



TRUTH
OPENS
THE EYES OF
OUR HEARTS 2021

Homework

If new to the Work, have you stepped over the threshold of the Way, the place of no going back? What does this mean in terms of life choices?

In the midst of this extraordinary year which no one could have envisioned, have you, nonetheless, experienced glimpses of what has been expressed in this email, with an unutterable sense of peace?

Even if you have been in the Work many years, what have you learned about yourself, God, the world, the cosmos?

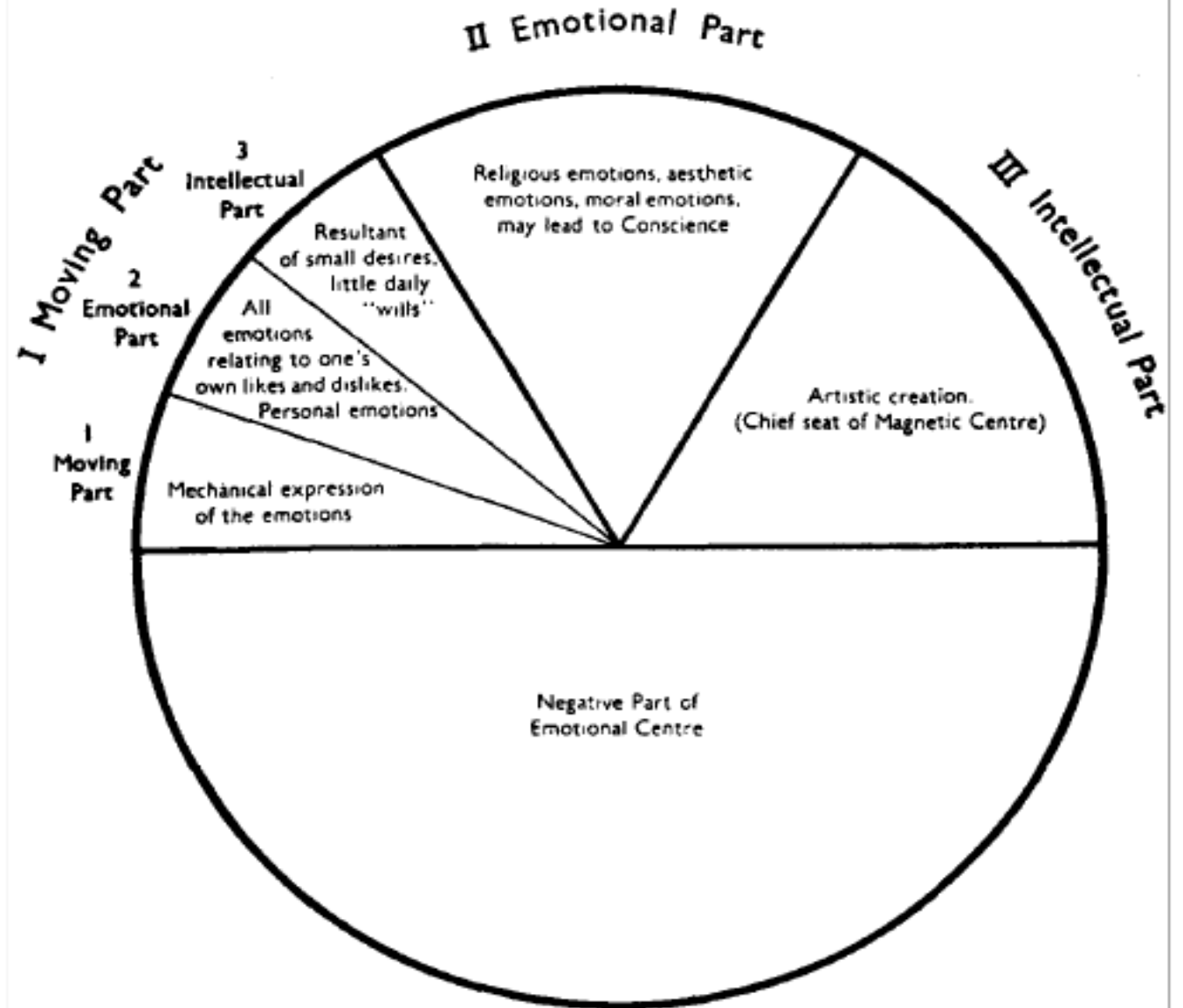
What do you wish to take with you? What do you wish to leave behind? You may wish to craft an affirmation borne of your new understanding for the time ahead.

