

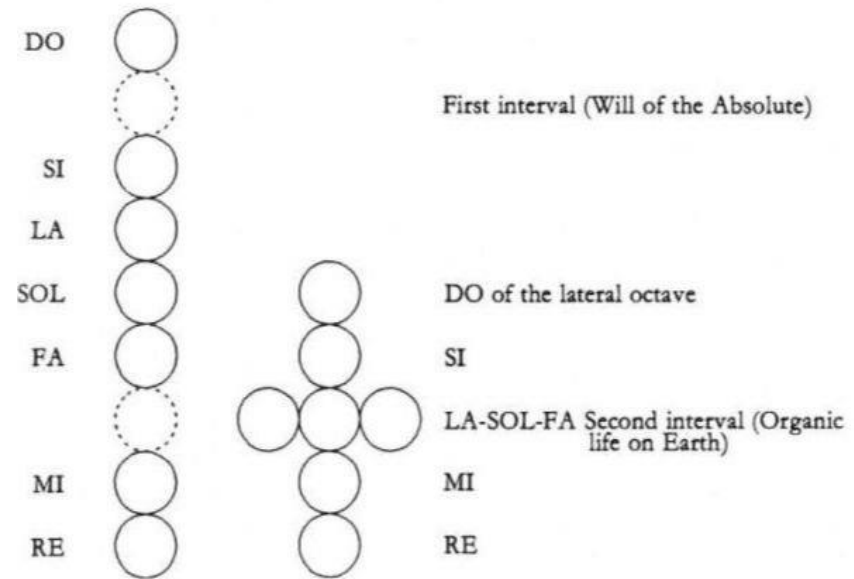
Homework

- + Add Work in retrospect to your practice of giving the first conscious shock. What new truths do you learn – about yourself, others and the world?
- + Ask yourself: "Am I willing to come under the authority of something greater than my multiplicity? Am I willing to serve, to consciously take on the 'daily inheritance of labors as a tender of new life?'"
- + **Emails to Review Work on the Time-body:** March 18th and March 25th
- + Listen for what has come to meet you, perhaps returning to the original emails. Study the diagrams; gaze upon the images, taking in their impressions, allowing them to enliven your emotional center; take particular note of the practical exercises. Rest. Give gratitude for this precious life in all its wondrous, evolving, infinitely great and infinitely small expressions. Give gratitude for our Work together. [An archive of previous emails may be found here.](#)
- + Re-visit the subtle-yoga practice: "Grounding in Gratitude" from March 4-11, noticing its ego-releasing effects.



Conscience and Vertical Connection

Ray of Creation



[Scales of the Universe in Powers of Ten - Full HD 1080p - YouTube](#)





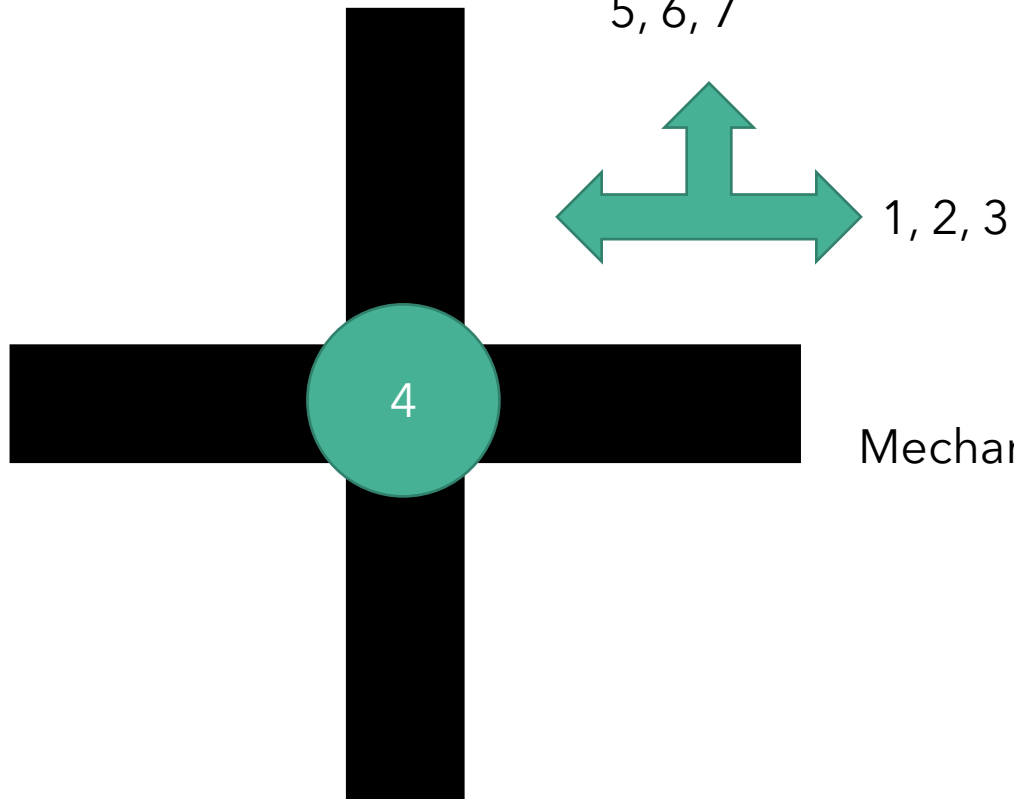
Transfiguration

- + The grace of the Transfiguration is to "empower us to live in the presence of God" - The Mark, Aug 2021

