

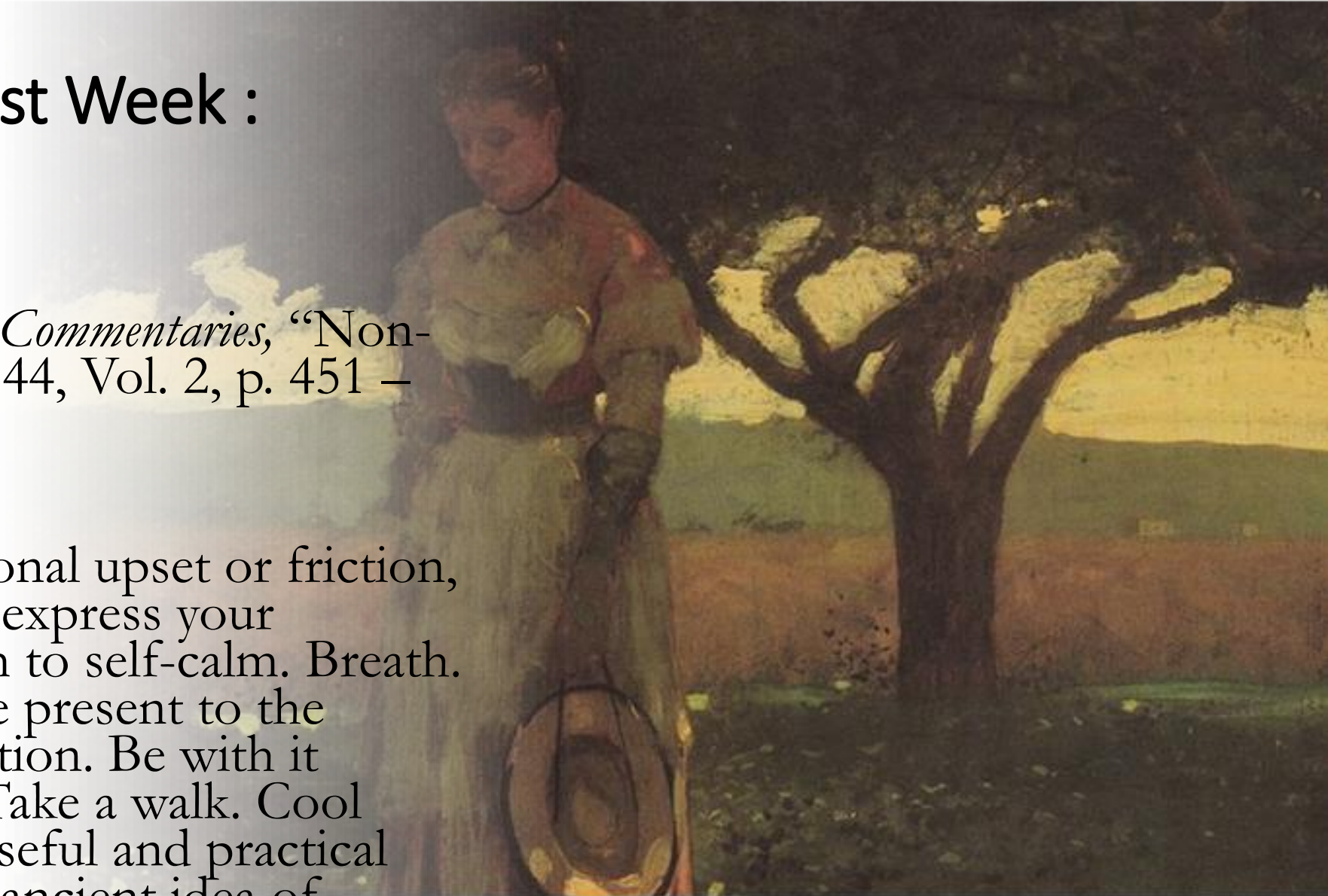
The Journey School

Homework from Last Week :

Apatheia



- Read Maurice Nicoll's, *Commentaries*, “Non-Identifying”, June 3, 1944, Vol. 2, p. 451 – 454.
- In a moment of emotional upset or friction, work to not *immediately* express your emotions/feelings. Aim to self-calm. Breath. Go inward and become present to the feeling/emotion/sensation. Be with it without expressing it. Take a walk. Cool down. All of this is a useful and practical way of embodying the ancient idea of *apatheia*.



