



Homework

- Read Maurice Nicoll's *Commentaries*, "Introductory Note to Chapter on Good and Truth," August 25, 1942, Vol. 1, p. 163.
- Engage the practical ways to live in the presence of the Work. What do you observe?

September Practice: Service to Others

No matter how small and seemingly insignificant, we can serve the Whole. We serve by being responsible for the atmosphere we provide for others. Does my presence enliven being or enervate?

Metanoia ≙ *Repent*

Meta:

Particle which means transference, transformation, beyond-ness

Noia:

From the Greek word *nous* (mind/intellect/intuitive thought)

Repent:

From the Latin *poenitare* - to feel sorry; pain, regret, contrite

Dr. Nicoll: metanoia refers to a new mind with new thinking, ideas, knowledge, approach to life.

Cynthia Bourgeault: is escape from the polarized egoic consciousness into the “nondual knowingness of the heart.”

Mechanical Thinking

Associations, opinions,
attitudes, pictures, beliefs

Originates
From

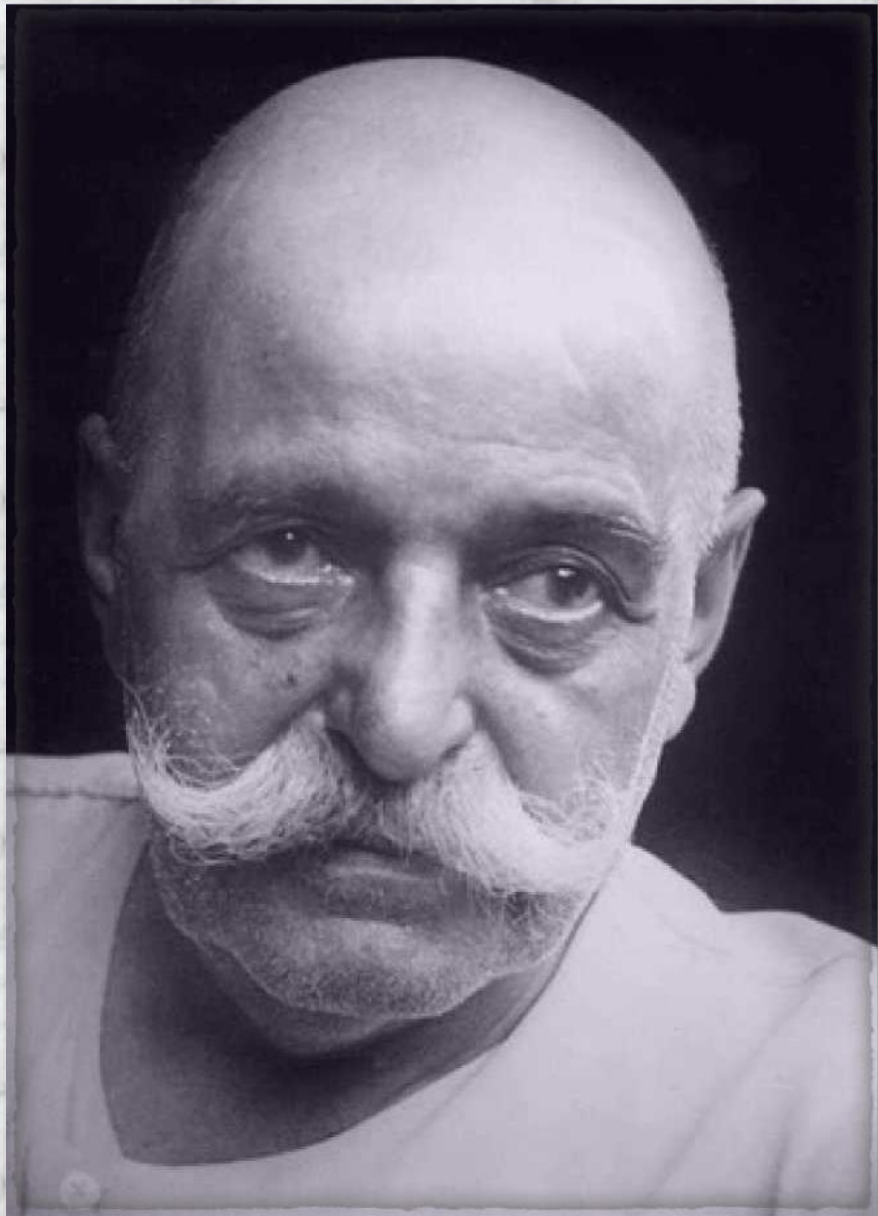
Parenting
Education
Experiences
↓
Impressions
taken in
unconsciously

Whose business
am I in??




