

There is no part of us – neither wound of soul, personal failings, or sins – that is not of great value in helping uncover our true selves. ...

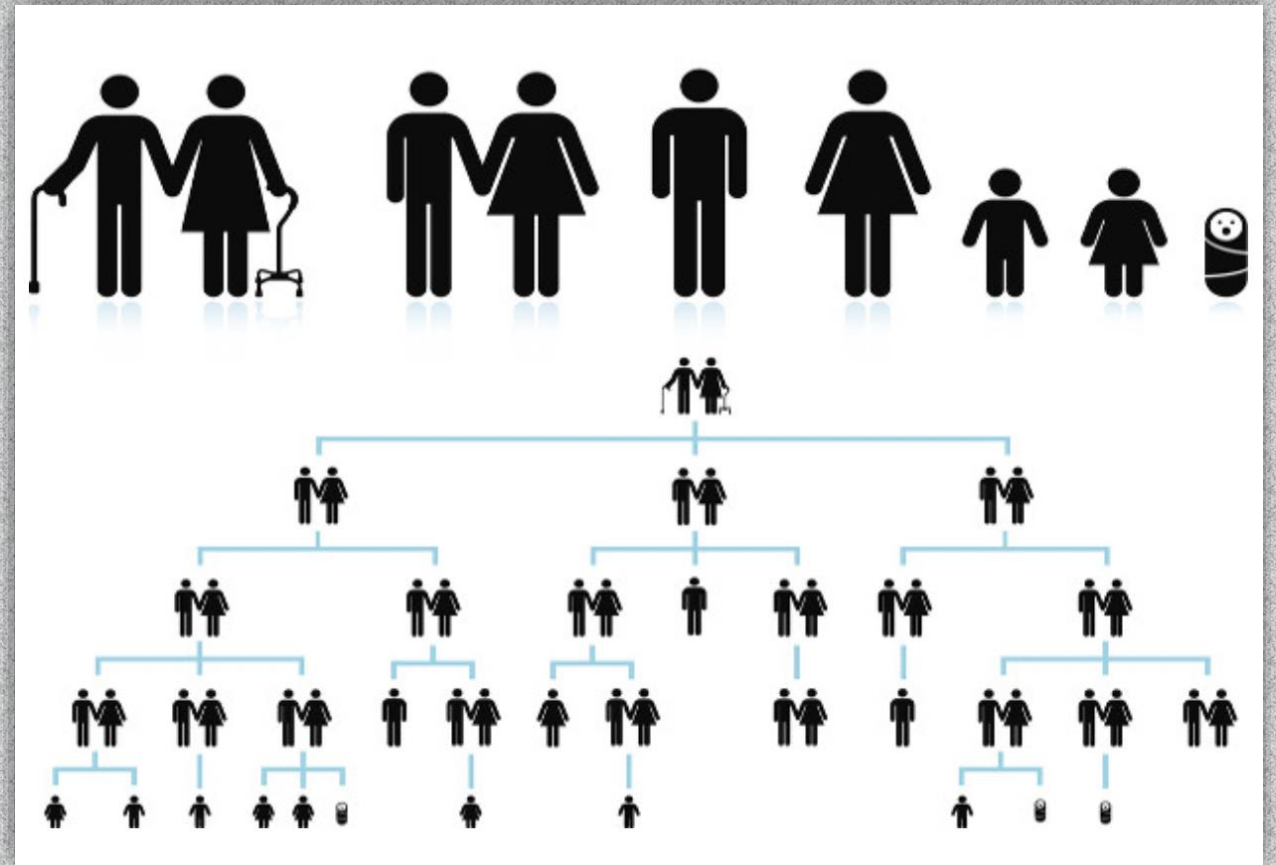
We thus become excavators of our own truth, digging through the rubble of our anguish, confusion, and missed opportunities for the keys to where and how the spirit has been repressed or denied. Our life – in all of its wonder and pain – is our teacher. It is through the process of spiritual awareness, love, and humility that we discover holiness within.