Theoria

Theoria . . .

BEHOLDING

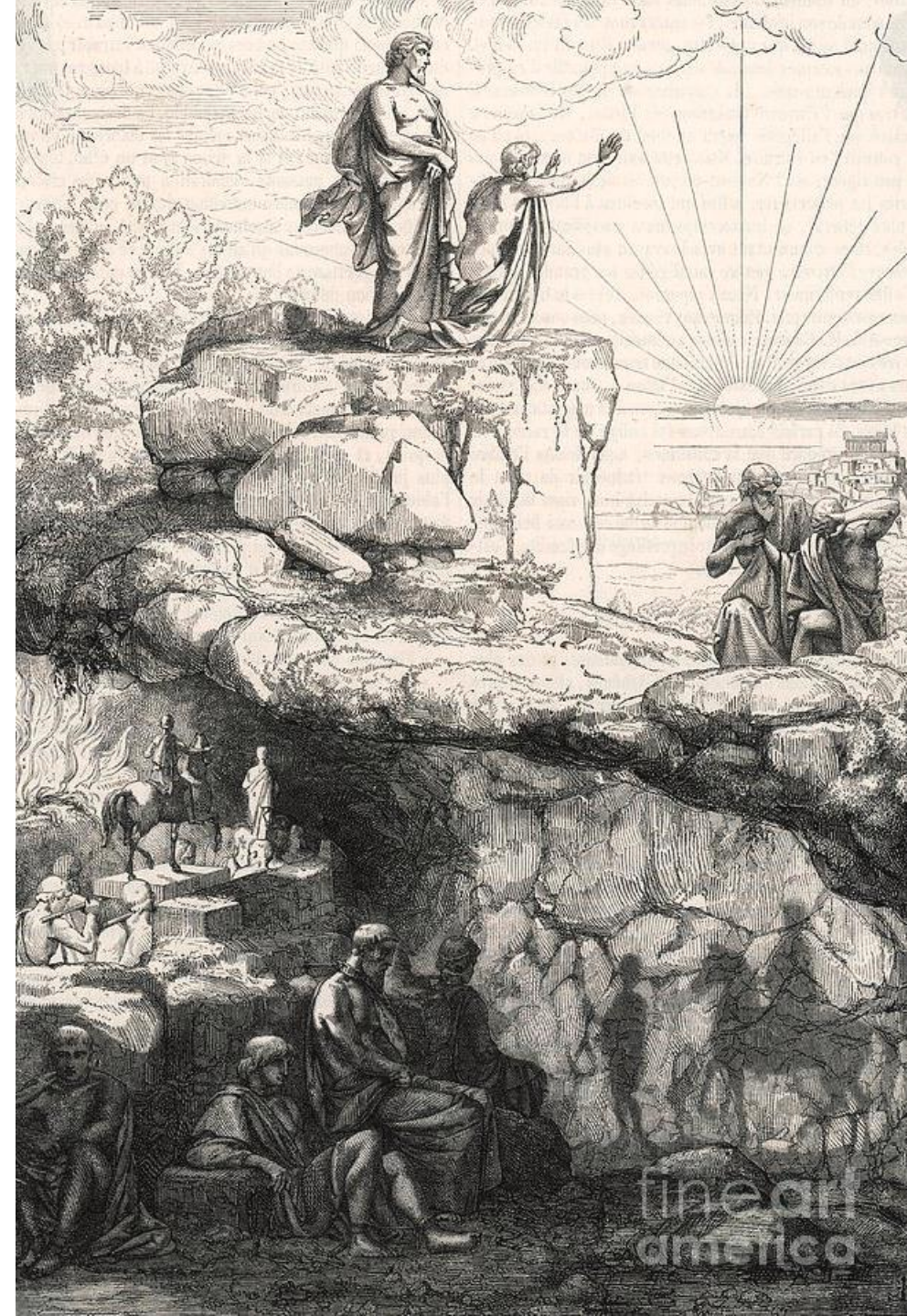


Now the serpent was more crafty than any other wild animal that the LORD God had made. He **said** to the woman, ‘**Did God say**, “You shall not eat from any tree in the garden”?’ The woman **said** to the serpent, ‘We may eat of the fruit of the trees in the garden; **but God said**, “You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.”’ But the serpent **said** to the woman, ‘You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God,* knowing good and evil.’ So when the woman **saw** that the tree was good for food, and that it was **a delight to the eyes**, and that the tree was to be desired to **make one wise**, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. **Then the eyes of both were opened, and they knew that they were naked**; and they sewed fig leaves together and made loincloths for themselves. They **heard** the sound of the LORD God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. **But the LORD God called** to the man, and **said to him**, ‘Where are you?’ He said, ‘I **heard** the sound of you in the garden, and I was afraid, because I was naked; and I hid myself.’ He said, ‘**Who told you** that you were naked? Have you eaten from the tree of which I commanded you not to eat?’ The man said, ‘The woman whom you gave to be with me, she gave me fruit from the tree, and I ate.’ Then the LORD God said to the woman, ‘What is this that you have done?’ The woman said, ‘The serpent tricked me, and I ate.’

“The Fall”

The Book of Genesis, Chapter 3

Plato's
Allegory of the Cave
The Republic, Book 7



In support of the attraction to becoming divine, 4th century Eastern Christian monastics, widely adopted the Greek threefold process of:

Purgation

Illumination

Union

Purgation was the healing of “disordered”, negative thoughts and feelings, i.e., the “passions.” (deadly thoughts).

Many practices supported the process of Purgation, including fasting & apatheia.



To cultivate the higher stages
beyond purgation, namely:

