
The Journey School

The Journey School is a school of transformative spiritual psychology and practice of The Church of Conscious Harmony.

The Journey School aims to be a spiritual resource for anyone who wishes to more deeply recognize, receive and respond to God as the center of their lives and participate consciously in the transformational spiritual journey into Christ. As such, The Journey School aims to provide the community, structure, teaching and support for the spiritual journey deeper into God's love.

The Journey School Consists of:

A weekly Thursday evening class exploring the ideas and practices of the Work of Inner Christianity integrated with wisdom from the contemplative Christian tradition. While all are encouraged to attend in person, the option for remote participation is available. Visitors are welcome to attend the class.

An annual, yearlong curriculum consisting of a weekly email which includes Scripture, teachings from the Work of Inner Christianity integrated with contemplative Christianity, homework exercises, links to definitions, readings and related resources. Participants in The Journey School are expected to read, reflect and engage the contents of the weekly email.

Weekly Journey Groups, the primary place for the nurturing of spiritual community in a small group setting. Journey Groups involve a one-year commitment, beginning in January and concluding each December. Discussion is shaped by the weekly curriculum content and how participants are engaging with it in their daily lives. Journey Groups are facilitated by a trained Oblate. Both face-to-face and online Journey Group options will be available.

LEVELS OF ENGAGEMENT

1. Receive weekly email only

2. Receive weekly email and participate in a Journey Group

3. Attend the Thursday evening class with the option of having a Work Partner

4. All of the above

5. Participate in all offerings and commit to living the Oblate Rule of Life.

Oblates

The Journey School exists as a means for individuals to make a deep and practical expression of their hunger for God and Ultimate Reality. There is a further opportunity to move deeper by becoming an Oblate of The Church of Conscious Harmony.

An Oblate of CCH consents to journey deeper into Christ, what theologians call *Theosis*, or simply, Love. Participation as an Oblate is a declaration of intentional relationship to the Divine Mystery that is God and to all creation.

To become an Oblate, a vow is taken, renewable each January. The vow is born of a personal hunger and commitment for transformation into Christ and a wish to live a committed life in service of this aim. The vow is to God alone, yet lived out through and with the Church community.

The word Oblate comes from the Latin *Oblatio*, and conveys (1) the action of offering oneself to God and one's spiritual community and its Rule of Life, and (2) the wish to consent more deeply to God in every dimension of one's life.

In making their vow, Oblates commit themselves to God and to living the Oblate Rule of Life so to actively participate in the spiritual journey while engaging the transformative process as "monks in the world." **Oblates fully participate in The Journey School programs** by receiving the weekly email, participating in a Journey Group, and attending the Thursday evening class (with the option of having a Work Partner).

The Oblate Rule of Life

1. Twice daily Centering Prayer practice

A twice-daily practice of 20-30 minutes of Centering Prayer is the foundational and essential practice for consenting to God's presence and action.

2. Daily reading of Scripture

Personal reading of Scripture is a foundational daily monastic practice, for individuals and community. Using a daily liturgical reader, such as *Give Us This Day*, is suggested. We read Scripture through the lens of the ideas of the Work of Inner Christianity and contemplative spirituality. Reading in the manner of *Lectio Divina* is suggested.

3. Daily study and application of the ideas of the Work of Inner Christianity

Ordinarily, this will mean reading and engaging a selection from Maurice Nicoll's Commentaries. However, there are many other resources from enriching teachers such as P.D. Ouspensky, J. G. Bennett, Rebecca Nottingham, et al.

4. Daily conscious movement (e.g., tai chi, yoga, walking)

As incarnated beings, love of God with our whole being must incorporate our bodies, temples of the Spirit. Care and movement of the body are a means of being fully human and integrating the energetic movement that can arise in the body through contemplative practices.

5. Weekly immersion in a Eucharistic worship service

The Eucharist provides an opportunity to see ordinary matter in an extraordinary way, inviting us to perceive the mystery of Christ everywhere and in everything. It is an unbroken transmission of God's love for us and Presence with and within us. Oblates participate in Eucharistic worship at The Church of Conscious Harmony on Sunday mornings or Wednesday evenings. Those who are traveling or live out of town are encouraged to partake in a local Eucharistic service.

6. Spiritual direction with the Minister

We recognize the value in witnessing, confessing, and opening ourselves in vulnerability to another who will individually respond to us, pray with us, and gently guide us in ways we could not do alone.

7. Seva or YES program service

Service to the community and one another is an expression of love for God and one another. Oblates are expected to participate in a Seva team or other similar ministry to the Church community. For those who reside outside of the Austin area, the Oblate selects his/her area of regular service.

8. Commitment to attend a multi-day Centering Prayer retreat

Extended time away from the demands of day-to-day life in the silence with others is a foundational experience in the contemplative life. Oblates are encouraged to attend a 10-day retreat, but any multi-day Centering Prayer retreat will open us to receiving untold gifts of spiritual and psychological fruitfulness.

9. Attendance at the annual weekend Oblate retreat

The annual Oblate retreat provides time away for inspiration and focused community building. Typically, the retreat will begin on a Friday evening and conclude by 5:00 pm Saturday. Oblates coming from out of town are encouraged to stay for the Sunday worship service and enjoy fellowship with the entire Church community.

10. Tithing

We give freely and receive joyfully. Tithing is an expression of valuation and gratitude for the spiritual sources which feed us. Tithing is also a spiritual practice between each of us and God. The practice of tithing brings God into our relationship with money, and through it we acknowledge in faith that God is the true source of our supply. Historically, tithing means contributing 10% of one's income.

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 while living in the ordinary world without the aid of monastery walls. Our aim is to provide the focus, the teaching and the community support required for individuals to grow in self-awareness from the illusion of separate and separative existence to the fully enlightened experience of conscious union with the Living God.

Toward that end, we maintain within the Church a school of transformative spiritual psychology and practice.

-Bylaws

The
**JOURNEY
SCHOOL**



A WISDOM SCHOOL
of
TRANSFORMATIVE
SPIRITUAL PSYCHOLOGY
and
PRACTICE



**THE CHURCH *of*
CONSCIOUS HARMONY**
A CONTEMPLATIVE CHRISTIAN COMMUNITY