

*The Body and The
Emotional Center*

PAUSE AND REVIEW

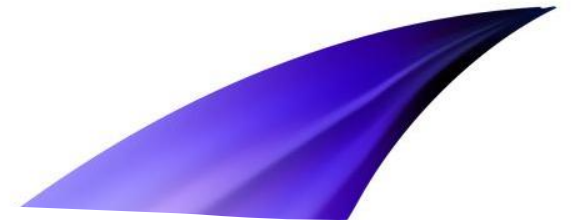
Homework

Read
Commentary
(p 752), "A
Note on
Recurrence"

Observe
what are the
recurrent
themes in
your life?

Ponder one
of the
images

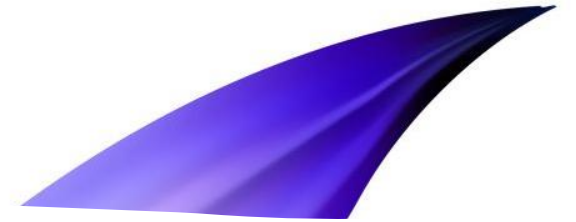
Remember
duty is joy.
Work with
delight – we
have
eternity!



Man 1, 2, 3

We are able to be categorized as 1, 2, or 3 in our mechanicality

We are striving to become Man 4 – Balanced Man



Story and Imagination

Story is the song we sing that holds us back from seeing
Reality

Imaginary pictures of ourselves are formed by our Vanity and
defended by our Pride

Help us identify our point in the Work



Memories and the Moving-Instinctive Center

We have well-worn neuropathways, habits of thinking.

All past experiences are registered in the body-mind

We wish to free ourselves from our mechanical associations

Associations are “T’s” holding hands



Emotions and the Body

We wish to feel our emotions and sense them within our bodies

‘What fires together, wires together’

‘Where attention goes, neurons flow’

Welcoming Prayer



Grounding in Gratitude

- Sit comfortably with feet grounded on the floor.
- Expand arms out to the sides with every inhale.
- With every exhale, place hands to a different region of the body and say the associated gratitude phrase:

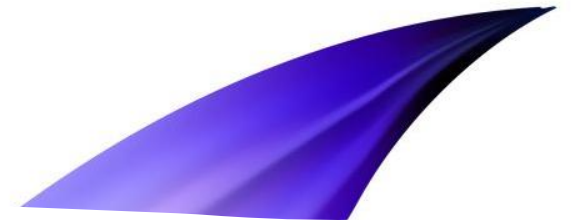
Inhale	Exhale	Say with Exhale
Arms down by sides of chair	Hands on thighs	I am rooted in gratitude
Arms slightly higher than sides of chair	Hands below the navel	I am balanced in gratitude
Arms just below a T	Hands to solar plexus	I am empowered in gratitude
Arms to a T	Hands to heart	I feel gratitude
Arms just above a T	Hands to throat	I speak gratitude
Arms to a Y	Hands to eyebrows	I see gratitude
Arms above your head	Hands to top of head	I am gratitude

The Four Bodies

Our physical humanity is not separate from an indestructible spiritual essence

We are spiritual beings having an human experience

Grounding our bodies in gratitude, gives us the gift of choice

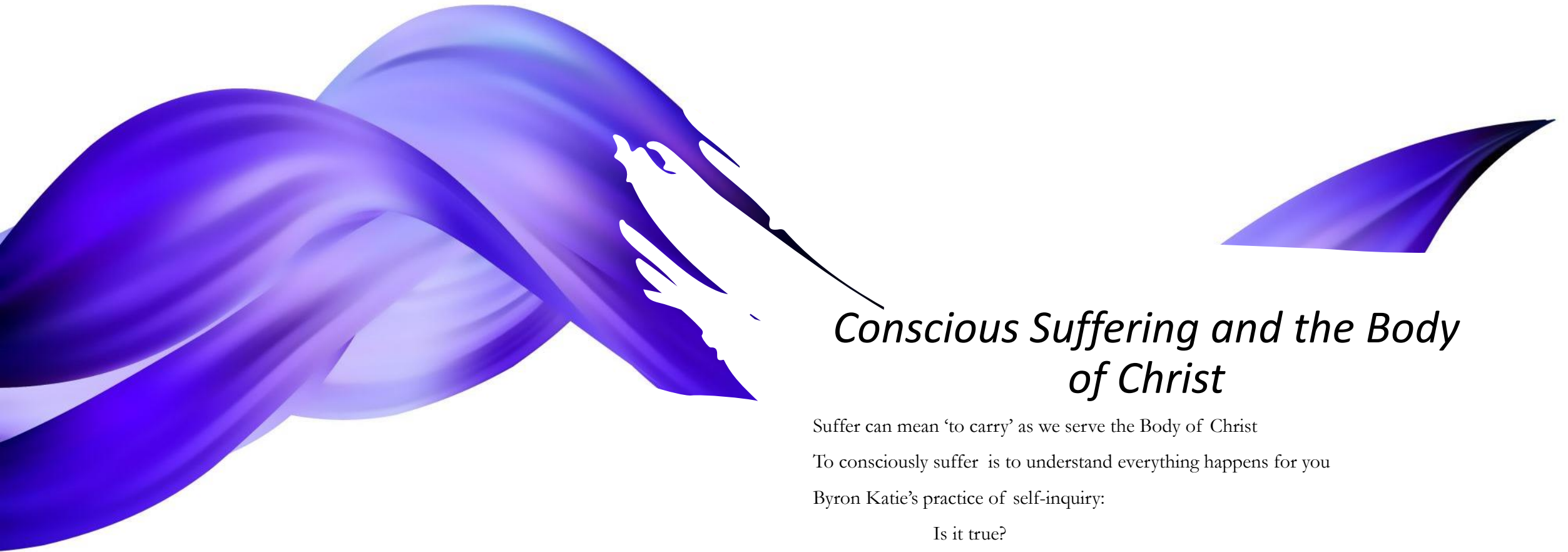


Time Body (Parts I and II)