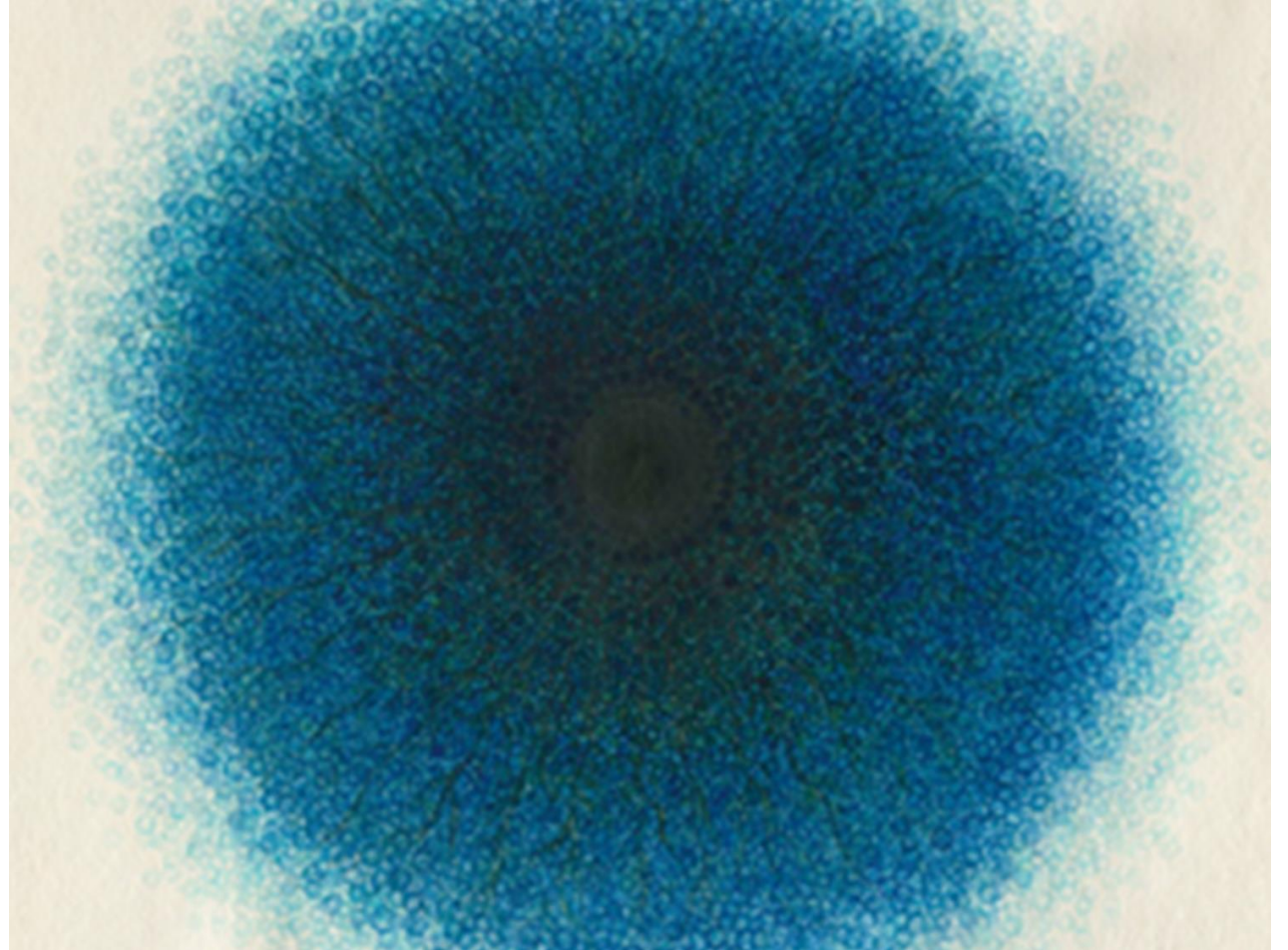
Illumination
&
Union

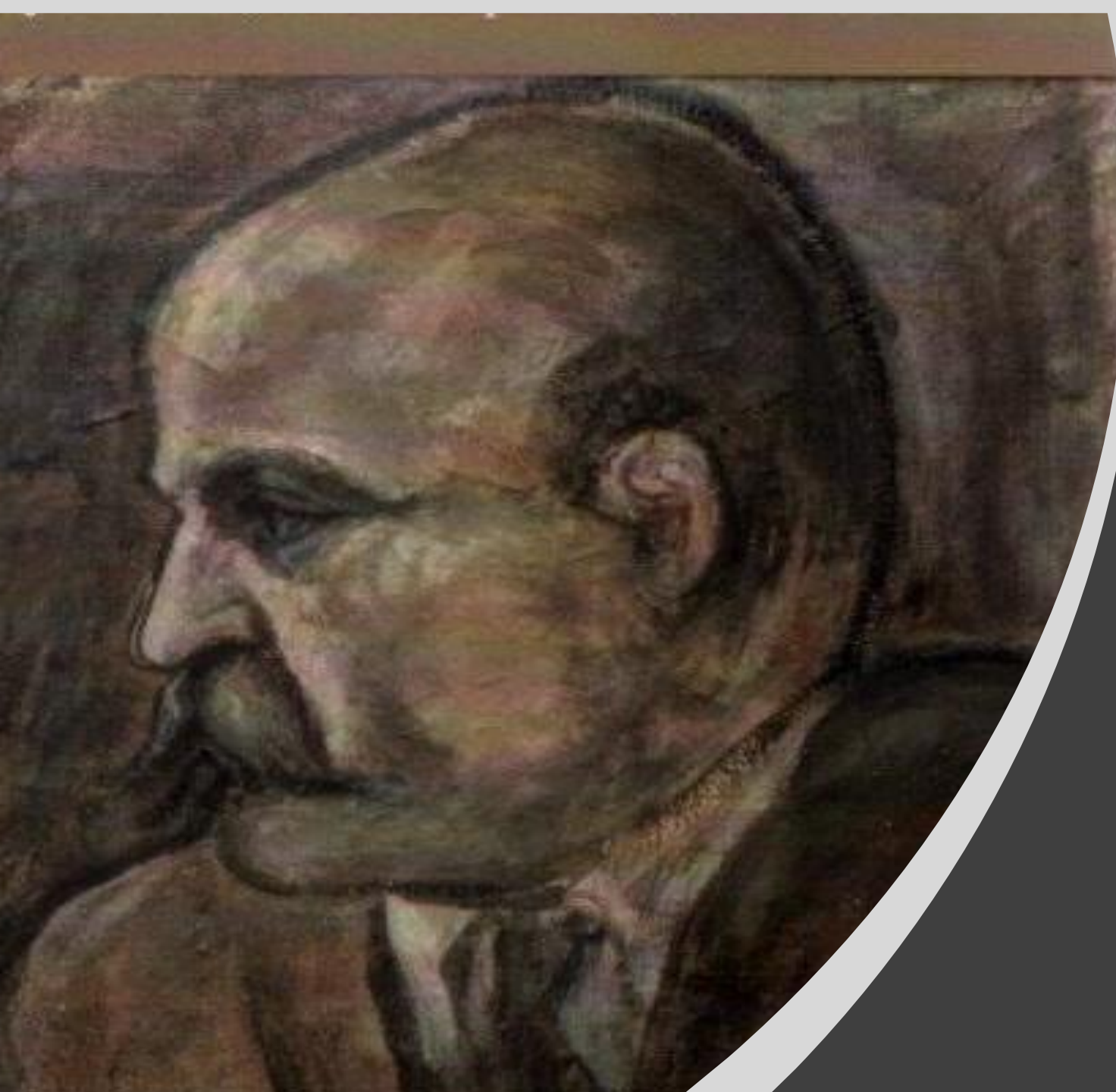
Other practices were
encouraged, such as:

Meditation upon scripture
(lectio divina)

&

The prayer of the heart
(contemplation
i.e., The Jesus Prayer).





“Broadly speaking...three-brained beings on the planet Earth...are potentially able, individually as well as collectively as a species, to transcend their naturally inherited mechanical life in order to serve their “higher” evolutionary needs and the cosmic needs of their Creator.

Potentially, all Earthly three-brained beings can awaken ... and lead a conscious and intentional life toward achieving “being-Reason.”

Gurdjieff often laments and is saddened by the fact that the inhabitants of this “peculiar” planet in the universe have uniquely fallen on hard times in terms of not having been able to fulfill the potentials invested in them by God.”

-Mohammad H. Tamdgidi

Two Insights from:

