

Homework - Pause and Review

- 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.
- Re-visit the subtle-yoga practice: "[Grounding in Gratitude](#)" from March 4-11.
- 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.

Programs for Happiness

Overview

The Desire for Happiness



“The desire for happiness is itself an infallible sign of God’s presence.

...Humans have a sense they’re looking for **something more...**

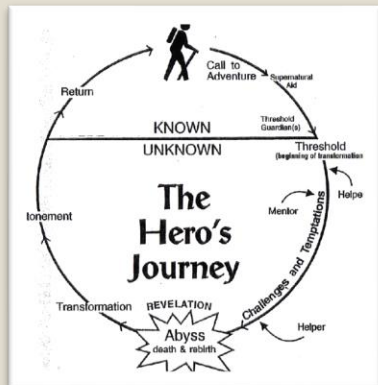
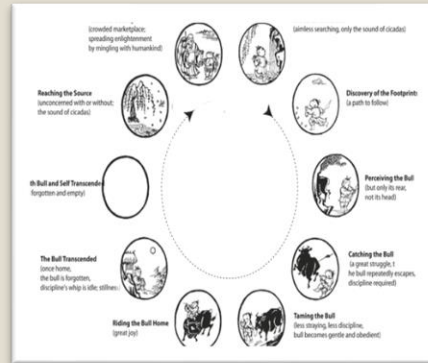
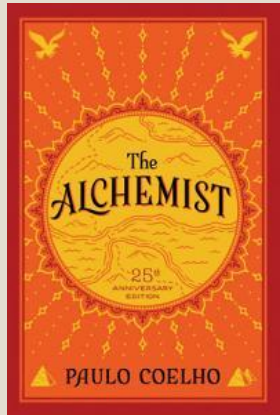
...that ‘something more’ is that **uneasy feeling** that causes many people, if they listen to that invitation, to go searching for a deeper *meaning in life.*”

~*Thomas Keating*

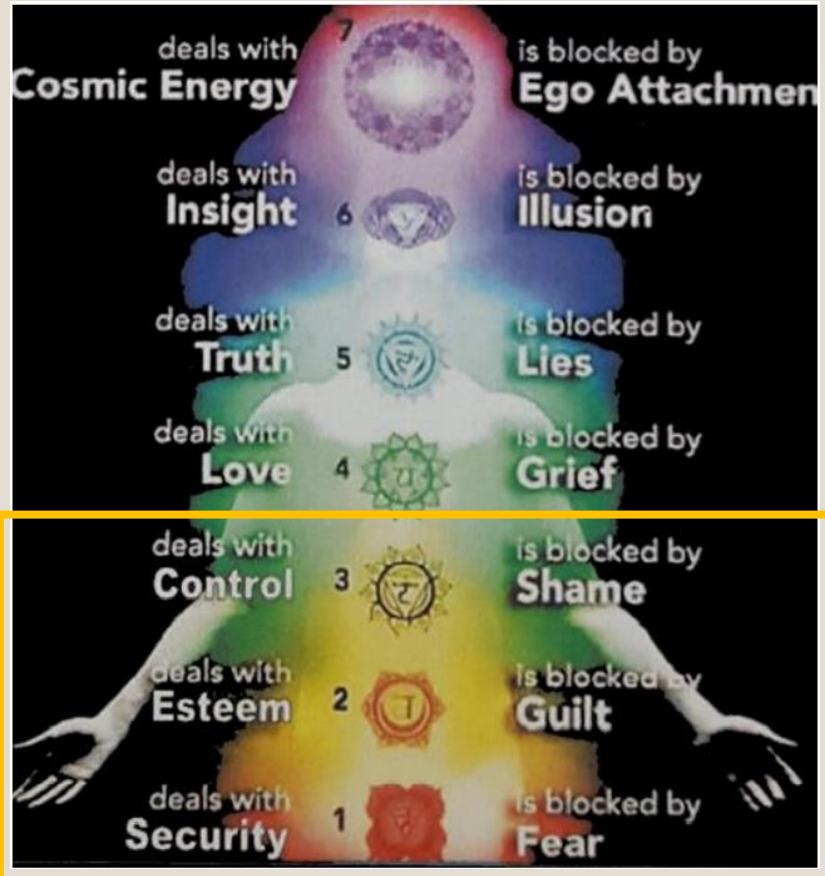
The Search for Meaning

“IT IS ONLY WHEN YOU REALIZE LIFE IS TAKING YOU NOWHERE THAT IT BEGINS TO HAVE MEANING.”

