



Work Group Proposal Form

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: “Embodied Spirituality In A Sacred World”

Meeting day/time: Wednesday 7:30-9pm

Duration: January 18 - March 15

Purpose or specific aim of Work Group: A joy to read, this book is not only theoretically sophisticated but is also presented in a way that makes it easy to relate to ones one life.

Sources for content or practice: Embodied Spirituality In A Sacred World by Michael Washburn

Outline and timeline for study and/or practice:

Week 1 - Chap 1

Week 2 - Chap 2

Week 3 - Chap 3

Week 4 - Chap 4

Week 5 - Chap 5

Week 6 - Chap 6

Week 7 - Chap 7

Week 8 - Chap 8

Week 9 - Glossary and review

Prerequisites for participants:

Participants should have solid experience in Centering Prayer and an experienced working relationship to the Work of Inner Christianity. Preference will be given to applicants who endured last year’s offering of Washburn’s, The Ego and The Dynamic Ground. This will not be a teaching but a study and discussion group. Participants must be willing and responsible to make this book their own and to see their own lives through this amazingly gifting work. Participants should understand that attendance at all meetings is required.

Facilitator’s Name: Tim Cook

Additional comments or considerations: From a review on Amazon:

“This book is a gold mine for anyone experiencing "Kundalini Awakening" or simply Awakening or rebirth. Being "born again" is not something that happens in a Christian church. Rebirth is an excruciating process that takes years and years of suffering and hard work. This is why the spiritual path is always portrayed as climbing a mountain or as an uphill struggle. Hercules must first clean the Aegean stables and the Buddha goes in search of enlightenment but first wanders and seeks for years. Jesus suffers horrible agony before he is raised into heaven. All of these myths are about the entirely natural evolutionary process of Awakening...called Kundalini by some and Enlightenment by others. It is also known by other names. Washburn himself experienced the process and is himself Enlightened. He also has a profound knowledge of human psychology and is one of the greatest philosophers of all time. Michael Washburn is highly under rated as a teacher. In this volume, Washburn uses more clinical language and describes spiritual awakening within a scientific, empirical framework. A major benefit of this book is that it dispels wrong teachings on the nature of Humanity and the nature of the Cosmos and how we as evolving individuals are related to the Oneness...the Source of All. Many teachings falsely teach to "get rid of the ego" and "destroy the ego" and etc. This is a false teaching born of ignorance. It is true that the process at first strips the ego or Outer identity. We are brainwashed from birth to believe that our worth and value and Being is based in our socio-economic status, our money, our house, the car we drive etc. This false "self" must be broken. It is more of an "adapted" self. Jung called it the persona or mask. It is a self that is formed largely by the world, our parents and upbringing, and our culture. The problem is that our culture is full of false teachings and memes and produces a false self concept and identity in us. This must be broken and it is extremely painful. ... Old grudges, emotions, shame, guilt, fear, terror, agony, despair, doubt, and every other conceivable darkness. We carry this "karma" in our subtle body. The subtle body is wrongly called the "soul" by religion. Our baggage and karma must be cleansed. It creates blocks in our body(s) that separate us from our own Higher Self, which is located behind the heart. Most of us have unresolved grief and do not know how to process our emotions. Anger, a protective instinctual energy, is taught to be a "bad" emotion. Our emotions and feeling center are largely shamed by our culture...especially in men. We learn to repress and stuff our emotions. These all get stored inside us as energy can never be destroyed. Neither can our emotions and feelings simply be ignored. The process purges us of all this. This takes years and years. The process integrates our ego with our Higher Self. The process also reconnects us to a consciousness of the Source...the One. Washburn rightfully points out the false teachings about "destroying the ego" and such that come from some of the "non-dual" schools that emphasize the One over the Many. One must in actuality come to Realize both the One and the Many. Never listen to anyone that tells you to "get rid of your ego." Sure, the ego experiences a temporary "death" but this death is only so that the person can break outer identifications and re-establish identity and direct connection with their own Higher Nature. The object is to cleanse and heal your suffering and to reunite you with your own Divine Center and also with the Divine Oneness and Source of All. Washburn is brilliant in explaining all of this in easy to understand language. Michael Washburn is vastly under rated and is perhaps the greatest philosopher and teacher of all time.”