

# Homework

- What comes to meet you? Observe your attitudes and impressions of the Dark Nights.
- As Cynthia Bourgeault noted: "No more wallowing or clinging; it's transforming all the way" (*Eye of The Heart*), p. 111). Examen: Where am I wallowing or clinging?
- If you've not already done so, watch Fr. Thomas' [snapshot video](#) on unloading. It is only one minute in duration. Or, his video on [The Night of the Spirit](#), which is 26 minutes in duration. Or, [The Night of Sense](#) which is 19 minutes in duration.



# WILL

The Wish 'To Be'

# The Three Story House

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**Intellectual**

Consciousness

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**Emotional**

Will

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**Instinct-Moving**

Attention

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# What Do We Mean?

<b>Attention</b>	<b>Will</b>	<b>Consciousness</b>
Moves us from our mechanical parts of certes to higher parts	Resides in the Emotional Center	Is a state of Self-Remembering
Three kinds of attention	Applying Knowledge to Being increases our Will	Sees and knows
Centering Prayer is total attention	Unites things in right order	Leads us to serve the Divine Being within us

# The Stairway to Heaven

Higher Good

Higher Truth

Higher Good

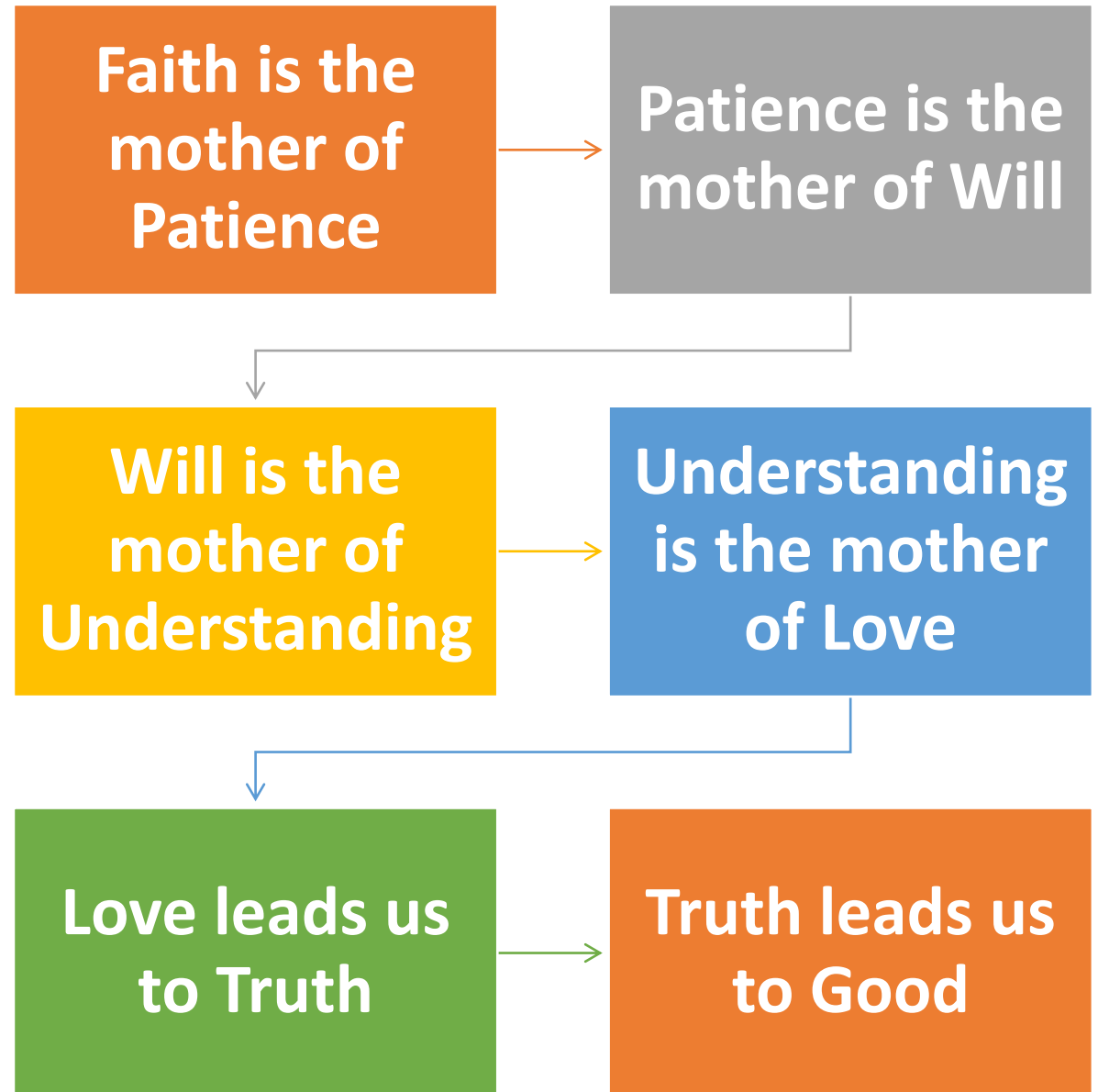
Higher Truth

Good

Truth



# Path of Growth of Consciousness



# The Work Octave

## The Work Octave

Do

SHOCK

Si – doing

La – willing

Sol – aim

Fa – understanding

SHOCK

Mi – acknowledging (difficulty)

Re – knowing (application of Work ideas)

Do—hearing (valuation)

## Bishop Fenelon (b 1651 – d 1715)

“God has endowed us with free will in order that we may have something real to offer to God. We have nothing to call our own except our will. Sickness takes away health and life. Riches melt away. Mental powers depend upon a person's bodily strength. The one and only thing really ours is our will. As we let go of all our small wills and empty ourselves of attachments, we begin to align our will with God's will.”



- Read this message and its various links several times aloud in the coming week. Reflect back upon your reasons for joining The Journey School. Ask oneself: Where am I in relation to my original intention, my daily Centering Prayer practice, my wish for transformation into Christ? If having made the Oblate vow, where am I in my commitments?
- The Work teaches that each struggle with Yes and No is a necessary and worthy part of the transformation process; thus, any perceived failure is not a cause for recrimination and self-justifying, only awareness and [self-observation](#).
- Observe throughout the week the movements of attention, consciousness and will and the relationship between the three.

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