



SECOND CONSCIOUS SHOCK

AN EXPLORATION *of* IDEAS

THE WORK OCTAVE



Man number 7



Man number 1

“the possibility of personal
evolution ...”





MODELS OF EVOLUTION

Unitive
Mental Egoic
Mythic membership
Typhonic
Uroboric



*Evolution of
consciousness –
personal, and as
a species*



MODELS OF EVOLUTION

Enlightenment / Ineffable

Peace / Bliss

Joy / Serenity

Love / Reverence

Reason / Understanding

Acceptance / Forgiveness

Willingness / Optimism

Neutrality / Trust

Courage / Affirmation

Pride / Scorn

Anger / Hate

Desire / Craving

Fear / Anxiety

Grief / Regret

Apathy / Despair

Guilt / Blame

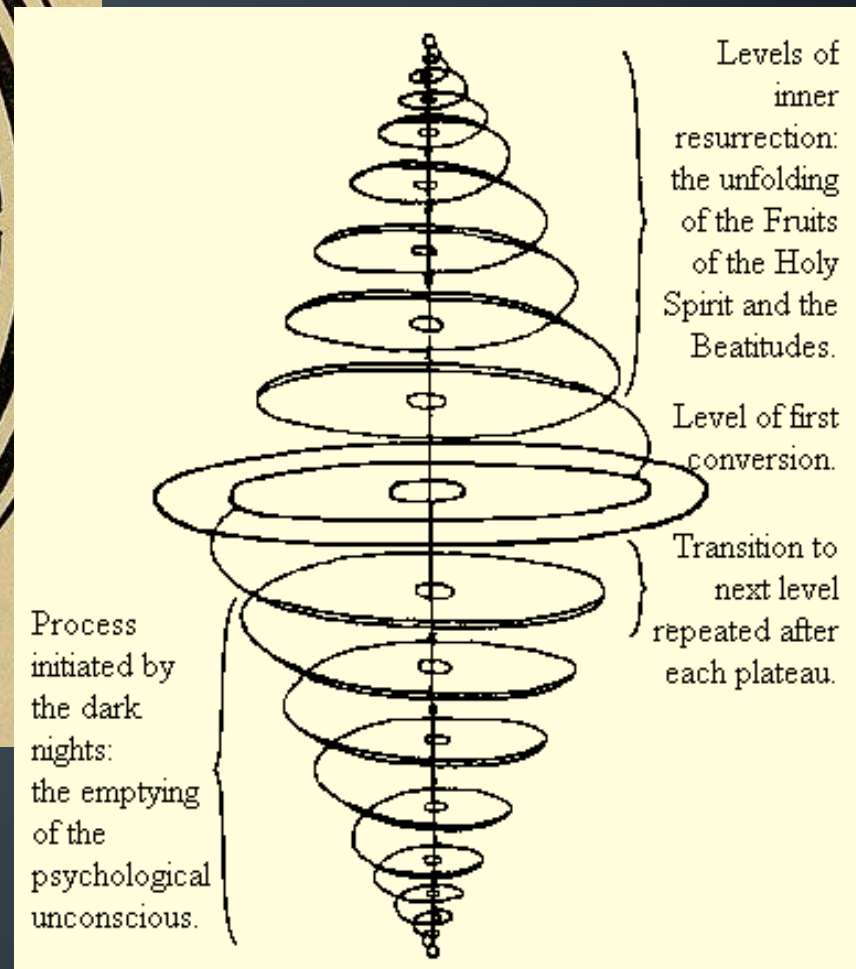
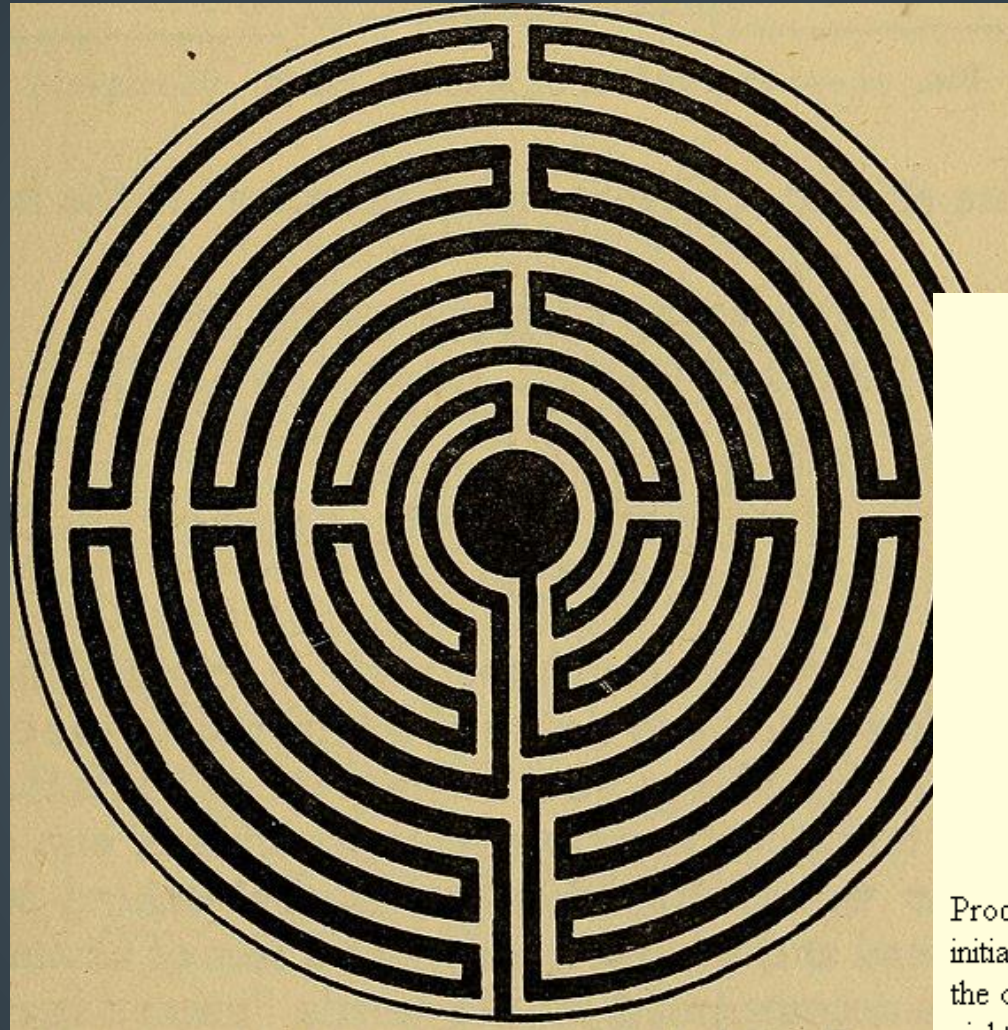
Shame / Humiliation