The Emotional Center



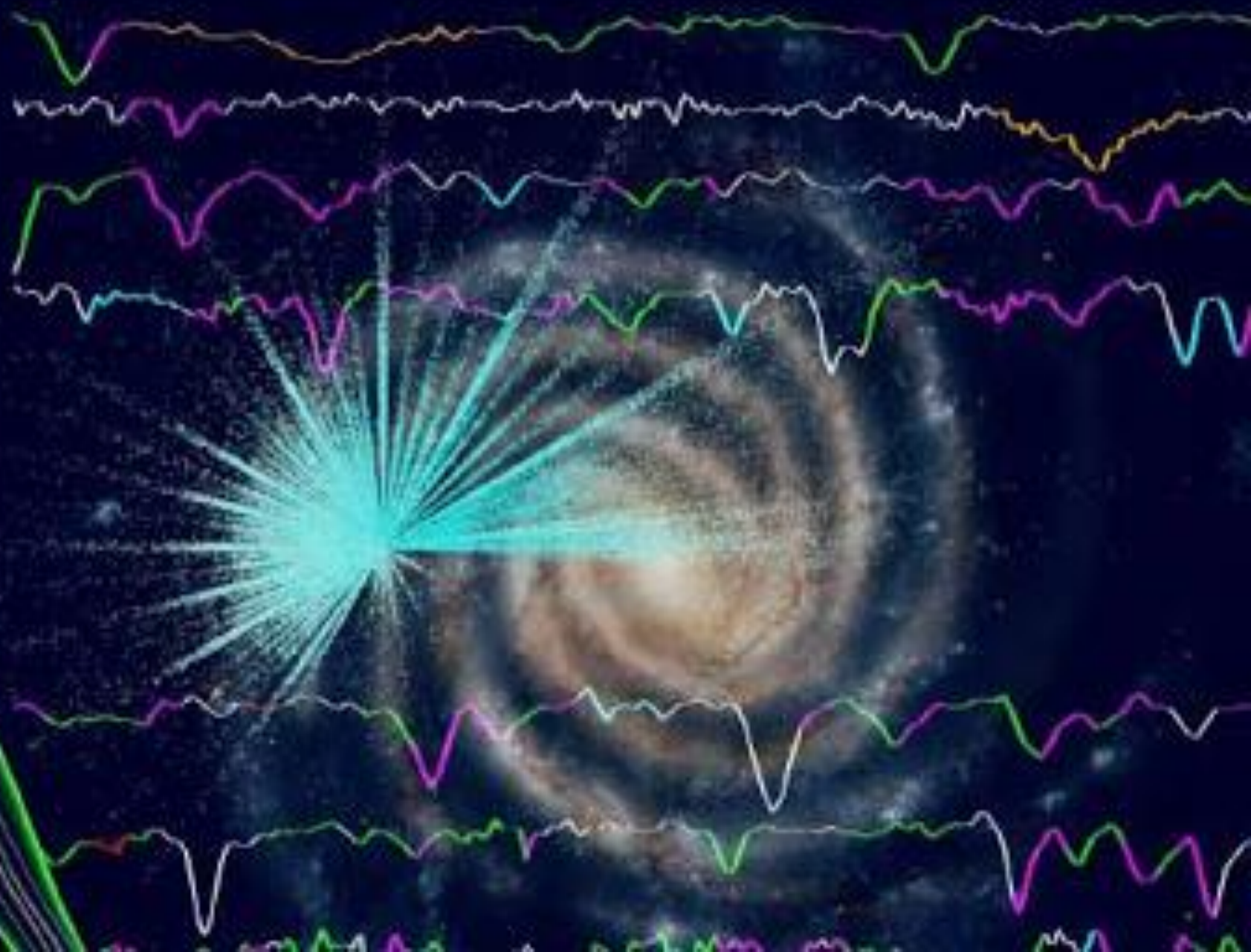
Inner Parts of The Emotional Center

Figure II — Emotional Centre



Inner Parts of Centers

“The idea of inner parts of centers conveys the human experience of inwardness and depth, but the ideas of centers and inner centers does not mean that there are literally different compartments in us. One should think of these centers and inner parts of centers **as operational processes that could occur in greater harmony with one another...**Neurobiology is an especially helpful way of updating and interpreting these mid-20th century Work ideas and diagrams” – *The Journey School, Glossary*



Higher Centers

“Higher emotional and intellectual centers – which, being timeless ... are unlike the ordinary minds [intellectual, moving, emotional centers] – are already developed in us and working but at a pitch too fine for us to ‘hear’ until our lower centers are balanced and purified. Higher emotional center is the seat of conscience and the organ of *individuality*. Higher intellectual center puts one in touch with cosmic principles.” – Beryl Pogson, *Brighton Work Talks*, p. 349

Homework

Until we meet again on January 14, 2021, let us each Wish and Work along these lines: Daily, take time to be still and silent and watch the morning and/or evening light, slowly fade in and out. Observe what emotions arise.

Twice daily, paired with your Centering Prayer, read out loud to yourself, using every center (intellectual, emotional and moving): *Christ's revelation, "I am the Way and the Truth" allows no separation between the Way (means) and its end (Truth). Our end being transformation into Christ, when the Christian comes to the end of his journey there is the same truth he began with, only now unveiled in all its reality and marvel. The journey is one of gradual transformation, **ever seeing and living more profoundly the Truth already with us.** Truth was never somewhere beyond or down the road, it is always here and now, the means (Christ) being the end Itself.* - Bernadette Roberts, "Means-Ends," *The Christian Contemplative Journey, Essays on the Path*, pp. 237-238



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