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↓ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

- + Shame to Pride = Levels of Falsehood
- + Negative emotions always have violence in them
- + Courage to Enlightenment = Levels of Truth
- + Struggle to feel them to make Mi 12
- + Mi 12 allows us to deeply ponder
- + Can Self-Remember

World 12
Kingdom of Heaven



Mechanical Life

- + Horizontal time is quantitative
- + Vertical Time is qualitative
- + Man 4 lives at the intersection - 'a monk in the world'

World 96
The Moon

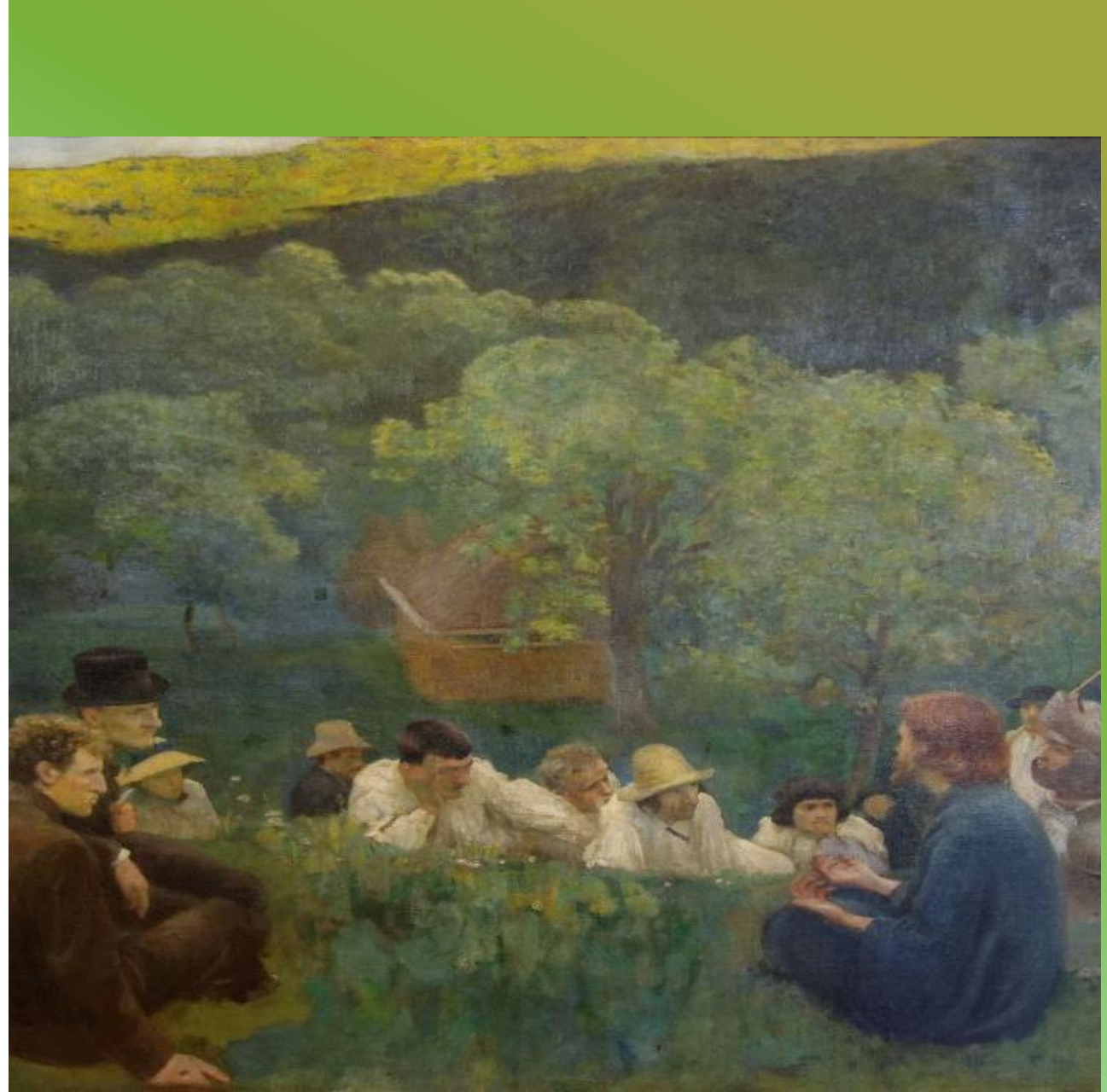


“Eucharist is a revelation of the ultimate transfiguration of a person’s body and soul.”

