go ( pgs 8-25)

Week 02- Sept 16 - Process of writing autobiography; Reading: Significance of an Autobiography and Instructions (will be handed out at 1<sup>st</sup> group)

Week 03- Sept 23 - Group will decide weekly on readings

Week 04- Sept 30 - Discussion and autobiography work each week forward

Week 05- Oct 07

Week 06- Oct 14

Week 07- Oct 21

Week 08- Oct 28

Week 09- Nov 4

Week 10- Nov 11

Week 11- Nov 18

Off week of Thanksgiving (Nov 25<sup>th</sup>)

Week 12- Dec 02

**Prerequisites for participants:** 1 years of Centering Prayer practice; 1 year participation in the Work of Inner Christianity class; prior reading of David Hawkins, Letting Go and Shadow Dance by David Richo will be helpful. Copies of these books is required

**Facilitator’s Name:** Jill Frank

**Email:** frank.jill@sbcglobal.net

**Additional comments or considerations:** The group will function much as a second line group with each bringing their Work around the topic and activity to the group for light and digestion. Recommended readings and autobiography writing will be done outside of group. Please prayerfully consider your willingness and ability to commit to two semesters together. The first semester we will focus on building a container of trust, reading Shadow Dance and beginning the process of writing our autobiographies. The second semester we will work towards completion of our autobiographies and presentation to the group. Mr. Gurdjieff says that it is important to commit oneself to telling the story aloud, for the tones and overtones of the delivery can tell much about the degree of truth or falsity moment by moment. We will utilize David Hawkins process of “Letting Go” as well as the principles of the Work of Inner Christianity to non-identify, externally consider and to Self-Remember.