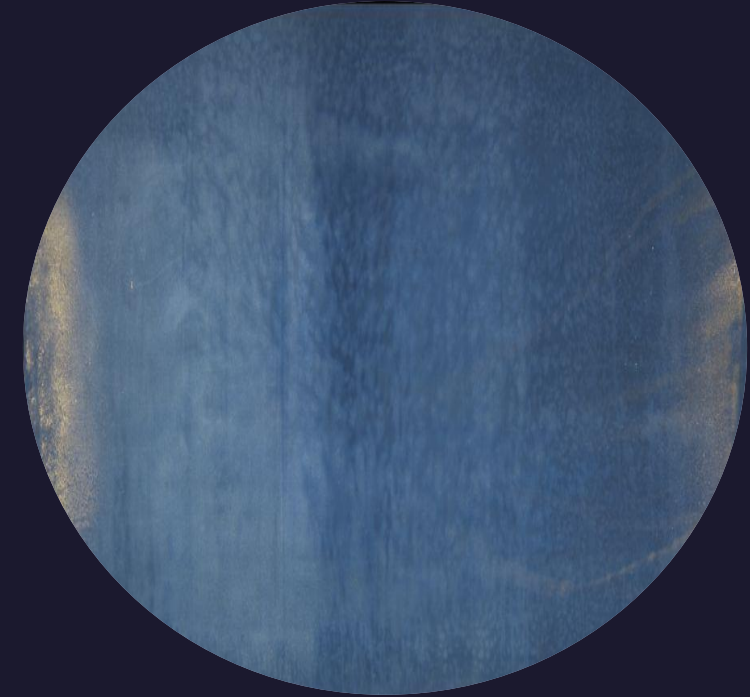


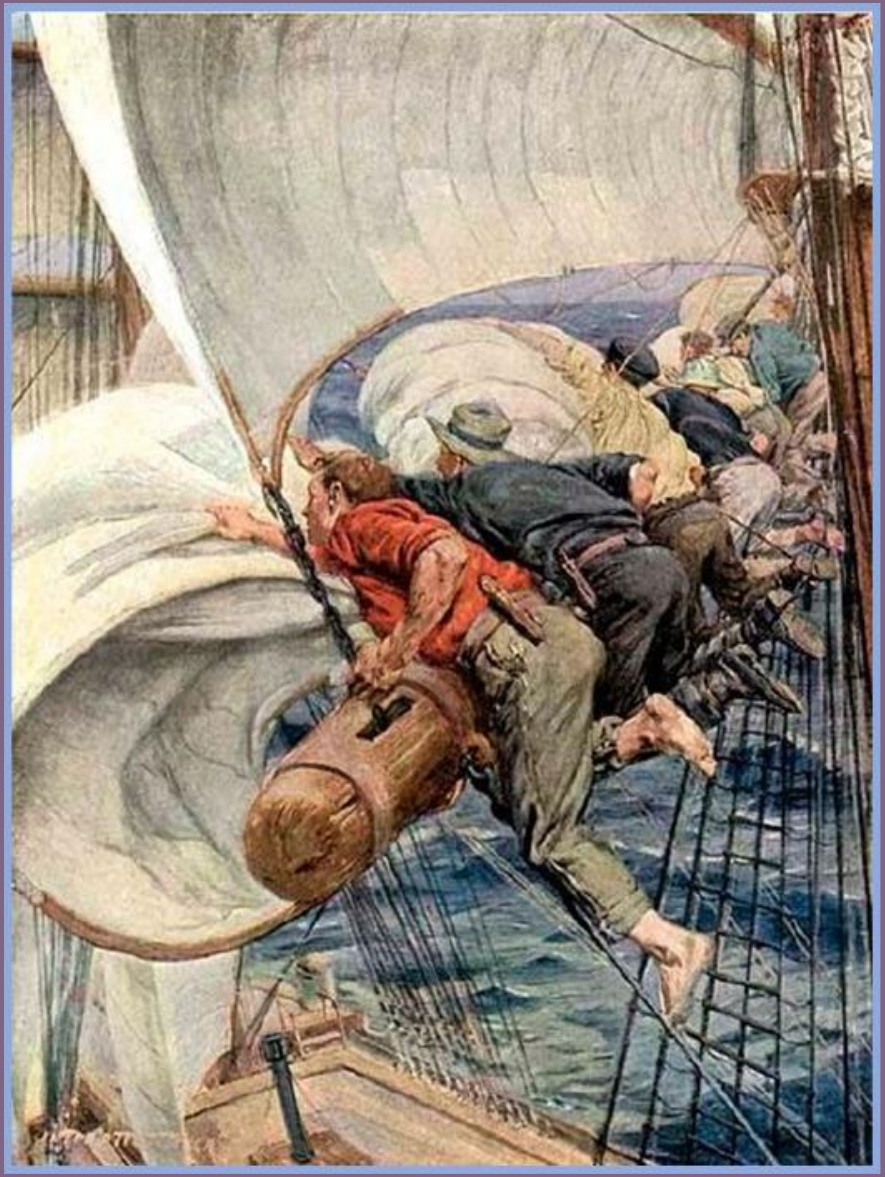
Last Week's Homework

- View Thomas Keating's video.
- View the video of Japanese-American artist Makoto Fujimura, whose silence art series came out of his writing *Silence and Beauty: Hidden Faith Born of Suffering*.
- If you do have a Centering Prayer or other silent meditation practice, for this coming week, commit to two sessions per day, if you do not currently do so. Or, if you do, add an additional 10 minutes to each session.
- Earlier this year, those who are Oblates consecrated themselves with a vow which included commitments: one of which is to attend a multi-day Centering Prayer retreat. Has one been scheduled?