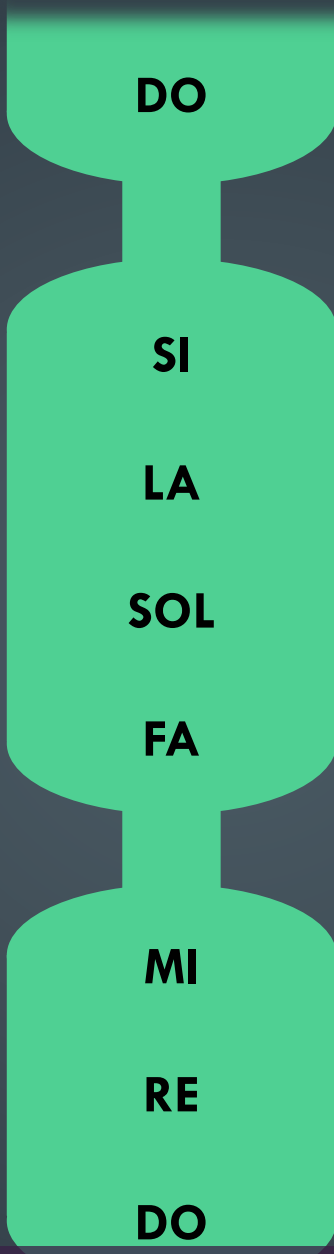
*Evolution of
consciousness –
personal, and as
a species*