*All and Everything: Beelzebub's Tales
to His Grandson*

1. The “Teskooano”

2. Prayer

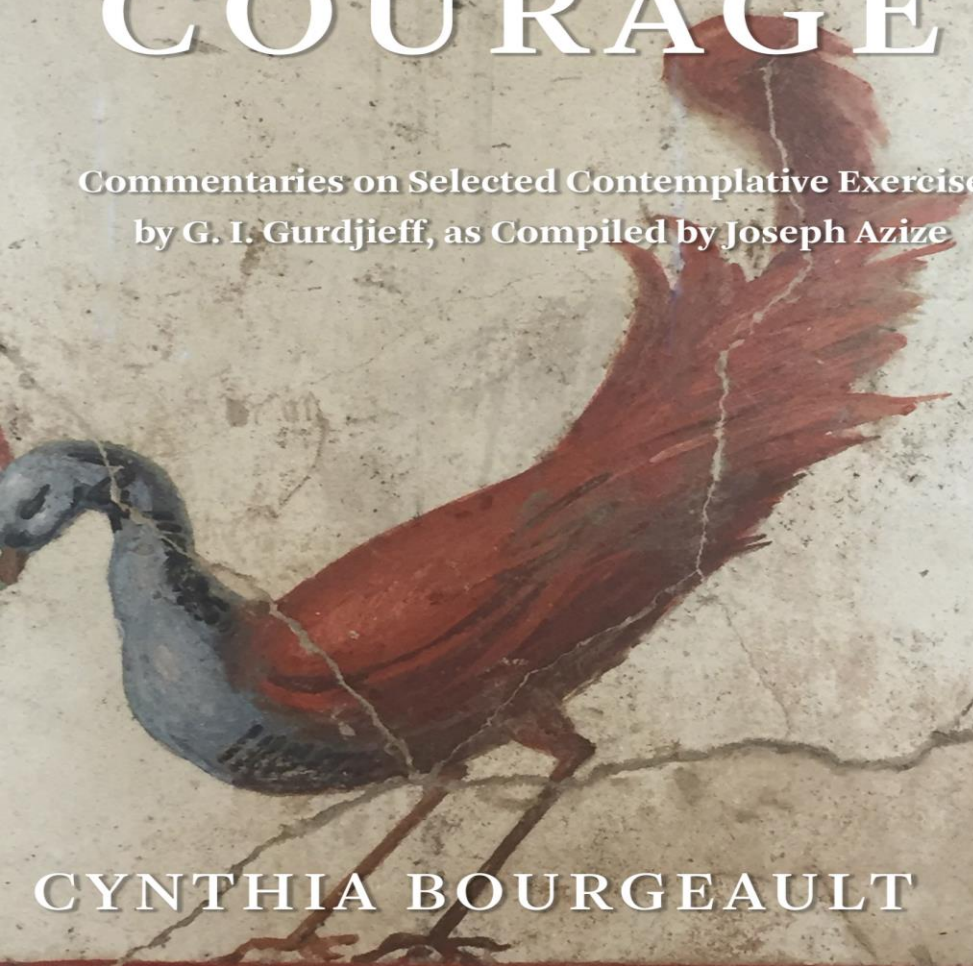
“Any prayer may be heard and granted by the Higher Powers only if it is uttered thrice: First—for the welfare or the peace of the souls of one’s parents, Second—for the welfare of one’s neighbor, And only third—for oneself personally...”