Marcia Wegman



Grace & Effort

The Journey School

June 16th, 2022

Effort . . .

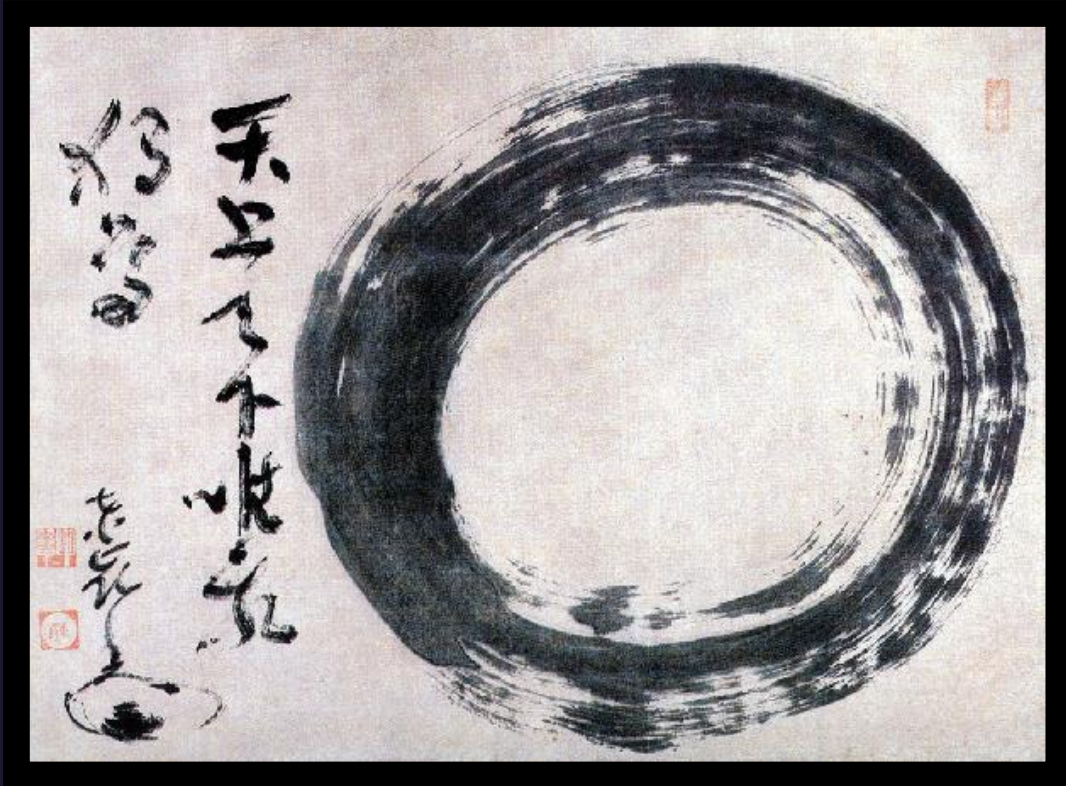
A

Master

Thread

of The Work





Fill your bowl to the brim
And it will spill.
Keep sharpening your knife
and it will blunt.
Chase after money and security
And your heart will never unclench.
Care about people's approval
And you will be their prisoner.
Do your work, then step back.
The only path to serenity.

- *Tao Te Ching*, Lao Tzu

A farmer bequeathed his three sons 17 horses. The will gave the eldest son should get half of the horses, the middle son one third and youngest son one ninth.

The sons were not able to divide the horses, as the result was fractions.

1st son — half of the horses $(17/2) = 8.5$

2nd son — one third of horses $(17/3) = 5.66$

3rd son — one ninth of horses $(17/9) = 1.88$

A wise woman came to the village on horseback and proposed a solution with which all the sons got their share without harming any horse. How were the horses divided?



The wise woman gave her horse to the group of horses. There are now 18 horses.



Then...

1st son — half of the horses $(18/2) = 9$

2nd son — one third of horses $(18/3) = 6$

3rd son — one ninth of horses $(18/9) = 2$

In total 17 horses get distributed among the three sons and the traveling wise woman will take her horse back and continue on her journey.

Grace changes the unchangeable.

Grace alters every equation without itself being changed.

**Grace is like a well;
Used but never used up.
Hidden but always present.**

Grace is the atmosphere of God.

Grace sustains the Law of Three and the Law of Seven.

Examples of Conscious Effort

Conscious Effort vs. Mechanical



Effort on side of Knowledge and Effort on the side of Being

Effort to not express negative emotions

Effort to make personality passive

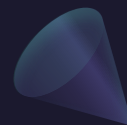
Effort to transform an incoming impression

Effort in posture, gesture, affect

Effort to Externally Consider someone

Effort to Wish and Set Aims

Effort to Self-Observe, Non-Identify



Effort to Self-Remember

Common Obstacles or Excuses to Effort

Lying

Worrying

Laziness

A-Influences

Expecting others...

Multiplicity

Psychological Sleep and Mechanical Behavior(s)

Forgetting our Aims and Wishes

Daydreaming

Wrong Centers, Wrong Use of Parts of Centers

Next Week's Homework

- Make effort to slowly read as many of the twelve commentaries by Maurice Nicoll on Effort indicated above.
- In quiet reflection, through prayer and journaling, and most of all non-critical self-observation, identify an area in your life or journey where you are being called to make more conscious, specific effort.

