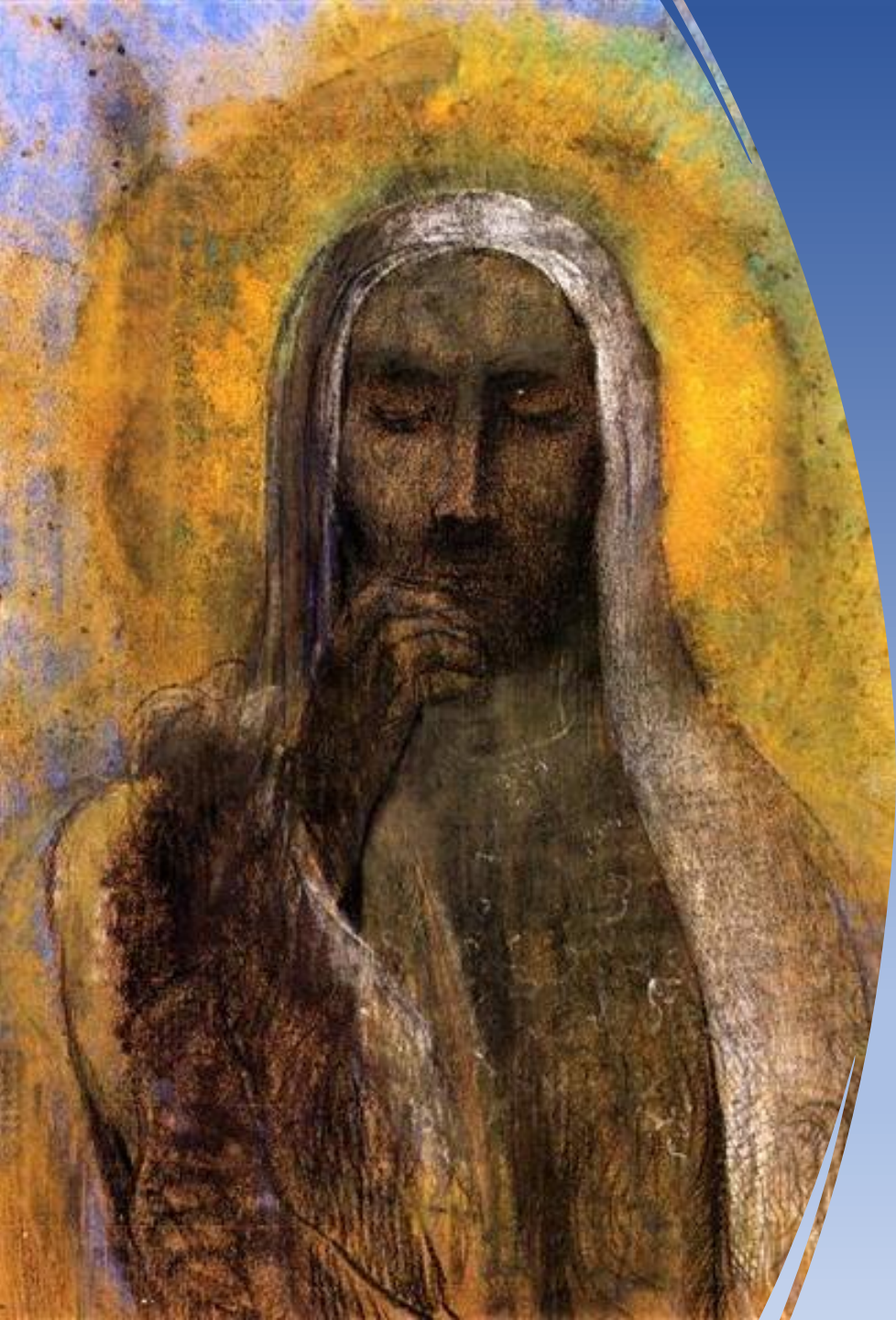




*The unbounded spaciousness
of Silence,
filled with the clear light
of Awareness,
dissolves the roots of pain
and sorrow.*

