

Homework

Practice the Seven Movements Prayer every morning this week. What do you experience?

Read and speak aloud the prayers

Explore a practice/s that opens your heart and draws you deeper. In reviewing your own rule of life, is there a way to incorporate a missing center in your devotions?

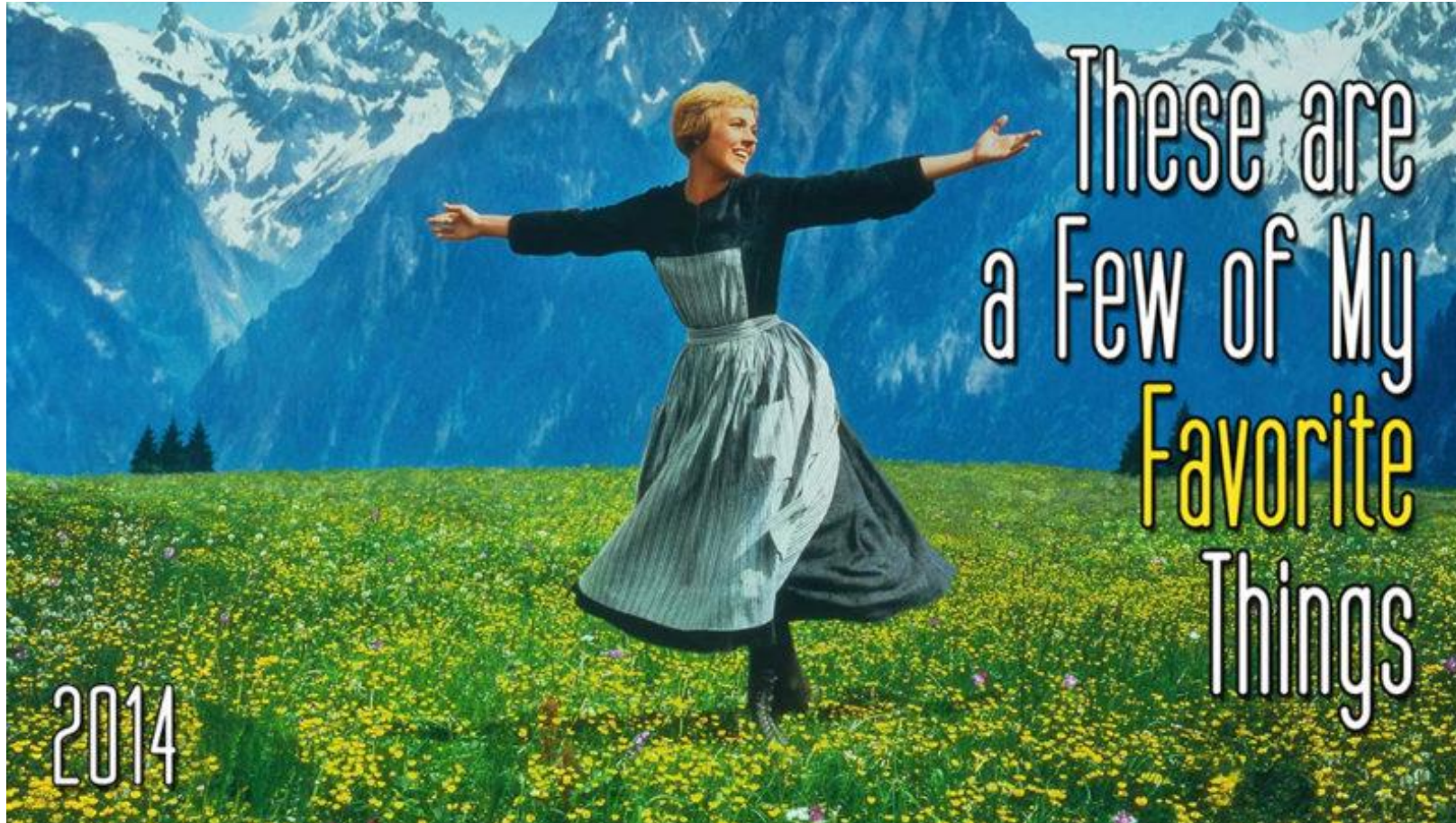


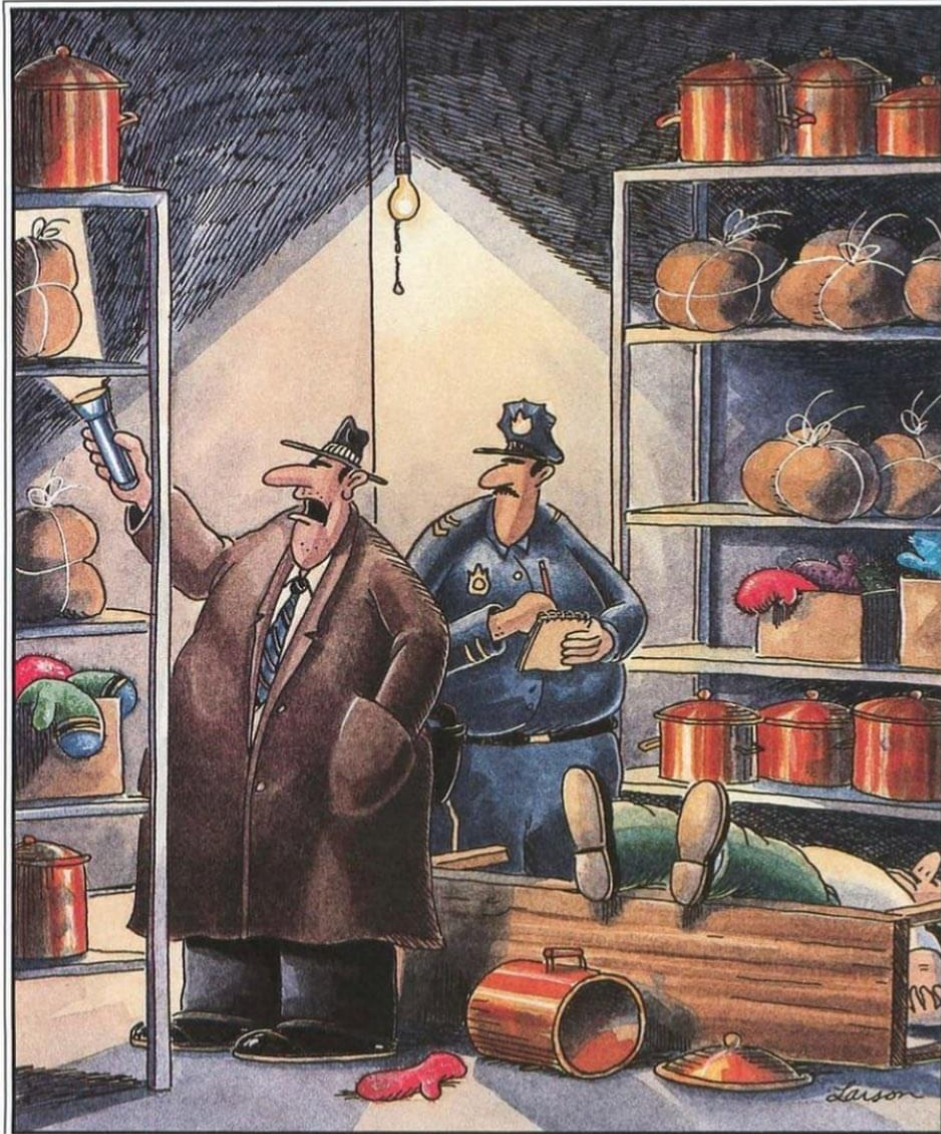


Three Centeredness and Relation to Material Objects

A Few of Our Favorite Things

Apologies to Julie Andrews





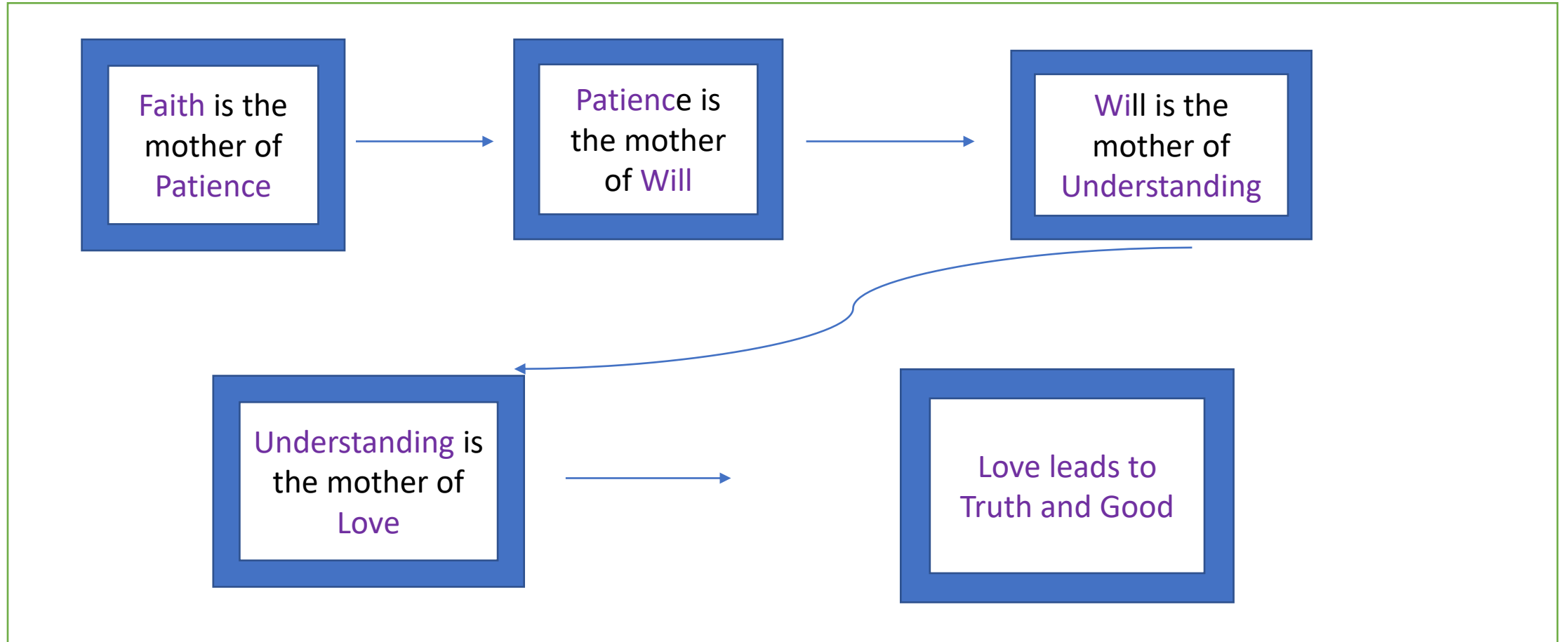
"Look here, McGinnis—hundreds of bright copper kettles, warm woolen mittens, brown paper packages tied up with string. ... Someone was after a few of this guy's favorite things."



A few of My Favorite Things



The Relationship that Builds Real Love



Quotes

- Iliia Delio: God is the ultimate depth of everything that exists, but we must learn to see.
- Pierre Teilhard de Chardin: Matter is spirit moving slowly enough to be seen
- JG Bennett: If we are asleep, material objects become our masters. If we are to begin to be awake, we must understand how to be worthy masters of the material world.
- Sujata: Detachment is not that you own nothing, detachment means that nothing owns you
- Jack Kornfield: To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own.

A Lesson in
Letting Go.
My father,
Henry



Homework

- Watch this YouTube video [Whole Universe is Vibrating](#). It is about eight minutes in length, though it is the first two minutes which is particularly relative to our topic at-hand. Does your view of what you call "inanimate" objects change in any way?
- Take a much-used object, say your cell phone, attempt to "make contact" with it daily this week. Can you distinguish between thinking about the phone, using the phone and being in contact with it, sensitive to it, sharing existence with it? What did you learn about yourself from the practice of "making contact?"
- If interested, you may read J.G. Bennett's [The Sherborne Theme Talks Series #3-Material Objects](#). It is an insightful and articulate expression in service of awakening and three-centered embodiment. Ponder. Enjoy.