Beverly Lanzetta, *The Monk Within*

Ancestry & Lineage

Ancestry

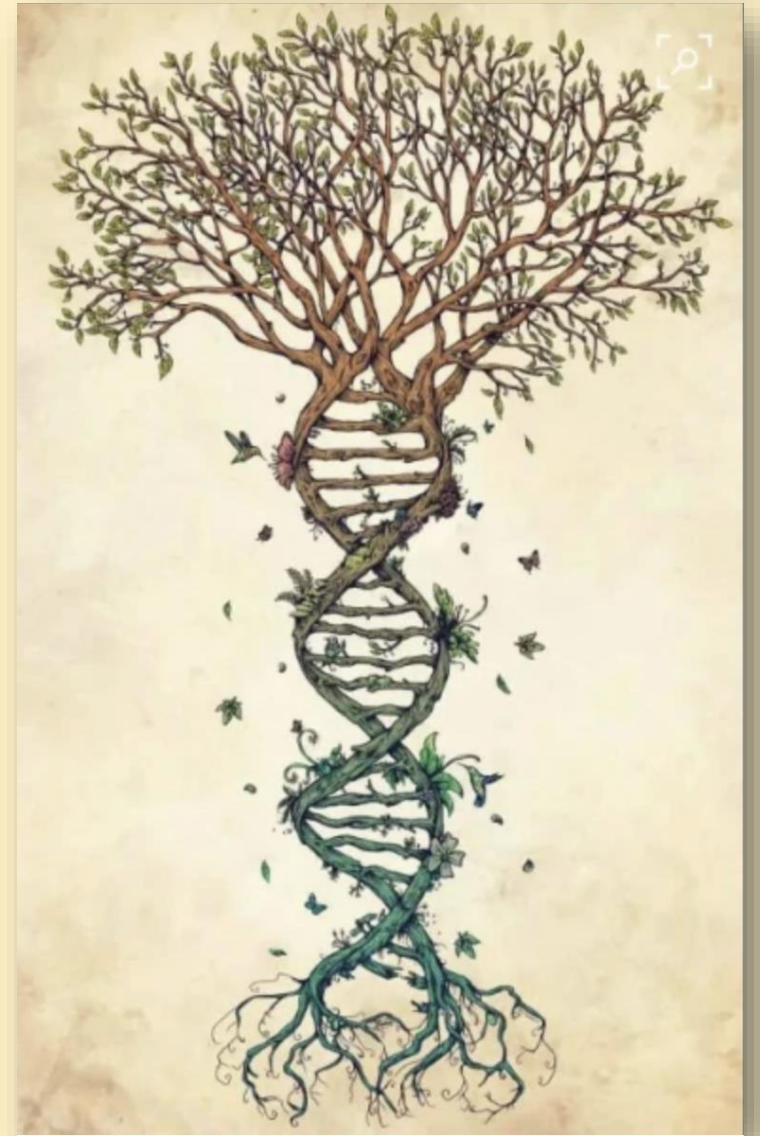
Family or ethnic heritage;
genetic line of descent of a
plant or animal