The Beatitudes

The Beatitudes show us, "an emotional state that can be reached in which the reality of the existence of God is seen directly from the clear-sightedness of the purified emotional understanding."

- Maurice Nicoll, *The New Man*



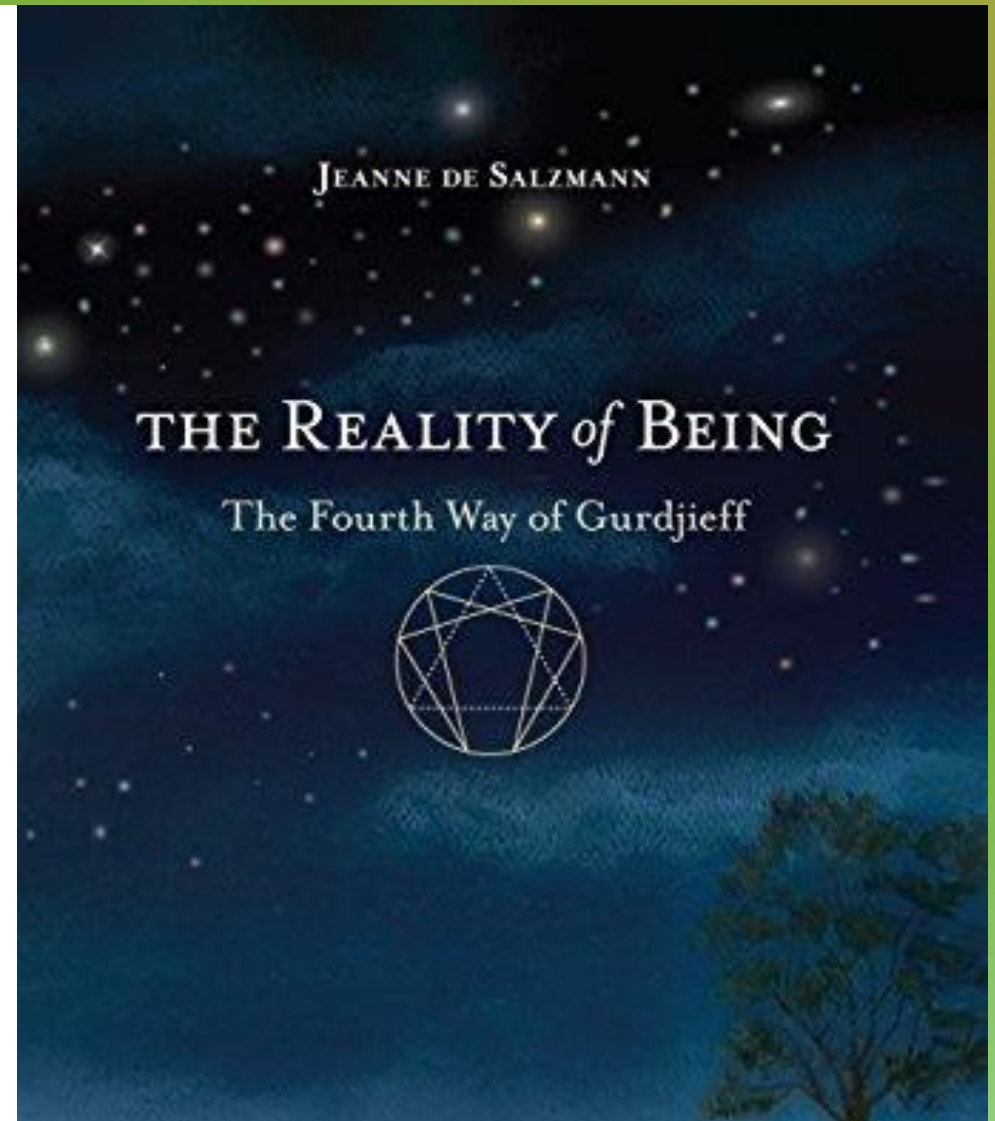
Centering Prayer

"Contemplation is what re-roots us in reality in the universe without losing our identity ... with the confidence -- sure confidence -- that whatever we receive is going to be infinitely beyond anything that we could possibly imagine with our limited experience." Keating



Reality of Being, de Salzmann

“My wish *to be* is a cosmic wish, and my being needs to situate itself in a world of forces. There is a cosmic need for the new being that I could become.”



Homework

- + • Watch the *Powers of 10* narrated by Morgan Freeman [HERE](#). It is 9 ½ minutes in duration.
- +
- + • After reading (perhaps several times) and pondering this message and the one from April 2, 2020, what is your understanding of Conscience (with a capital "C")? What does it mean for you?
- +
- + • Observe your contradictions: saying one thing and doing another, or expecting something from someone that you would not do yourself.
- +
- + • There are many words here, perhaps you will simply be drawn to the image. How does it speak to your heart about Conscience?