Time is breath

Our Time-Body becomes a bridge of conscious connection between the past and the future

The past, present and future are in a functional relationship



Conscious Suffering and the Body of Christ

Suffer can mean 'to carry' as we serve the Body of Christ

To consciously suffer is to understand everything happens for you

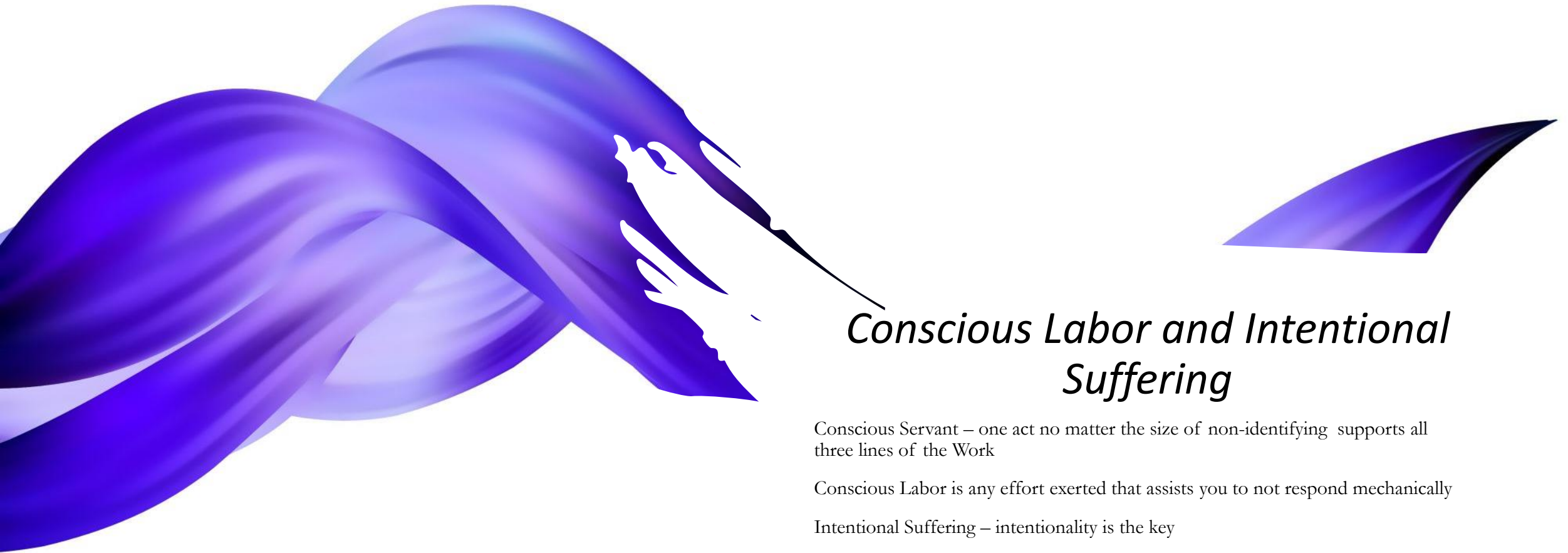
Byron Katie's practice of self-inquiry:

Is it true?

Can you absolutely know it's true?

How do you react, what happens when you believe the thought?

Who would you be (or who are you) without the thought?



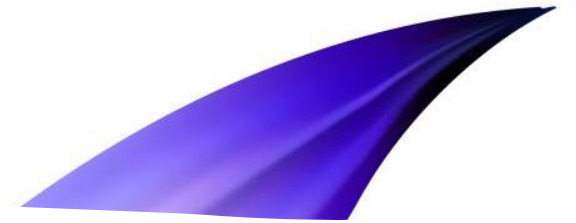
Conscious Labor and Intentional Suffering

Conscious Servant – one act no matter the size of non-identifying supports all three lines of the Work

Conscious Labor is any effort exerted that assists you to not respond mechanically

Intentional Suffering – intentionality is the key

Reciprocal Maintenance – we receive and transmit energy; we are nourished and we nourish others



Recurrence and Change

Time is not linear

What we do and think now affects us and people past,
present and future



Homework

1. Reflect and listen for any idea that comes to meet you, perhaps returning to the in-depth exploration of the original email. study the diagrams; gaze upon the images, taking in their impressions, allowing them to enliven your emotional center. Rest. give gratitude for this precious life in all its wondrous, evolving, infinitely great and infinitely small expressions.
2. Re-visit the subtle-yoga practice: "Grounding in Gratitude" from March 4-11.
3. Participate in this Easter octave – go through your small, daily crucifixions, to your resurrection and ascension. Constate the feelings and sensations. Know this higher state is yours.