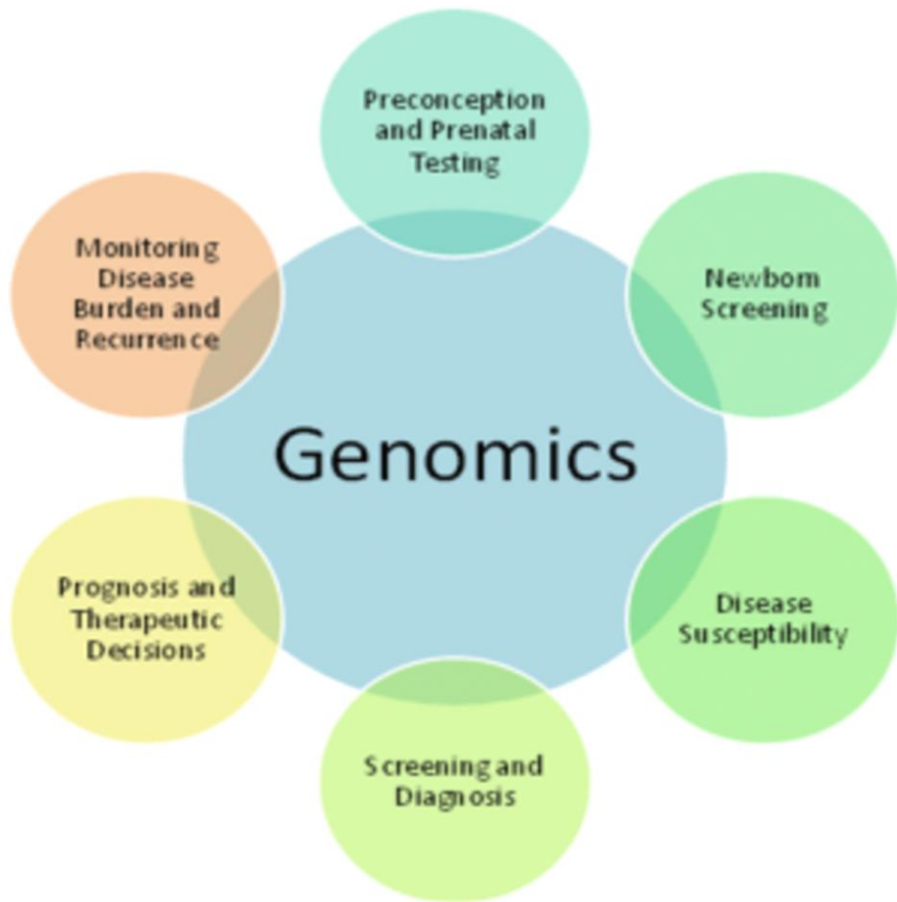


Our Roots

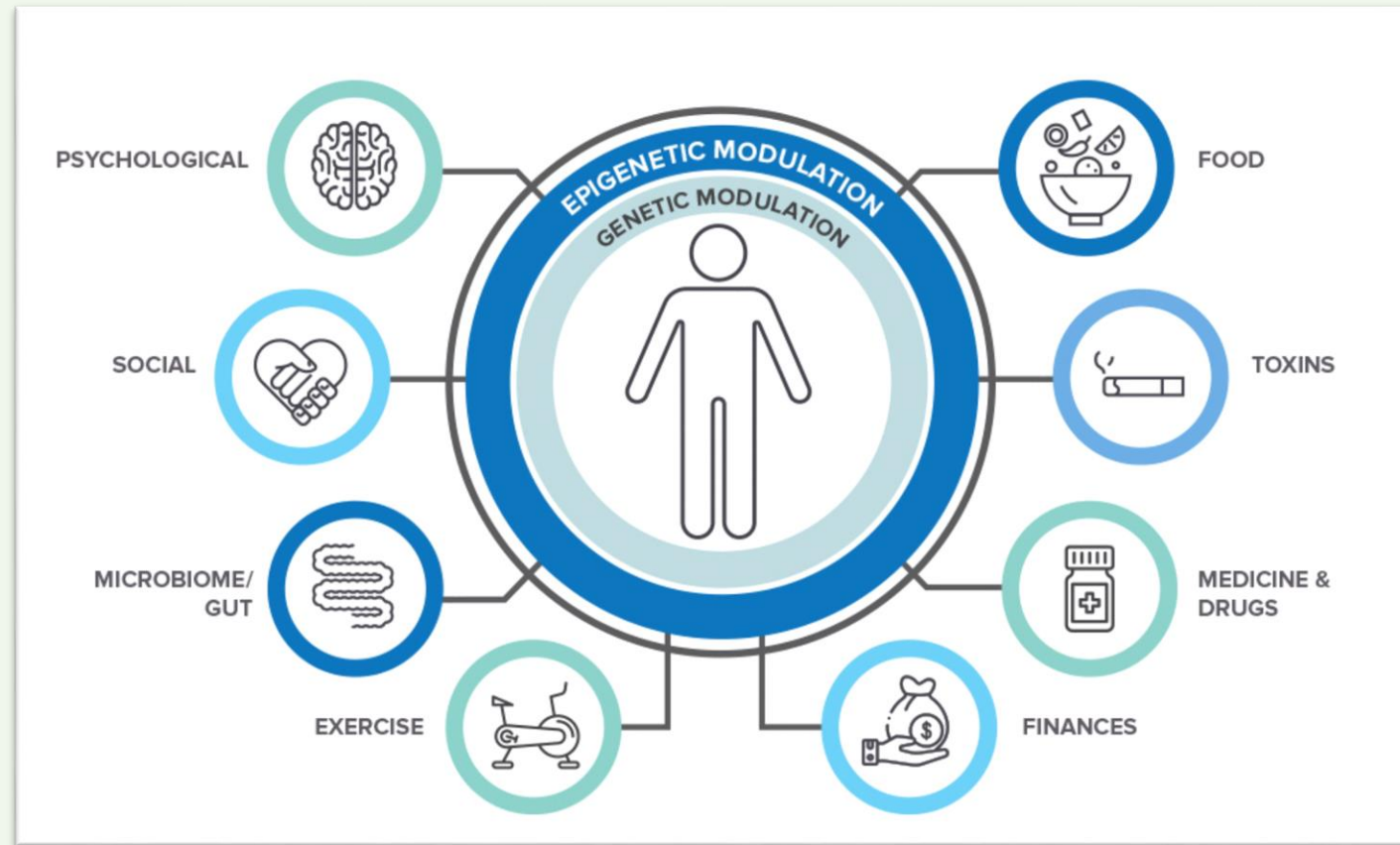


Genetics: the study of genes and heredity – of how certain qualities or traits are passed from parents to offspring as a result of changes in DNA sequence.