PERHAPS BETTER MODELS



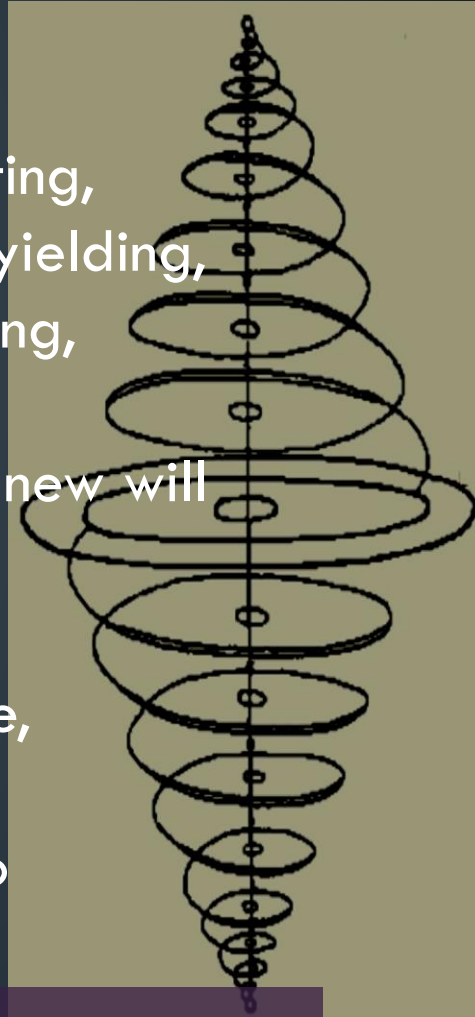
CHARACTERISTICS OF STAGES



A surrendered self, Real I, unity of Being

Opening, waiting, relinquishing, yielding, stillness, listening, responding...
Developing a new will

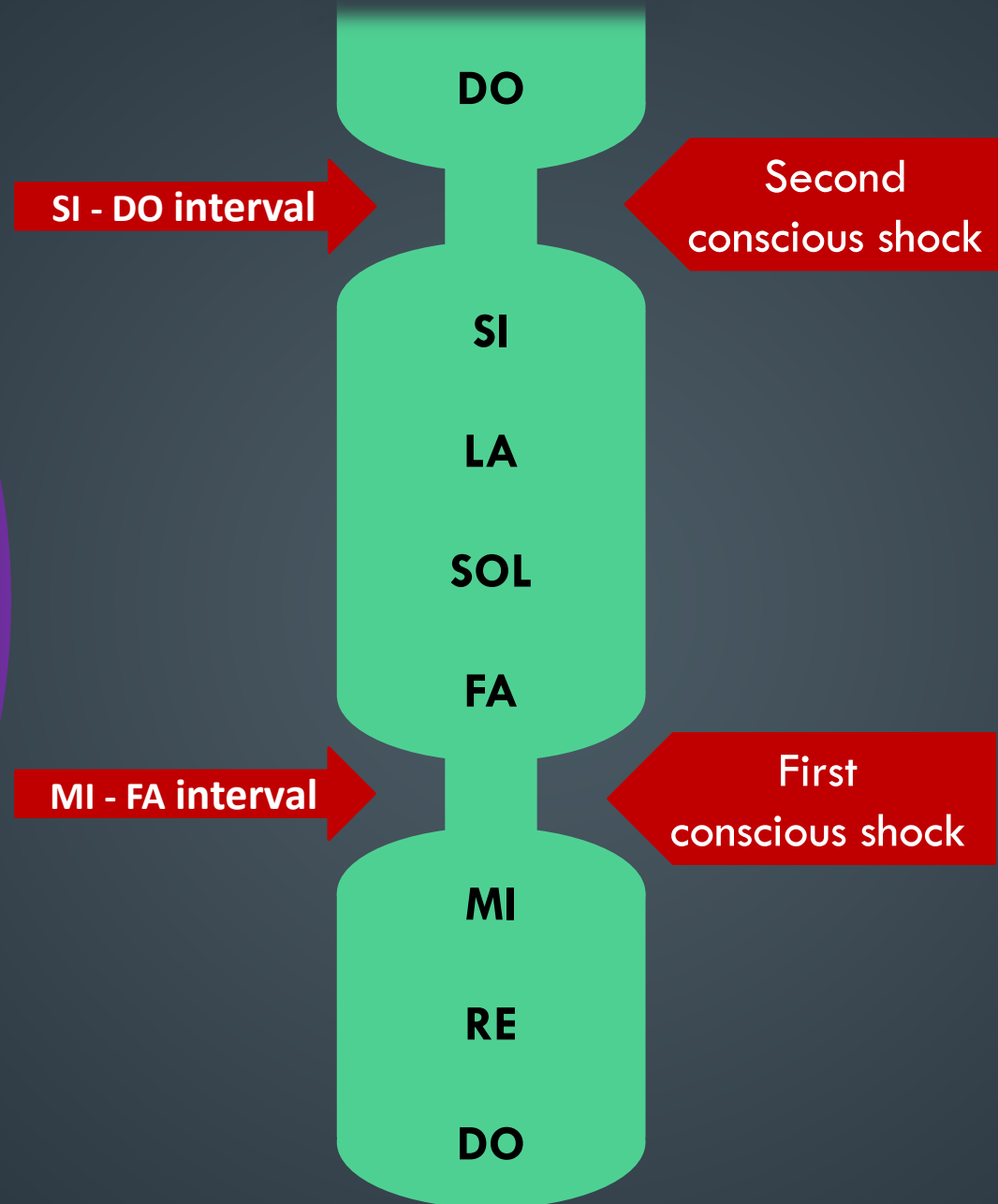
Study, practice, application of Work ideas to oneself