- Kalidas (Lawrence Edwards), *Take Refuge in
Silence*



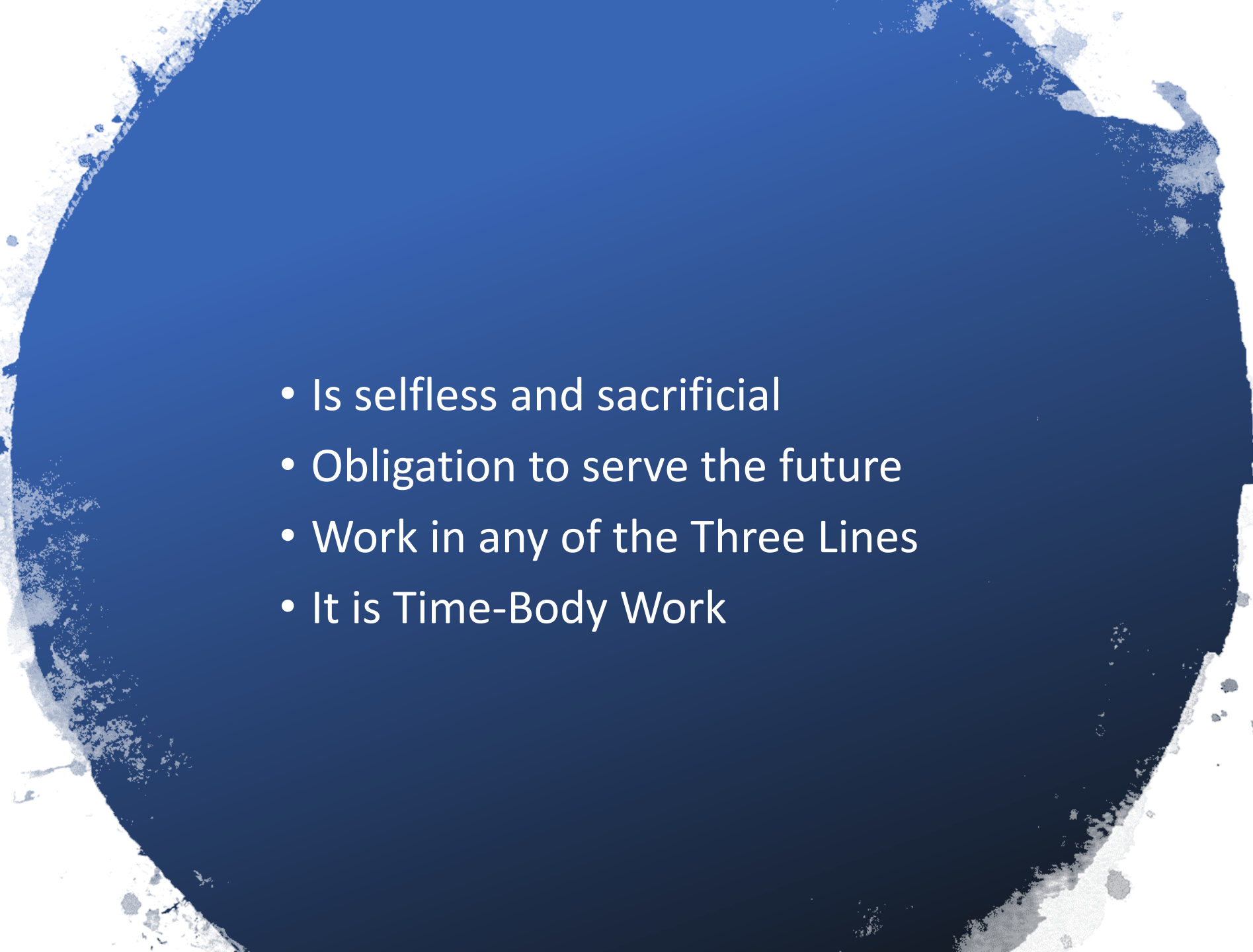
Homework

- Explore self-inquiry by using the four questions and turnarounds on a stressful thought or belief that arises this week. You can go to Katie's website for help if you become confused or would like more information.
- Experiment with using Questions 1, 2 and/or 4 as an in-the-moment practice of non-identification.
- Practice seeing and experiencing reality without labels and associations at various times throughout the day. This is an especially wonderful practice when taking a walk in nature. Use all your senses, being present to sight, touch, taste, smell and sounds. Stay grounded in the body, and just experience.
- Videos

Conscious Labor

“...it is not the scale of the undertaking but the honesty of the struggle that reverses the direction of flow.”

