



TRUTH  
OPENS  
THE EYES OF  
OUR HEARTS 2021

The  
Journey  
School

January 14<sup>th</sup>,  
2021

# Homework from December 10<sup>th</sup>, 2020

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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

# The Emotional center

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# A helpful visualization of our human experience

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UPPER  
STORY



MIDDLE  
STORY



LOWER  
STORY

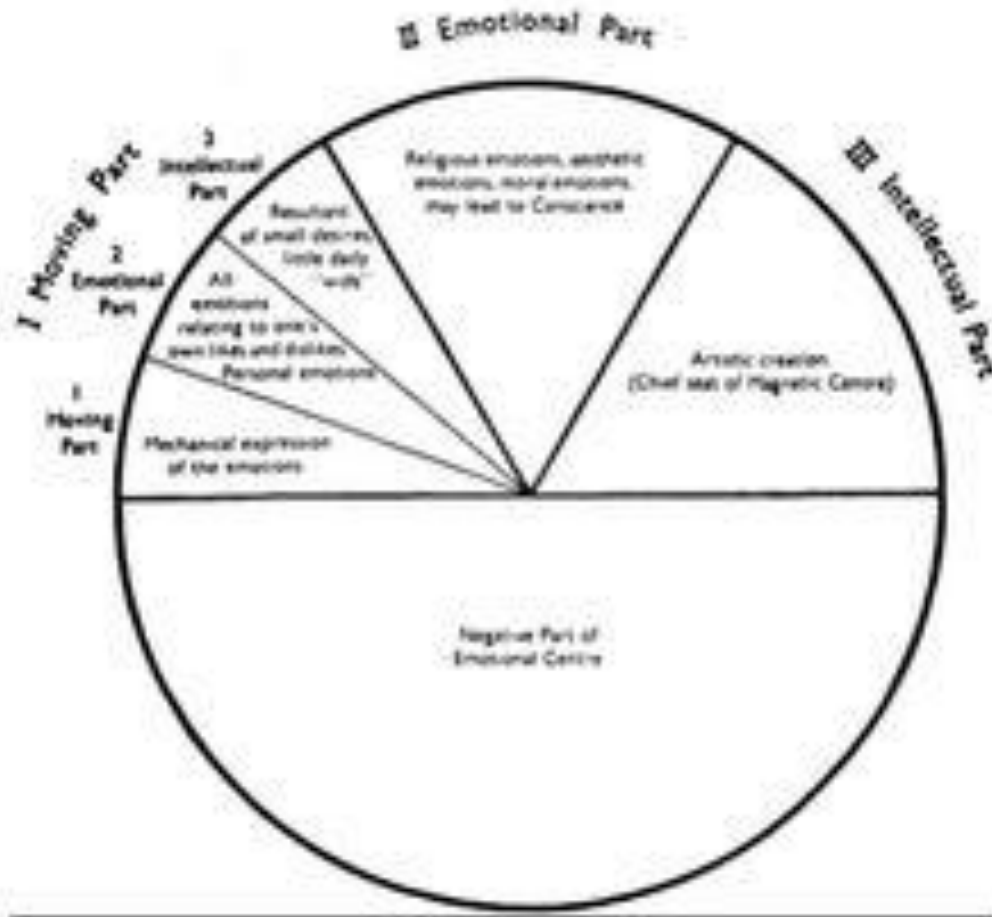


...Another  
perspective

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Figure II — Emotional Centre



