May 14, 2020 – The Violence of Negative Emotions  
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**A close up of a sign

Description automatically generated**

Opening reading:

"What do I understand today, and what do I need to understand? Understanding depends on my state of being, on my state of Presence. It is absurd to pretend in my sleep that I wish to Work, while all the time dreaming that I can. Our efforts to Work in life are, first of all, to discover how far we are from our highest possibilities. At the center of our Work is the wish to live in a more real way. … We can be either an unconscious slave or a conscious servant."

*-*Jeanne de Salzmann, *Reality of Being: The Fourth Way of Gurdjieff*

Prayer prior to teaching:

Deliver me, O Jesus,

From the desire of being loved,

From the desire of being extolled,

From the desire of being honored,

From the desire of being praised,

From the desire of being preferred,

From the desire of being consulted,

From the desire of being approved,

From the desire of being popular,

From the fear of being humiliated,

From the fear of being despised,

From the fear of suffering rebukes,

From the fear of being calumniated,

From the fear of being forgotten,

From the fear of being wronged,

From the fear of being ridiculed,

From the fear of being suspected.

Amen.

- a prayer attributed to Mother Teresa