

# Homework

- Self-observe or remember in your [time-body](#) an experience of lust or greed. What thoughts are evoked? What sensations? What emotions?
- If experiencing lust or greed, employ the practical exercises above. What did you observe? Without story or personal details, and with appropriate boundaries, consider sharing your observation(s) in your Journey Group or in the Thursday night class.

Intellectually, engage the mind by changing what you think about. We can usually only think about one thing at a time, so the first line of defense, before one is fully snagged into the emotion or passion, is to change the focus of your attention intellectually: think about something different. Feed yourself different impressions. Similarly, make efforts to avoid influences, situations, events and habits that trigger the thoughts. Memorizing a meaningful passage of scripture or wisdom teaching to call to mind in moments of temptation is also very helpful.

Physically, move your body. Breath and movement help to [channel the energy in a different way](#) . Move away from any source of temptation. Turn off the TV, computer or simply walk away from something that triggers lust or greed.

Emotionally, engage the will in a new way. The classic universal remedy for dealing with the energies of lust and greed is to practice some form of abstinence, chastity and humility. Interestingly, the first Christian monks realized that fasting from food helped control other passions. Monks discovered that they didn't struggle so much with lust or greed when they were hungry – only when they were well fed. In addition, the energy of sex center is fundamentally the energy of creation; engage in creative activities like art and crafts, photography, cooking, writing, coloring, sewing, knitting, woodworking – esthetic and creative pursuits that engage the emotional part of the emotional center.

Shift your attention off of yourself to someone else, such as giving to others in need, or visiting the sick, or feeding the homeless.

## Vanity and Pride

These two giants walk in front of us and decide everything beforehand and may sometimes cooperate and sometimes be antagonistic. This is why it is difficult to define any particular action as being due exclusively to either one or the other.

Both are connected with self-love and can be quite different so that one opposes the other: a compliment makes your vanity delighted but your pride feel awkward.

Vanity has a different internal taste from pride:

You may be proud of a new car and vain when sitting in it.

You may be even more proud of an old car and certainly not vain sitting in it.

Vanity is usually connected with making an impression on other people; it needs an audience. Think of getting dressed up.

Both are often dependent on social image and expressions via possessions, publicity, titles, wealth, etc.

Vanity may want me to show off, be important, and it may be pride that would prevent me from doing this.

Pride can make you ashamed of not knowing something and vanity can make you pretend to know it.

It is usually vanity that causes self-justifying, an expression of the false personality defending itself. Pride can make us ashamed of self-justifying.

The downside of pride is arrogance, personal superiority and denial. This blocks growth to courage and beyond.

When you ascribe some success to yourself, it goes to strengthen the false personality and so increase the vanity in you. The error occurs when the view is that it is the “me” that is being rewarded rather than the behavior itself.

## What is useful and useless in connection with the Work

Pride can digress into shame and genuine pride can turn into real shame and humility in the presence of what is higher.

Pride can become part of the Will but vanity can not.

Vanity is always wrong except, as it were, in very small doses.

Pride is apt to walk in an opposite direction to the other giants and our days become a battle between them. Pride often refuses to let one give into laziness.

## Dualities of Pride

Attraction	Aversion
Vain, proud	Humility, humble
Be more	Be <u>less</u>
Important	Nobody
Admired	Looked down on
Status	Common, ordinary
Noticed	Ignored
Special	Ordinary
Better than	<u>The</u> same
Superior	Inferior
Attractive, fashionable	Dull
Be right	<u>Wrong</u>
Opinionated	Silent
Thrill	Dull, pedestrian
Insider	Excluded
Exclusive	Common
Succeed	Fail



## From Transcending the Levels of Consciousness

Humility is not just an attitude but also a reality based on facts. With inner honesty, a devotee needs to realize the imitations inherent in just being a human. A 'person' does not really know 'who' or 'what' they are, where they came from, or their destiny, and they are unaware of a multitude of karmic factors, both individual and collective.

"I, of myself, really know nothing" is factual, for at best, the mind has impressions and presumptions. Life 'makes sense' only in retrospect. Spiritual practices accompanied by devotion provide additional strength and enlist unseen support. Thus, faith, and trust plus willingness and intention are time-honored guides.