# Maurice Nicoll

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*THE THREE PRIMARY CENTERS*

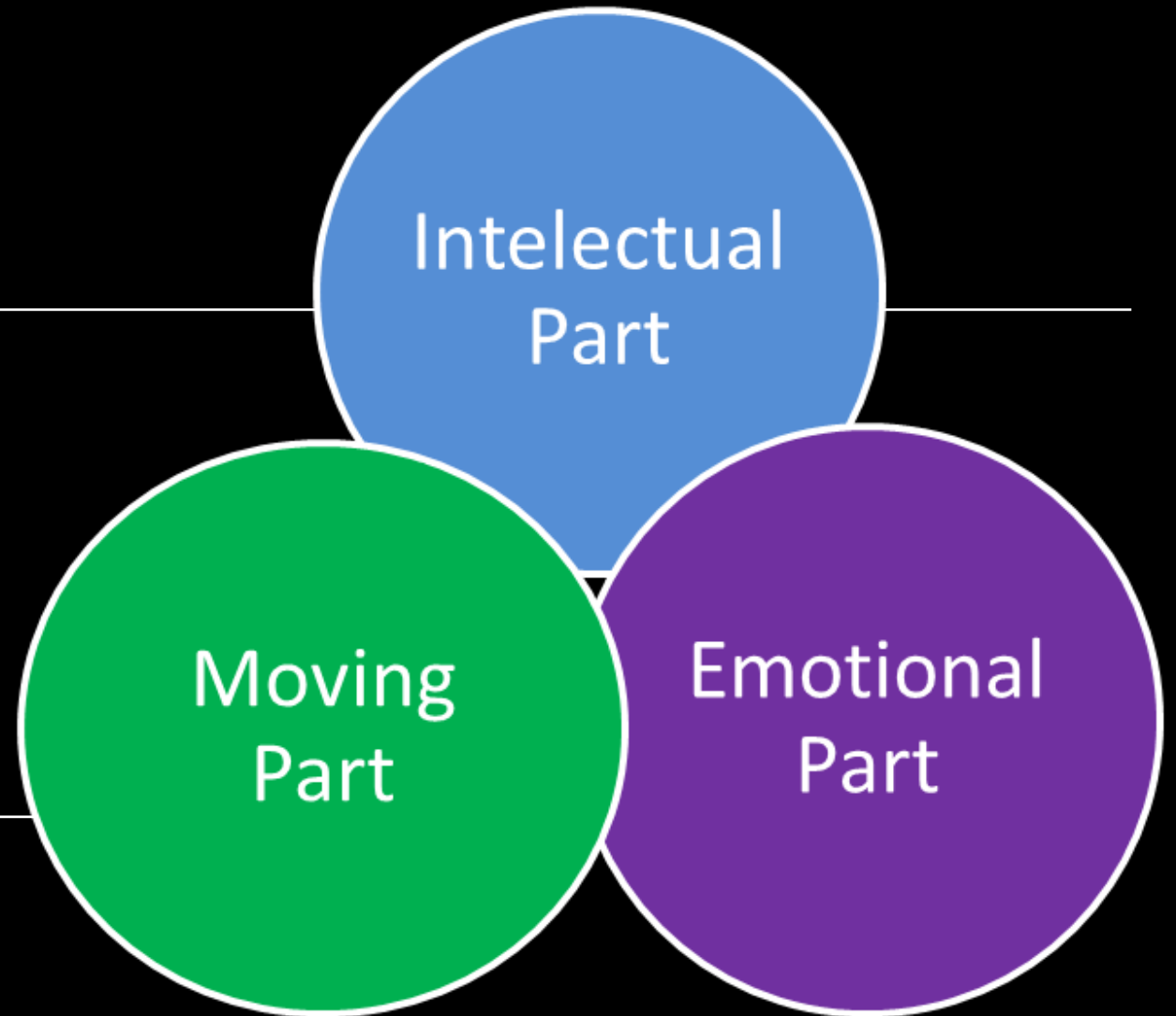
*THE "PIE CHARTS"*

*COMMENTARIES, P. 77*

# Maurice Nicoll

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*THE THREE PRIMARY  
CENTERS*



# The Emotional Center

Inner Parts of the Emotional Center and their functions/processes





THE  
IMPORTANCE  
OF ATTENTION  
– WHERE IT  
GOES OR  
DOES NOT GO

# Emotional Center as a Mind

# Negative & Positive

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"We always think our negative emotions are produced by the fault of other people or by the fault of circumstances. We always think that. Our negative emotions are in ourselves and are produced by ourselves. There is absolutely not a single unavoidable reason why somebody else's action or some circumstance should produce a negative emotion in me. It is only my weakness. No negative emotion can be produced by external causes if we do not want it. We have negative emotions because we permit them, justify them, explain them by external causes, and in this way we do not struggle with them" (P.D. Ouspensky, *The Fourth Way*, p. 71).

# Insights from Neuroscience



Affect Regulation



The capacity to manage the intensity of both our positive and negative emotions.



See PDF Supplemental Reader at end of today's email.

# Homework

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- Read Maurice Nicoll's *Commentaries* on "Wrong Work of Centers" beginning with October 18, 1941 through November 28, 1941, Vol. 1, pp. 68-87.
- Work on seeing your emotional center more completely, including their manifestations in the body. Observe particular feelings, sensations or thoughts. Take notes to help you remember. See what inner parts/processes of the emotional center you can verify for yourself.

# January Aim and Practice

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Journaling is the monthly practice that pairs with our January aim of "Opening." If you don't have a journal already, consider purchasing a notebook and begin journaling this January. Give special attention to observing where you feel constricted and not open. Ask Beloved Source to help you see and be freer through your journaling practice.



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