Tools for Practicing Metanoia

- [Self-observation](#), [non-identification](#), [Self-remembering](#), [external considering](#) – applying the [first conscious shock](#) to incoming impressions
- [Conscious labor and intentional suffering](#)
- [Grounding in gratitude](#)
- [Welcoming Prayer](#)
- [Time-body](#) practices
- [Self-inquiry](#)
- [Guard of the heart](#), engaging in creative activities, conscious movement, service to others
- Take things in a new way/seeing without associations



*"To know means to know all.
Not to know all means not to
know. In order to know all, it
is only necessary to know a
little. But, in order to know
this little, it is first necessary
to know pretty much."*

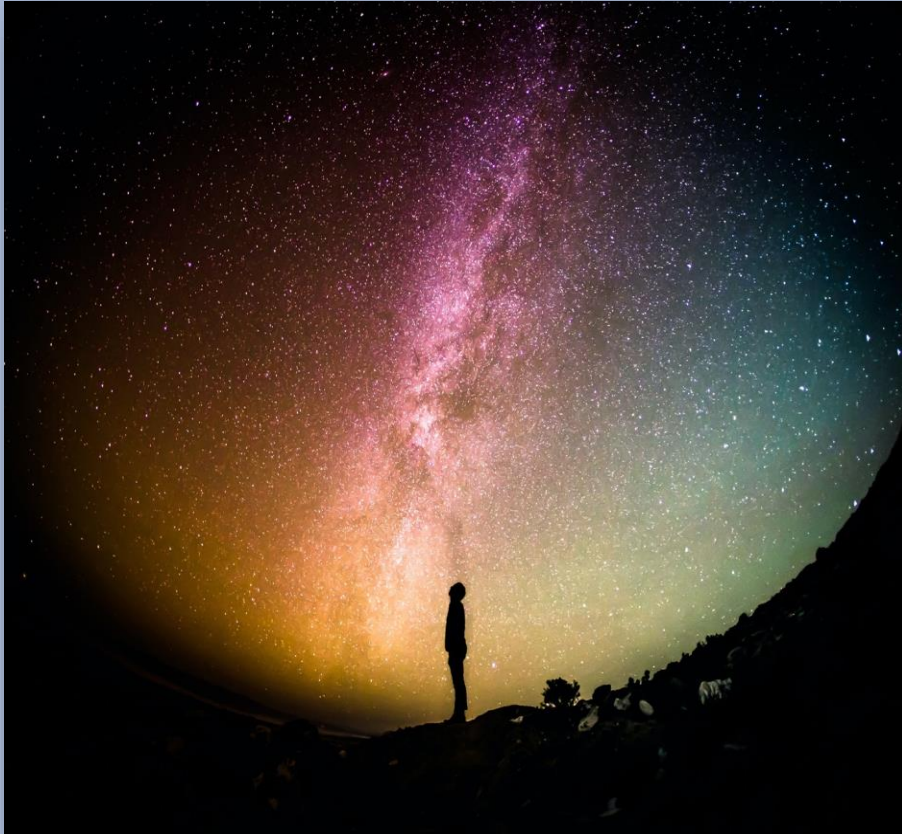
G.I. Gurdjieff



“All transmissions that transform us, even the transmissions nearing revelation, ultimately dissolve away into the present moment of stillness and silence in our disposition of consent or surrender to the Mystery.”

- Peter Haas in the September *Mark*

Homework



- Read Maurice Nicoll's *Commentaries*, "Note on Observation of Intellectual Center and useless Thinking and Wrong Thinking," May 22, 1948, Vol. 3, pp. 1169- 1172. Dr. Nicoll asks the question: "Do *you yourself* know that you yourself have fixed attitudes and that you practically know nothing of them?" Go on a hunt to discover just one of them; find examples of its application. Allow your eyes to be opened to their prevalence. Observe, without judgment.
- Engage one of the practices listed (or another of your choosing), considering it through the lens of metanoia.
- In a moment of stress, ask yourself "Whose business am I in?"

September Practice: Service to Others

It would be a great service to our family, friends, co-workers to abide in a quiet mind, present and listening to others without associations, without demands, without judgment. We serve by presence. Does my presence enliven being or enervate?