See this week's email for a full discussion of these characteristics



THE WORK OCTAVE



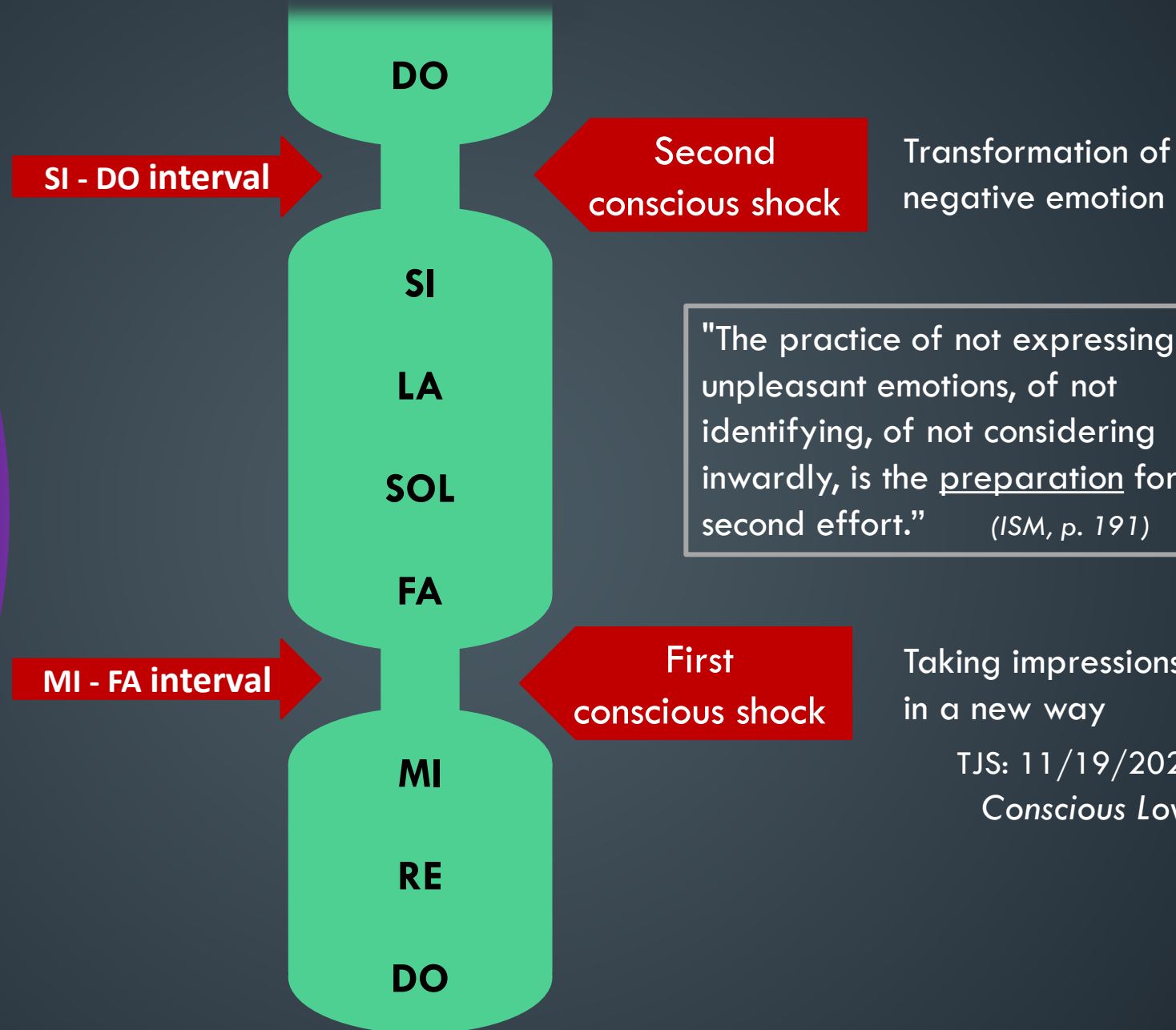
Taking impressions
in a new way

TJS: 11/19/2020

Conscious Love



THE WORK OCTAVE





SECOND CONSCIOUS SHOCK

Q. What is the second conscious shock?

