



TRUTH  
OPENS  
THE EYES OF  
OUR HEARTS 2021

The  
Journey  
School

May 13<sup>th</sup>  
2021

# Homework from May 6<sup>th</sup>, 2021

## Thank you Ken!

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- Read Maurice Nicoll's *Commentary*, "Commentary on Meaning," September 21, 1941, Vol. 1, pp. 62-61.
- Begin to look at the earthly treasures that you've worked so diligently to acquire, such as 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?



“Deadly  
Thoughts”

1. Gluttony
2. Lust
3. Greed
4. Sadness
5. Anger
6. Despondency
7. Vanity
8. Pride

# Transforming the Passions

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Lust  
&  
Greed



# Defining Terms

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Lust = *Porne* (Greek) = Loveless Sex. Self-centered. NOT Eros, sexuality. Evagrius defined *Porne* as “lusting after bodies.”

Greed = Insatiable desire, the will toward accumulation for the sake of accumulation. To possess and in so doing become possessed by possessions.

# Transforming the Passions

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Lust  
&  
Greed

“It is not in our power to determine whether we are disturbed by these thoughts, but it is up to us to decide [Will& Work] if these thoughts are to linger [get identified] within us or not, and whether we will let them stir up further passions.” - Evagrius





“There are three reasons for the love of money: Love of pleasure. Vanity. Lack of faith. Lack of faith is worse than the other two.”

– Maximus the Confessor

# Transforming the Passions

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## Other Wisdom from the Eastern Monks

1. Avoiding the consent to “sin.”
2. Hesychia, cultivating peace of heart
3. Guarding the heart and intellect
4. Attentiveness [Prosoche] and watchfulness [Nepsis]
5. Counter-thought and Counter-speak [Affirmations]
6. Sharing with an Elder and requesting wise counsel
7. Cultivating Apatheia = the state of Self-Remembering

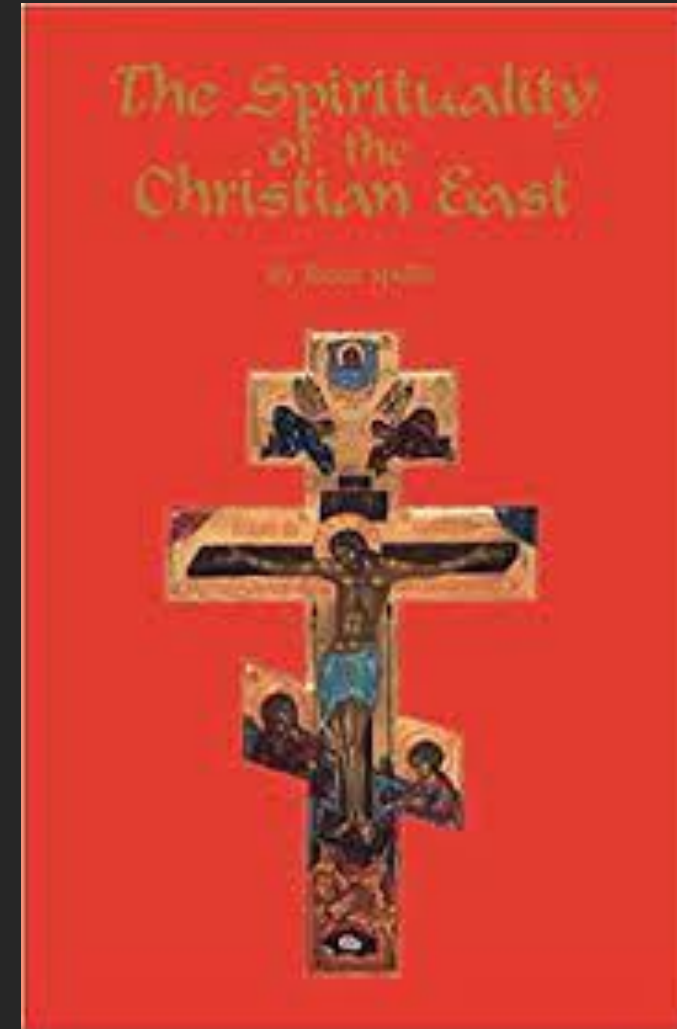


# The Spirituality of the Christian East

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by Tomas Spidlik

Especially pages 237 – 282.



# A helpful visualization of our human experience

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UPPER  
STORY

INTELLECTUAL  
CENTER

HIGHER  
INTELLECTUAL  
CENTER

MIDDLE  
STORY

EMOTIONAL  
CENTER

HIGHER  
EMOTIONAL  
CENTER

LOWER  
STORY

MOVING  
CENTER

INSTINCTIVE  
CENTER

SEXUAL  
CENTER

# Transforming the Passions

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## The Food of Impressions

“I didn’t know I wanted it  
until I saw it.”

“Who would I be without  
this thought, emotion,  
sensation?”

# Homework for Next Week

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- Read P.D. Ouspensky, [In Search of the Miraculous](#), Chapter 12, pp. 261-266.
- 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.
- Watch Thomas Keating's videos "Frustrations Caused by The Emotional Programs," [Part 1](#) and [Part 2](#), from the *Spiritual Journey* series.



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