

Homework From Last Week...



- In a moment of deep inner quiet, perhaps after a Centering Prayer period, move through the meditation exercise given by Pierre Teilhard de Chardin. What do you discover?
- In the final months of Dr. Nicoll's life, he wrote several *Commentaries* on the importance of the growth of essence, asking the question: "How can I produce a change in my internal nature that is real and not merely acquire what is on the surface, as is personality?" He stressed Work on the side of being. What are you doing to feed essence?
- You may wish to participate in the upcoming seven-week class "[A Passage Through Self, or Consciousness,](#)" the personal spiritual journey of Bernadette Roberts for further insight into the self and its possibilities.



Metanoia

The Movement Into a New Mind and Body

Internal (or Inner) Considering



"It's all about me, y'all!"

- Complaining
- Self-justifying
- Feeling owed
- Comparing oneself to others
- Judging others and ourselves
- Making accounts against others and ourselves
- Self-righteousness
- Thinking about what others think of us
- Thinking others should be, look and/or act differently

REVERSAL

I AM OWED



I OWE

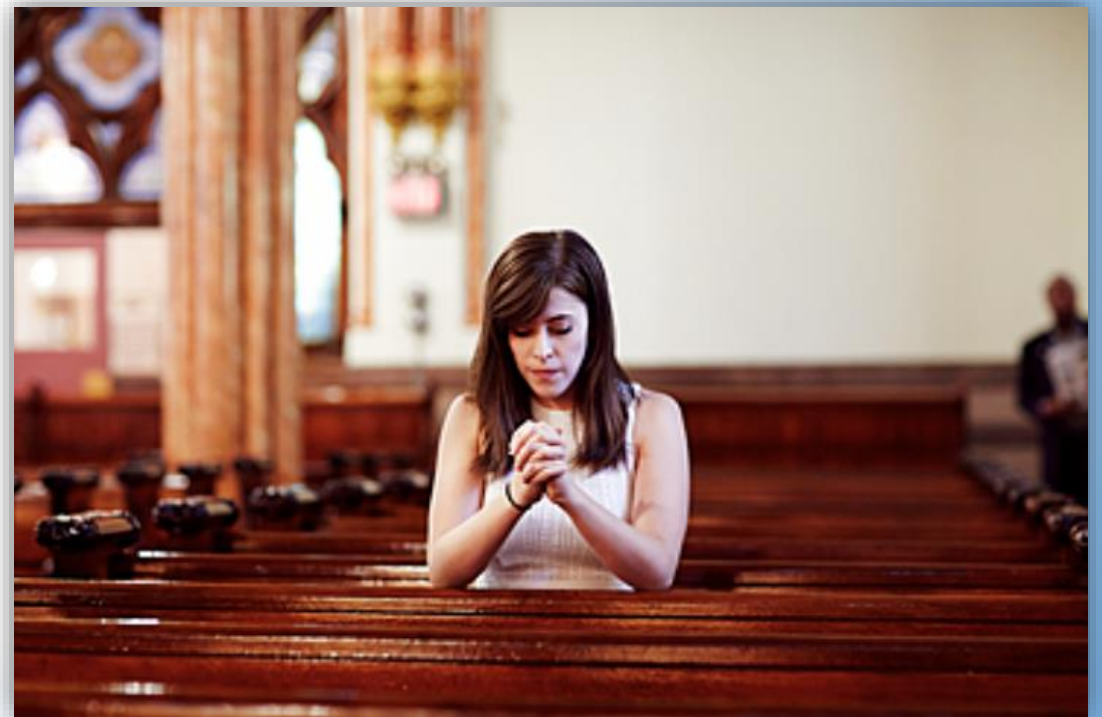


Image by Robert Harding



Dürckheim: The Great Experience

The experience of oneness

Encounter how we as individual beings participate in Being as Greater Life

Melting down of the world-ego structure



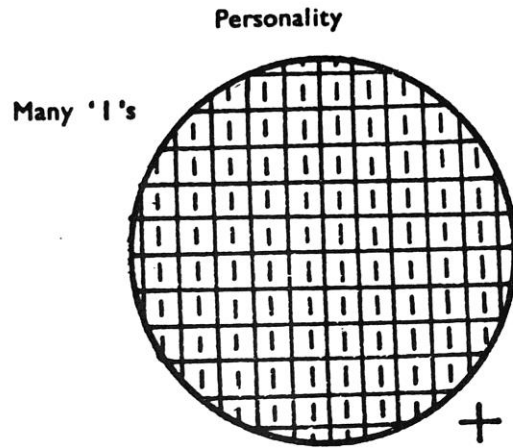
The Conference of the Birds

Attar of Nishapur


WE ARE WHAT WE SEEK

We have to lose our feathers!
KENOSIS

3rd force = Life
(Reconciling)



Man as he is

2nd
Force (Passive)  Essence undeveloped

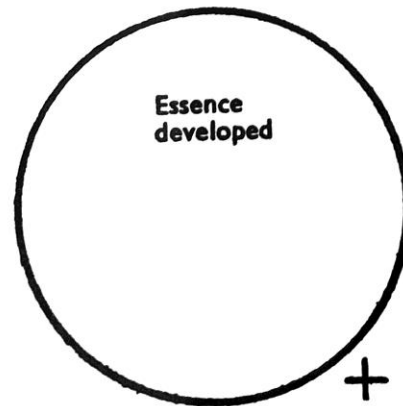
Neutralizing Force that keeps this relation = life-ideas and impact of life

1st
Force (Active)

Man as he should be

Neutralizing Force of Work-ideas + work on oneself

3rd force = the Work
(Reconciling)



1st
Force (Active)

Personality



2nd Force (Passive)

Homework

- Find specific examples of reversals in your thinking/life/being and share them with your Journey Group, Work Partner or other spiritual friend.
- Can you find the Great Experience in your own life? If you are unsure, look deeply for the moments of insight, seeing or inspiration that turned or started to turn you in a different direction. Consider the enormity of this gift of grace and with a humble heart, give thanks to God that you have been chosen to receive it!
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September Practice: Singing and Chanting

Singing and chanting are both powerful forms of vibrational expression which affect us physically, emotionally, mentally and spiritually. Combined with text, sung melody intensifies the quality of the words. The vibration created – through bone conduction – can be felt throughout the entire body and radiated beyond. This week you are invited to take a short piece of text from Scripture or another sacred writing, and create a simple chant melody for it using just one or two tones. Repeat the chant for a minute or two, perhaps prior to, or after your Centering Prayer period, or at any time throughout the day. What do you observe about the effects of these vibrations?