– G.I. Gurdjieff



MYSTICAL COURAGE

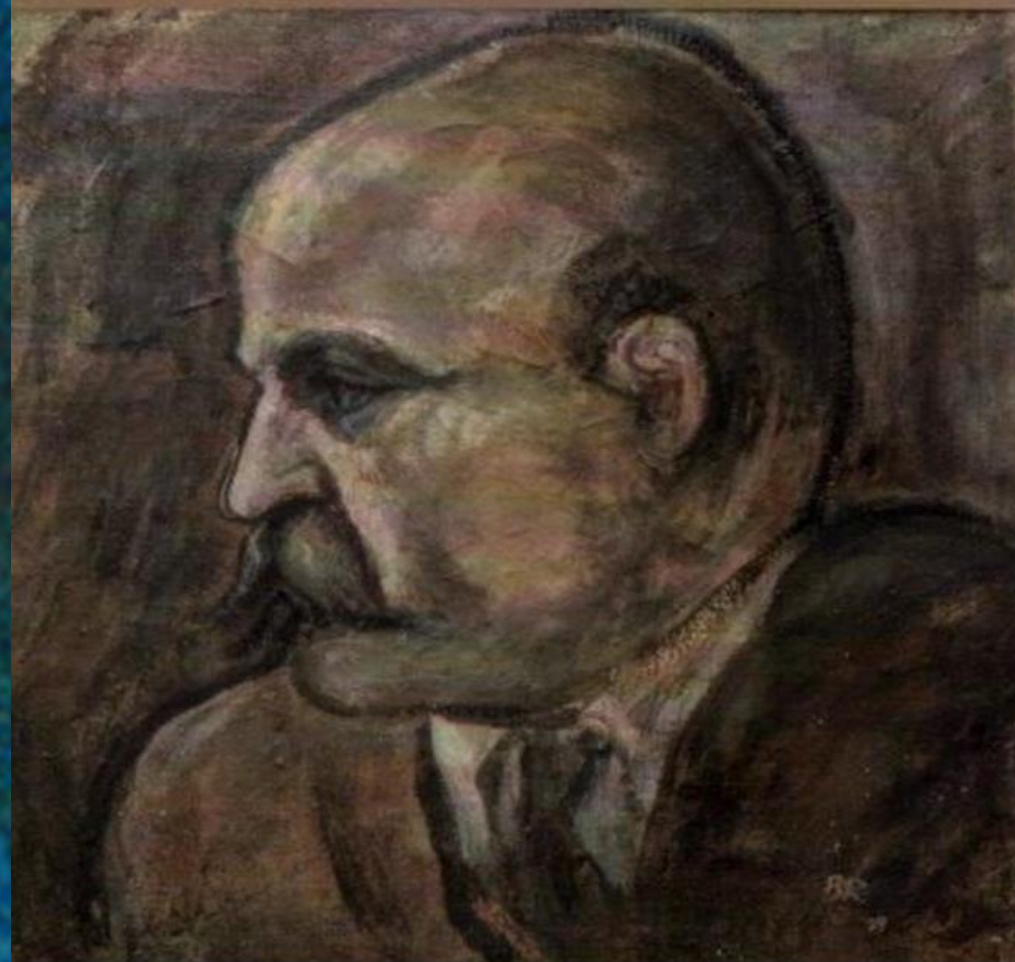
Commentaries on Selected Contemplative Exercises
by G. I. Gurdjieff, as Compiled by Joseph Azize



CYNTHIA BOURGEAULT

GURDJIEFF

Mysticism, Contemplation, & Exercises



JOSEPH AZIZE

The Evolution of Theoria: *From Philosophy into Christianity*

Theoria as a type of Seeing

Silence => Self-Observation

Focusing / Thinking

Higher Intellectual Center

Philosophy

Discursive (with words)

Lectio-Divina

“Know Thyself”

Theoria as a type of Being

Silence => Self-Remembering

Letting Go / Consenting


Higher Emotional Center

Spirituality

Non-Discursive (without words)

Centering Prayer

“Die to self”