MR. O. – COMMENTARY ON MEANING, P62



The Programs for Happiness



- We are born with 3 essential biological needs
- Experienced negatively in childhood, we bring them to adulthood
- Manifests its radical self-centeredness in human activity

Power and Control

Affection and Esteem

Survival and Security

The Programs for Happiness & The Work

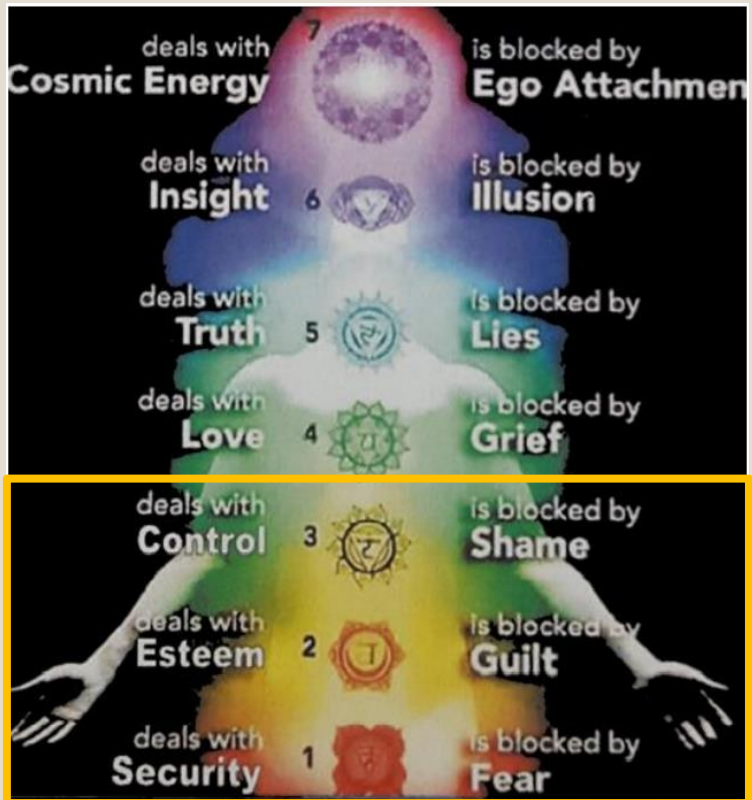
“The fundamental cause of...misunderstandings arising the inner world of Man, as well as the common life of people, is chiefly due to a psychological factor found in Mans’ Being at an early age and due to a wrong education.

It was emphasized in the most solemn way that the happiness of Man...depends in the great majority of cases exclusively on the absence in us of the feelings of Vanity and Self Conceit.”

~Commentaries, P 837

Awareness Through The Work of Inner Christianity

The What: Programs for Happiness



The How: The Work of Inner Christianity

Self-Observation - Examine Prevailing Thoughts

- ▶ Gather all the available facts

Non-Identify - Listen (Life as Teacher)