Genomics: an interdisciplinary field of biology focusing on the structure, function, evolution, mapping and editing of genomes



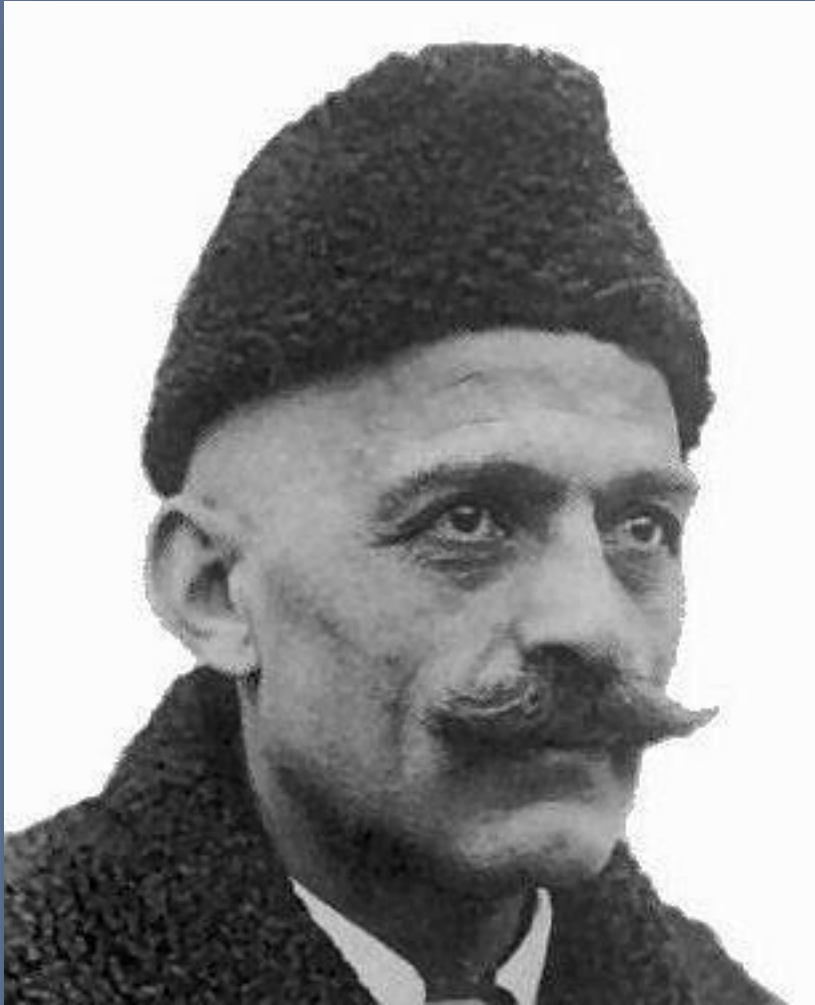
Epigenetics: the study of how behaviors and environment affect changes in how genes work