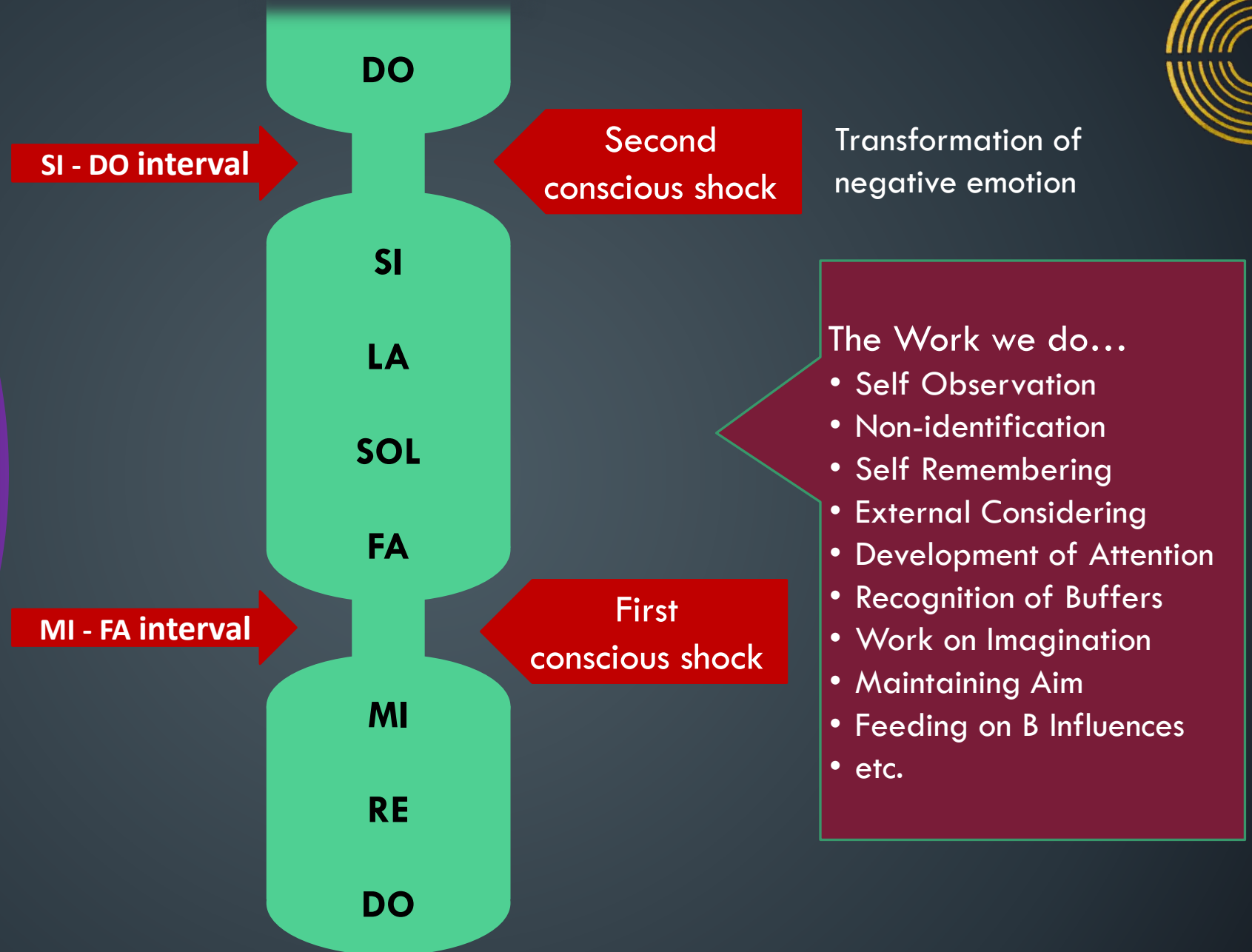
A. If you like, I can tell you what it is, but it will not help, because it is precisely what we cannot do. It is the transformation of negative emotions into positive emotions. It is possible only with long work ... when you can be conscious for a long time....

