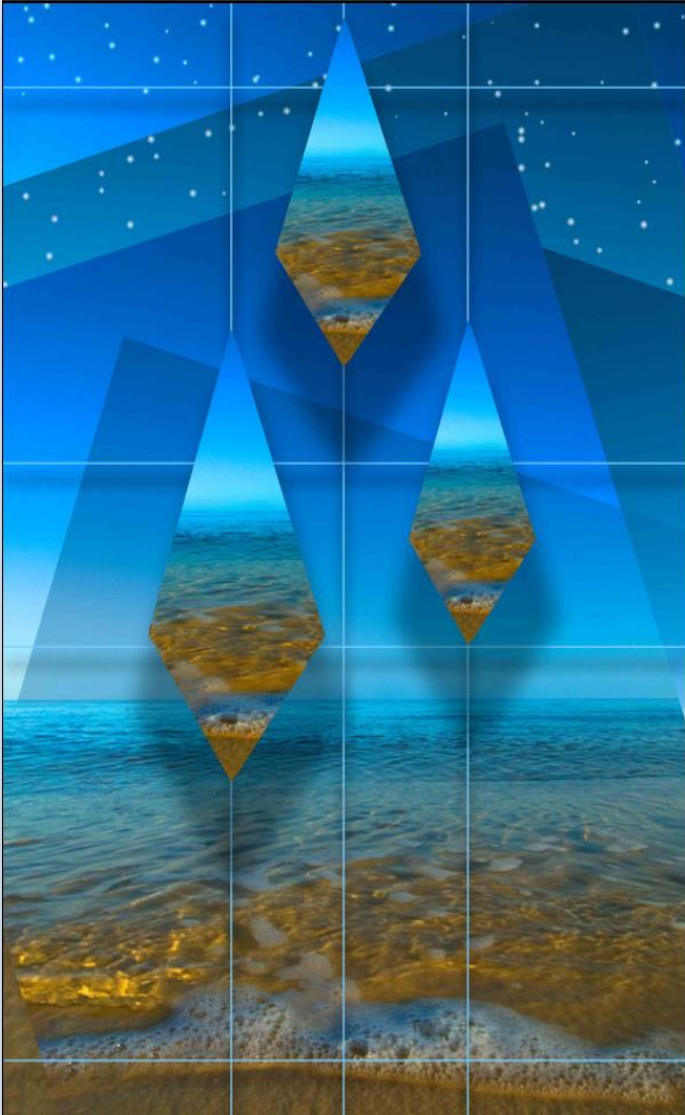


## Homework



- Read this message and its various links several times aloud in the coming week. What comes to meet you?
- To what influence am I opening? Each day this week, observe the influences you are taking in, particularly those with which you are starting the day and ending the day. Note their effects on your being: enlivening or enervating?

### August Practice: Watching the Light

This month, try to wake up early, while it is still dark and sit still and watch the light fade in from the dark. Try the same practice at night, beginning with sunset, remaining still and watching the light till the sky is dark and the stars are out. Notice how long the process takes. Notice any resistance to the exercise. Notice how easy the mind wanders. Simply return ever so gently to the *Visio Divina* of simply being with the light on its journey. What does the light reveal in you: What feelings arise? What sensations occur? What thoughts and emotions are you aware of?