Lineage

Individual: specific ancestral line of descent

Social: line of descent of an entire group from one ancestor or leader

Our Work Lineage



G.I. Gurdjieff



P.D. Ouspensky



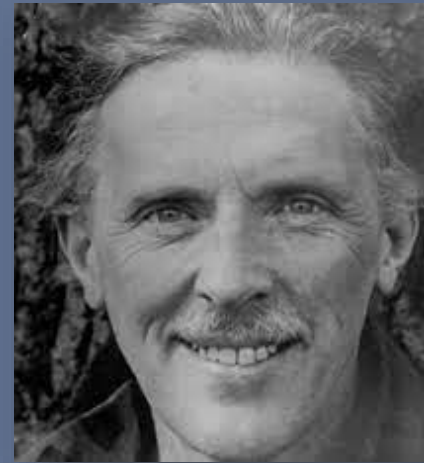
Maurice Nicoll



Jeanne de Salzmann



Beryl Pogson



J.G. Bennett



Cynthia Bourgeault

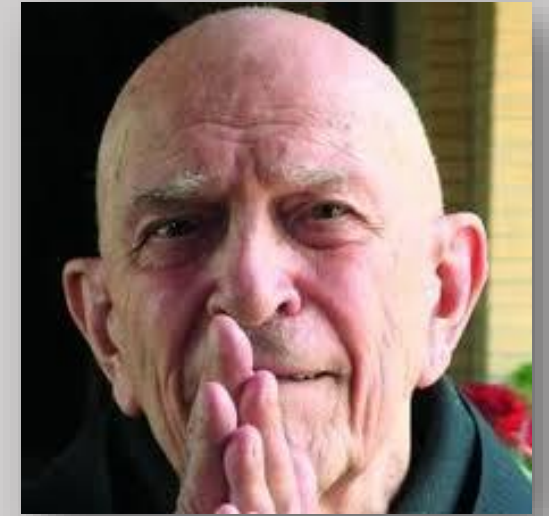
Our Contemplative Lineage



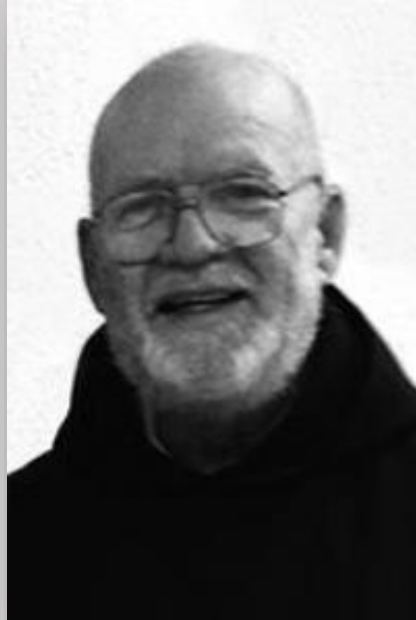
Bernadette Roberts



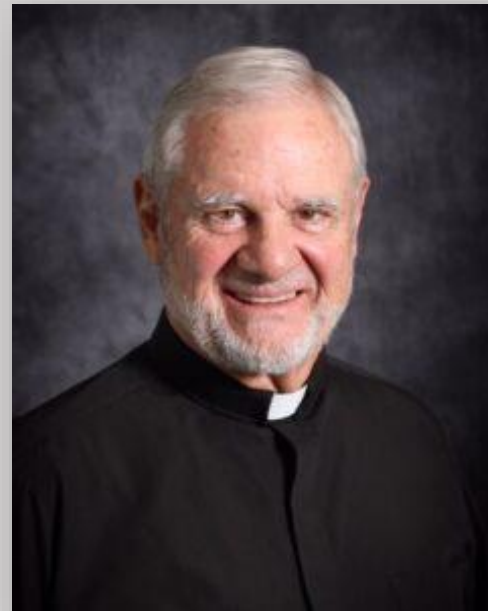
Thomas Merton



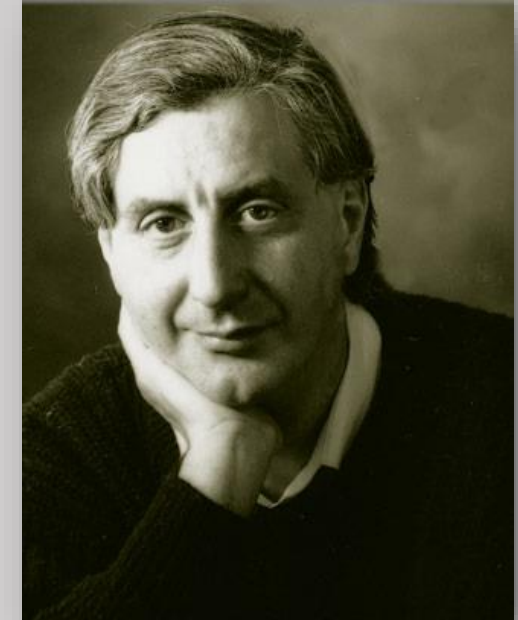
Thomas Keating



William Meninger



Carl Arico



Wayne Teasdale

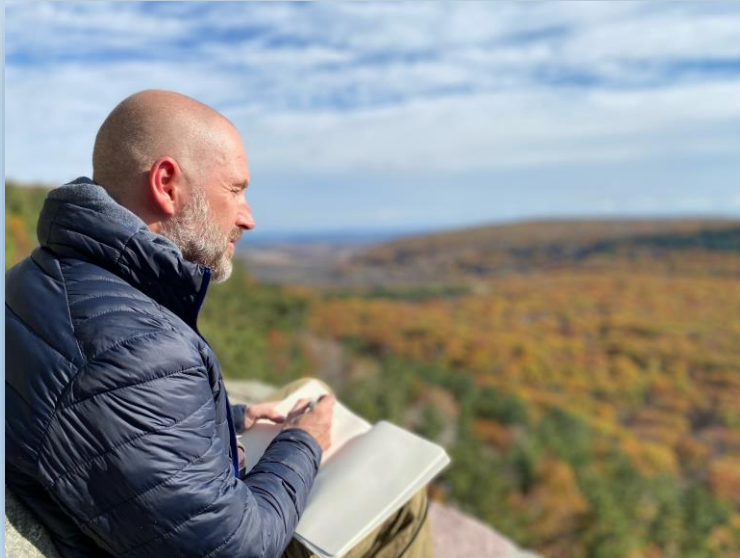
The Church of Conscious Harmony



Tim Cook



Barbara Cook



Peter Haas



“Every atom in your body came from a star that exploded. ... It really is the most poetic thing I know about physics: You are all stardust.”

Lawrence M. Krauss

“This teaching tells us that the essence of each of us comes down from the stars.”

Maurice Nicoll

Homework

- Reflect upon what you know of your ancestry, your lineage. Ponder the following questions and write down answers to these questions:

What are some of the beliefs, attitudes, prejudices, etc. that you have taken on from your parents or other early childhood key influencers? Engage all three centers in this exercise: reflecting, feeling into, sensing and enumerating. Celebrate the positive. Question the no-longer useful in light of your aim in the Work.

- Thomas Keating offered: "The heart of the Christian asceticism – and the work of Lent – is to face the unconscious values that underlie the emotional programs for happiness ... " (*The Mystery of Christ*, p. 39). With scathing self-honesty, engage an examen exercise to reveal any areas of mythic-membership consciousness still residing within yourself. This could be your Work for Lent: to come face-to-face with it.
- View this [video](#) of a reading from *Beelzebub's Tales to His Grandson*, Chapter Seven. It is about seven minutes in length. What is evoked?