It is very far from where we are now.

~ Ouspensky: *The Fourth Way*, ch. IX Q&A



THE WORK OCTAVE





SECOND CONSCIOUS SHOCK

The miraculous in relation to negative emotions begins with the idea of second conscious shock - the transformation of negative emotions into positive ones. ... If we had no negative emotions, we would have no chance of development, so they would have to be invented. They are our own inexhaustible raw material for transmuting into that divine energy which otherwise is incommensurable with our logical efforts.

~ Collin: *Theory of Conscious Harmony: Positive Attitude*, 12/15/52



SHOW ME

So what does the
transformation of negative
emotion look like, anyway?



BASIC RESPONSE TO NEGATIVE EMOTION

Level 1: Indulging negative emotion

- Kill / annihilate / assimilate the other
- Revenge / bloodthirsty ; disregard for accident
- Make them pay (accident/injury billboards)



EVOLVING OUR RESPONSE TO NEGATIVE EMOTION

Level 2: Some restraint of negative emotion

- Mosaic law
- An eye for an eye, a tooth for a tooth
- Get even (but not more)



EVOLVING OUR RESPONSE TO NEGATIVE EMOTION

Level 3: Not expressing negative emotion

- The beginning of mercy & forgiveness
- Non-reactive, nonviolent response
- If you understood you would not disagree



EVOLVING OUR
RESPONSE TO
NEGATIVE
EMOTION

Level 4: Transforming negative emotion...

...into positive emotion/energy

- Compassion
- Truth and reconciliation (South Africa, Rwanda)
- Desire for rehabilitation of relationship, a wish for the goodness of the other
- Prayer for another



Jesus steps us up to the 2nd Conscious Shock

THE CHRISTIAN RESPONSE

- Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother who sins against me? Up to seven times [before I get to retaliate]?” Jesus answered, “I tell you, not just seven times, but seventy times seven times!
- You have heard that it was said, ‘an eye for an eye, and a tooth for a tooth.’ “But I say to you ... whoever slaps you on your right cheek, turn the other to him also. If anyone wants to take your shirt, let him have your coat also.



THE CHRISTIAN RESPONSE

Jesus steps us into the 2nd Conscious Shock

- But I tell you, love your enemies and pray for those who persecute you, that you may be sons and daughters of your Father in heaven.
- Father forgive them, for they know not what they do.

This is where we fully become Christ-like.