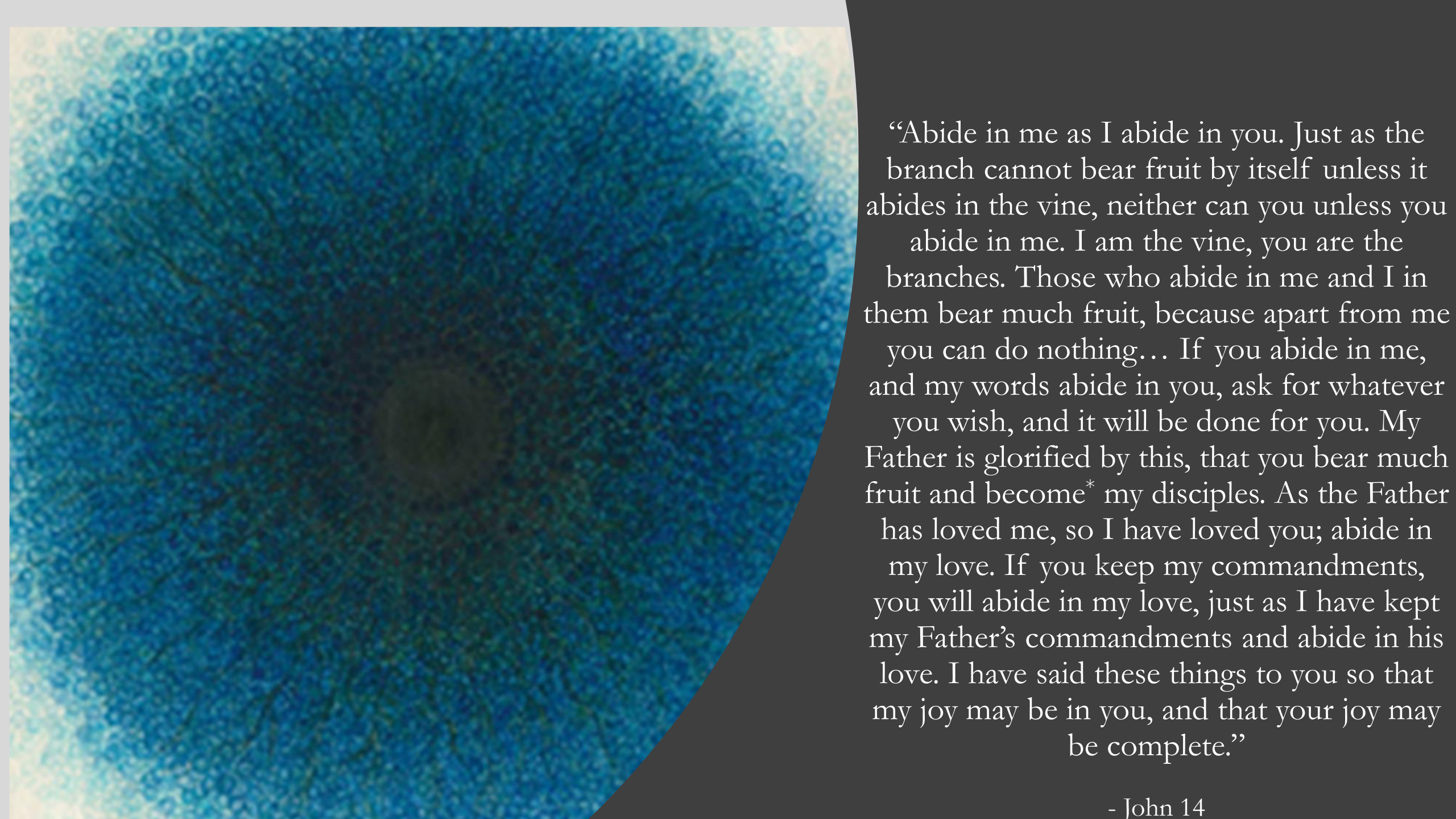


"Contemplation is that activity which situates us in an open space from which we can observe and contribute to the course of the universe; or as the Gita will say, that activity that delights in the well-being of all beings, or that maintains the world in cohesion."

- Raimon Panikkar

Theoria . . .

ABIDING



“Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing... If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become* my disciples. As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.”

The Journey School Homework
for this Week : *Theoria*



- Read Maurice Nicoll's *Commentaries*, "Self-Observation," July 16, 1949, Vol. 4, pp. 1316-1319.
- If you don't have a daily or regular meditative, contemplative prayer practice, such as Centering Prayer, learn more about it [HERE](#). If you do have a daily meditative prayer practice, observe how it is serving to purify, heal or unload your emotional center, in fact, to transform your view of yourself and all reality.
- Watch: [Plato's Allegory of the Cave - Alex Gendler - YouTube](#)



FOREWORD BY THOMAS KEATING

PETER
TRABEN HAAS

CONTEMPLATIVE CHURCH

AFTERWORDS
BY
CYPRIAN CONSIGLIO & ILIA DELIO

How Meditative Prayer
& Monastic Practices
Help Congregations Flourish