- Cynthia Bourgeault, *Eye Of The Heart*

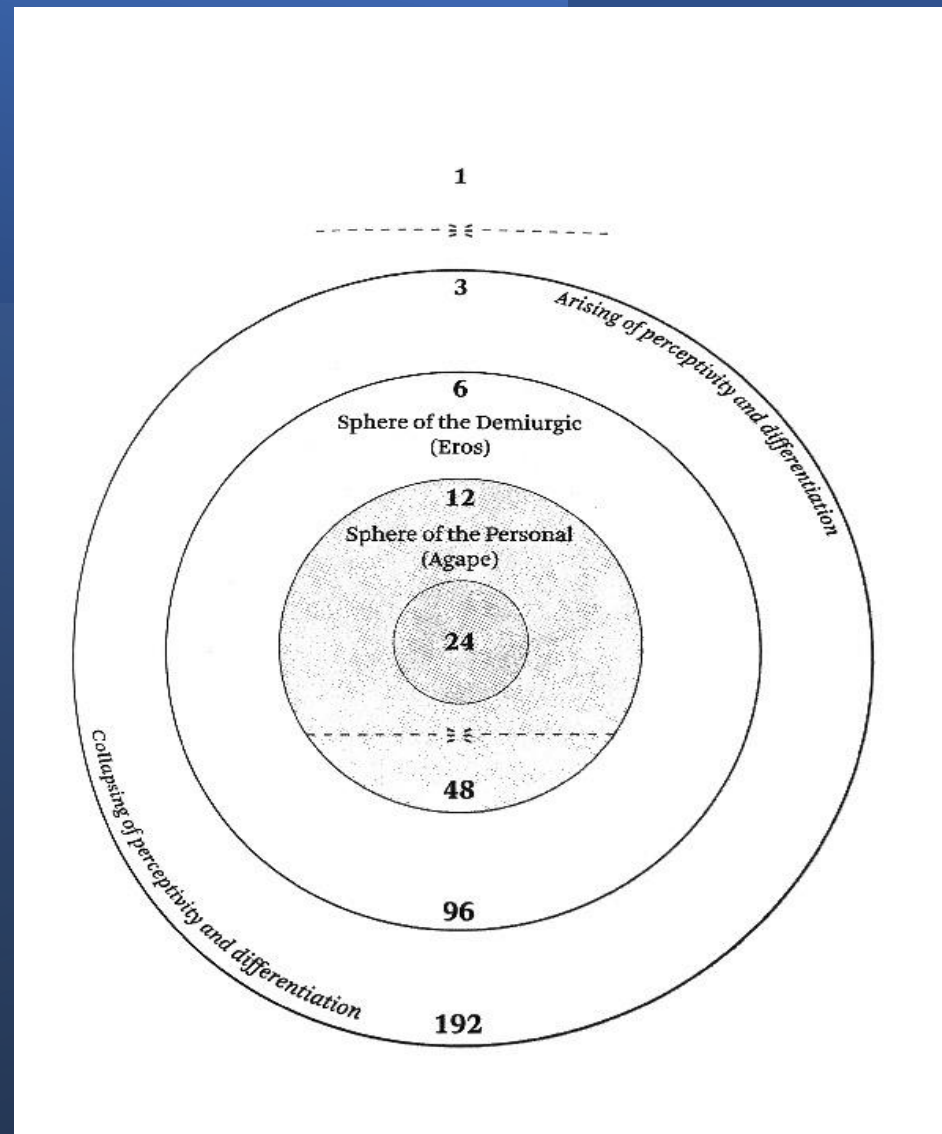
- 
- Is selfless and sacrificial
 - Obligation to serve the future
 - Work in any of the Three Lines
 - It is Time-Body Work

Intentional Suffering

- Consciousness and will
- Awakened experience of intensity
- We bear suffering without becoming hopeless, without projecting

ABSOLUTE	1	do
ALL WORLDS	3	si
ALL SUNS	6	la
SUN	12	sol
ALL PLANETS	24	fa
EARTH	48	mi
MOON	96	re
ABSOLUTE	▼	do

Gurdjieff Ray of Creation



Chiasmic Form of the Ray of Creation
(Cynthia Bourgeault)



Homework

- As a review, and/or for more insights, read last July's email on conscious labor and intentional suffering [here](#) and last September's email on reciprocal maintenance [here](#).
- Do your Work this week with the intention of serving the future of humanity, while keeping in mind the idea of the exchange of energies with the imaginal realm. How does this impact the feeling and sense of your Work, if at all?
- Added from class: Read chapter seven, *What Are We Here For?* in *Eye Of The Heart*

April Practice

The April Practice is silence. Silence is also a kind of inner stillness and it can be especially meaningful when one does an act of conscious labor and intentional suffering without inner commentary about it.