## Diagram (I)

Impressions

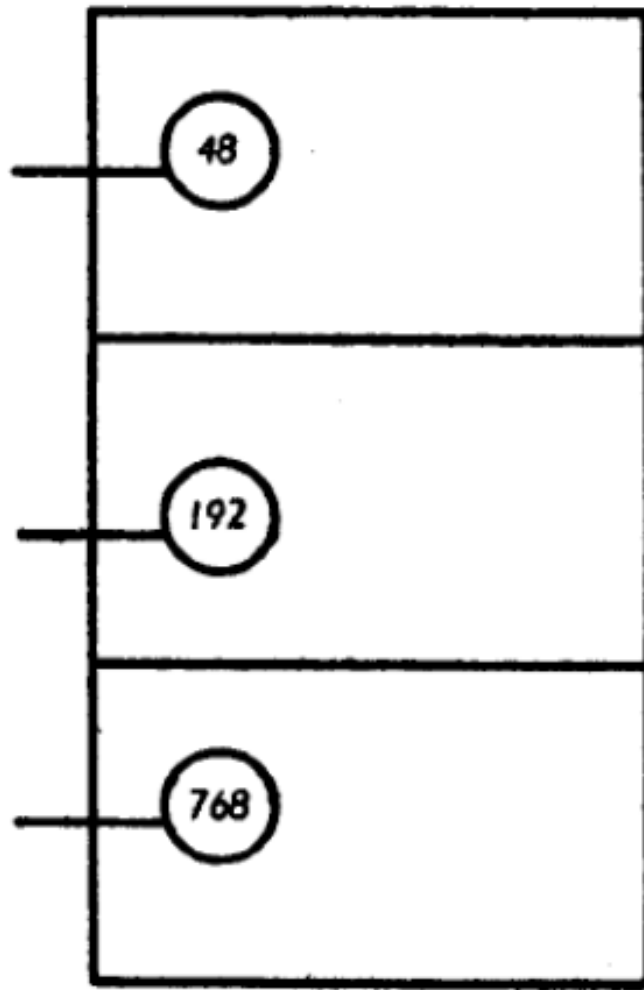
48

Air

192

Food

768



## THE FOOD DIAGRAM

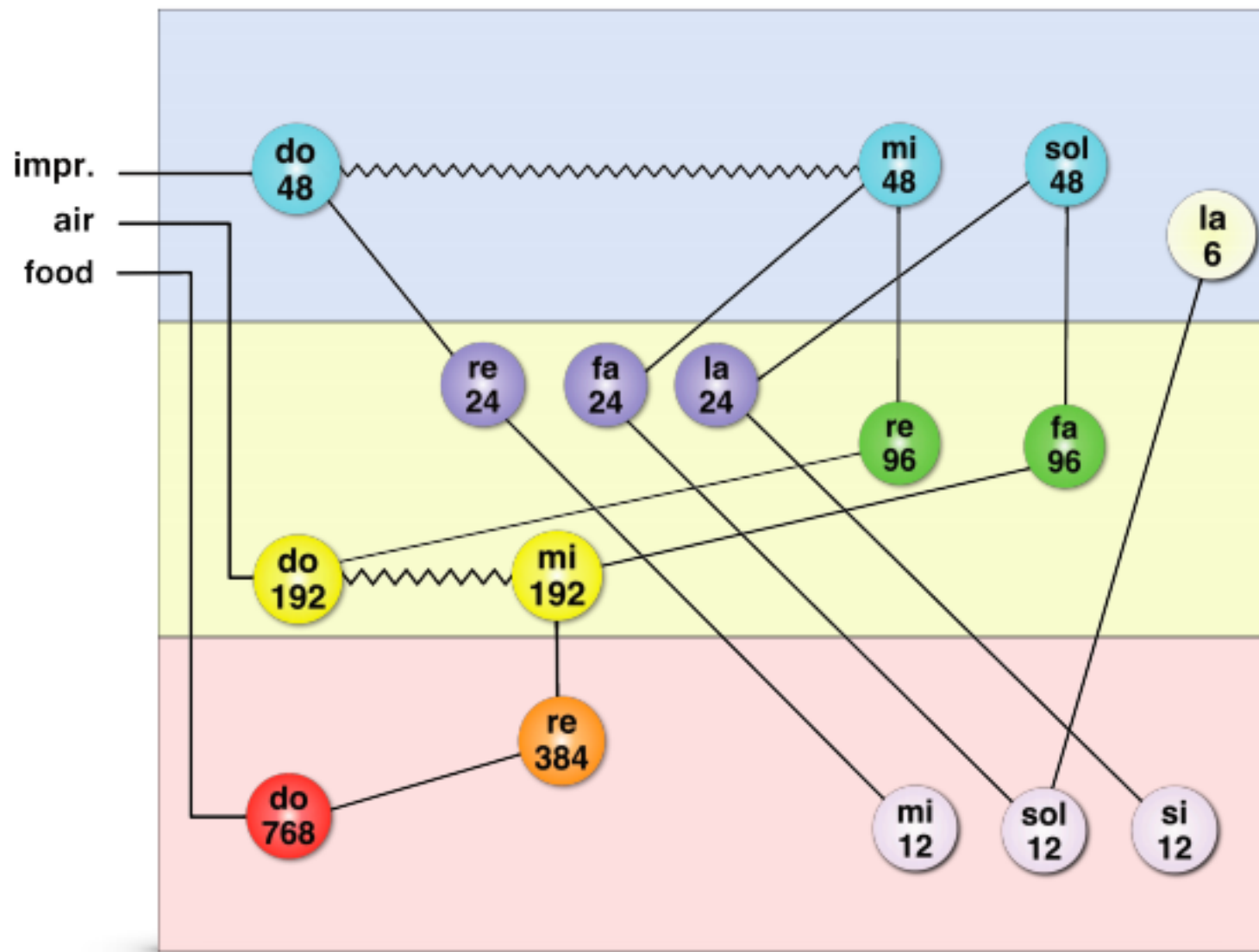


Diagram by Robin Bloor

# First Conscious Shock: Basic Work Practices

Self-observation

Non-identification

Self-remembering

External considering

# First Conscious Shock: Additional Ideas

- [Welcoming Prayer](#)
- Sense the body, breathe & resist nothing that arises
- State “I have a right not to be negative”
- Take things in a new way – see without associations
- Ask yourself “Is this thought/belief/judgement true?” And/or “Who or what am I without it?”

*What other ideas do you use?*



**We must respond to impressions no longer from  
the vantage point of personality but from love for  
being present. This will transform our whole way  
of thinking and feeling.**

**- Jeanne de Salzmann**



# Homework



Choose one of the basic practices or additional ideas listed to use as your first conscious shock this week. Have a wish and intention to apply it to the point of incoming impressions. Does space open up? How does your experience change with different kinds of impressions? Work with delight and curiosity!

We will discuss the transformation of impressions *in retrospect* next week.

## August Practice: Watching the Light

"Dawn, as the birth of the new day, is a magnificent event of awakening – the awakening of the many beings who were immersed during the night in sleep and in the state of forgetting. What is awakening? It is the lighting up anew of the memory of the past and a renewed arising of hope in the future. The essence of the force that brings about awakening, overcoming sleep, and the state of forgetting, is hope ... which pours through the beings of nature and human beings. The chorus of birds that greets the birth of a new day with song points to the fact that it is hope experienced by the beings of nature upon awakening."

- Valentin Tomberg, *Lazarus, Come Forth!*, pp. 281-282

Can you sense this force of hope pouring forth each dawn?