- ▶ Objectively review all the facts

Self-Remember - Time Body

- ▶ I've seen this problem before

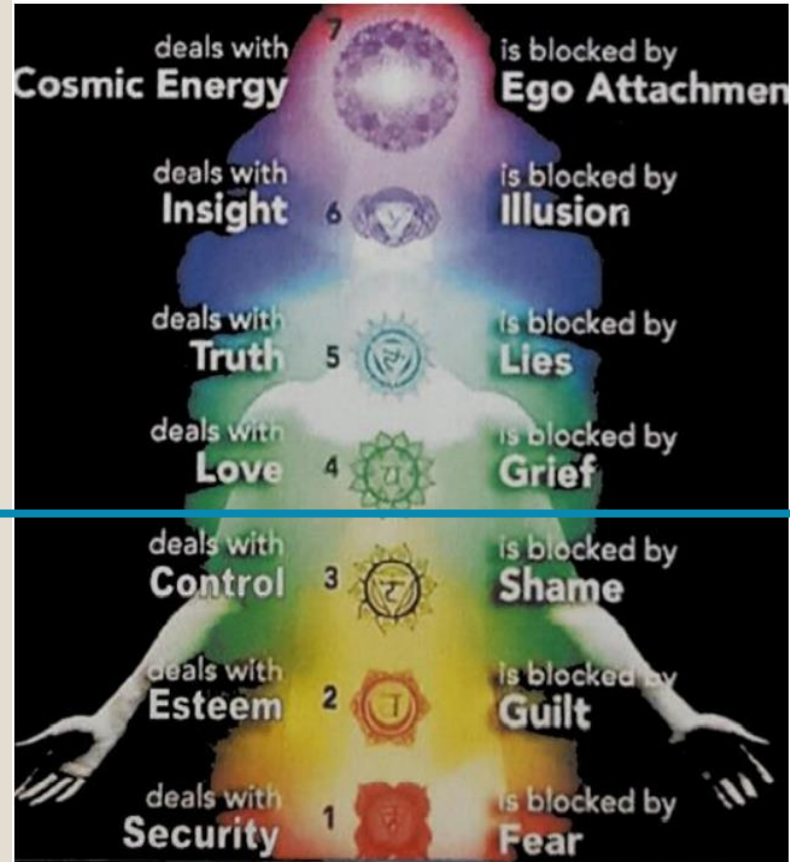
Associations

“To think from a powerful idea is to think in a new way. This means that new connections and associations are made in the mind and the psychic energy begins to traverse new paths. This is always a good experience. This making of new connections opens up the mind and gives new force.”

The Commentaries

A Model Borne of Reflection

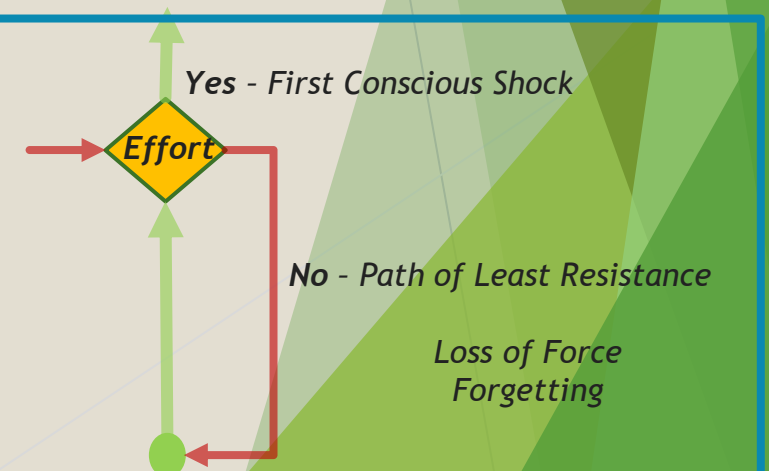
Programs for Happiness And Chakras



Our Focus Today

The Ray of Creation and The Work Octave

DO	New Creation <i>Semi-Tone</i>
SI	Metanoia
LA	Prevent
SOL	Predictable
FA	Self-Remembering <i>Semi-Tone - Crisis</i>
MI	Non-Identify
RE	Self-Observe
DO	A New Problem Arises



Homework

- Read Maurice Nicoll's *Commentary*, "Commentary on Meaning," September 21, 1941, Vol. 1, pp. 62-61.
- You may wish to [view this video, "The Pursuit of Happiness,"](#) excerpted from the DVD series, *Heartfulness: Transformation in Christ*, with Thomas Keating and Betty Sue Flowers. It is about 10 minutes in length and was used in our 2019 curriculum.
- Begin to look at the earthly treasures that you've worked so diligently to acquire: money, real estate, fine clothes, art, degrees, roles, skills, even spiritual practices - measures of imaginary I , thus, making you worthy of respect. All these will be given up at some point. That is the radical invitation of transformation into Christ. What is left?
- Gaze upon the image: how does it inform the teaching?