

Last Week's Homework

- Begin the day with the aim of self-consciousness. Put this aim in front of the day. Pick a particular situation that is planned: observe, see your sleep and the sleep of the other people around you, knowing that things are happening in the only way they can (Work aphorism).
- Practice inner-stop: observe your thoughts, speech, feelings, sensations. Is your state coming from conscious three-centered being, or habitual, recurring being?
- Practice looking at the sky, an animal or plant while trying "to be empty of words," as the poet Mary Oliver expressed it, non-critically observing the thing as it is in itself. How/does your relationship to the object change?





Theosis

The Journey School

October 27th, 2022

Theosis is like a rose.

The beautiful and elegant; closed
and blooming profundity of
God.

Incomprehensible

All we can really do is comprehend the
incomprehensibility of theosis.

Description vs. Explanation

Before I'm asked what theosis is, I know
well enough. When I'm asked what
theosis is, and try and explain it, I am
baffled and speechless.



The Work's "Diagnosis" of Humankind: Sleep

Inner Fragmentation, Relational Separation

STATES OF CONSCIOUSNESS

<i>Help Possible Man Awake</i>	}	4th State	Objective Consciousness (where a man can see things as they really are).
<i>LIGHT</i>		3rd State	Self-Consciousness, Awareness of 'I', Self-Remembering.
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<i>No Help Possible Man Asleep</i>	}	2nd State	So-called clear Consciousness or Waking State. Body-active-Man as walking and talking machine, not properly conscious. Man as sleep-walker. Man active to his dreams.
<i>DARKNESS</i>		1st State	Sleep with Dreams. Man dreaming. Body quiescent. Man as passive machine passive to dreams.

- “In this fourth state a [person] can see things as they are. Flashes of this state of consciousness also occur.. In the religions of all nations there are indications of the possibility of a state of consciousness of this kind which is called 'enlightenment' and various other names, but which cannot be described in words. But the only right way to objective consciousness is through the development of self-consciousness. If an ordinary [person] is artificially brought back into a state of objective consciousness and afterwards brought back to his usual state [one] will remember nothing and [one] will think for a time [one] had lost consciousness. But in the state of self-consciousness a [person] can have flashes of objective consciousness and remember them" (Ouspensky, *In Search of the Miraculous*, pp. 141-142). Man 5, 6 and 7 are all stages within this fourth state of consciousness, differing in their permanence or in the depth of immersion into the Wholeness....”
- - Journey School Email, October 20, 2022.



Christian Diagnosis: Sin

Spiritual Disconnection, Inner Fragmentation, Relational Separation



Seeing is distorted

Sin = Missing the
Mark

“Kundabuffer” = see
everything topsy-
turvy



The Work

Third Level

Practice

Inner Stop/Self-remembering,

Emergence of Master

Fourth Level



Being: See things as they really are.

Emergence of Real I

Christian

Illuminative

Theoria (unitive)



Practice

Stillness/
Meditative prayer

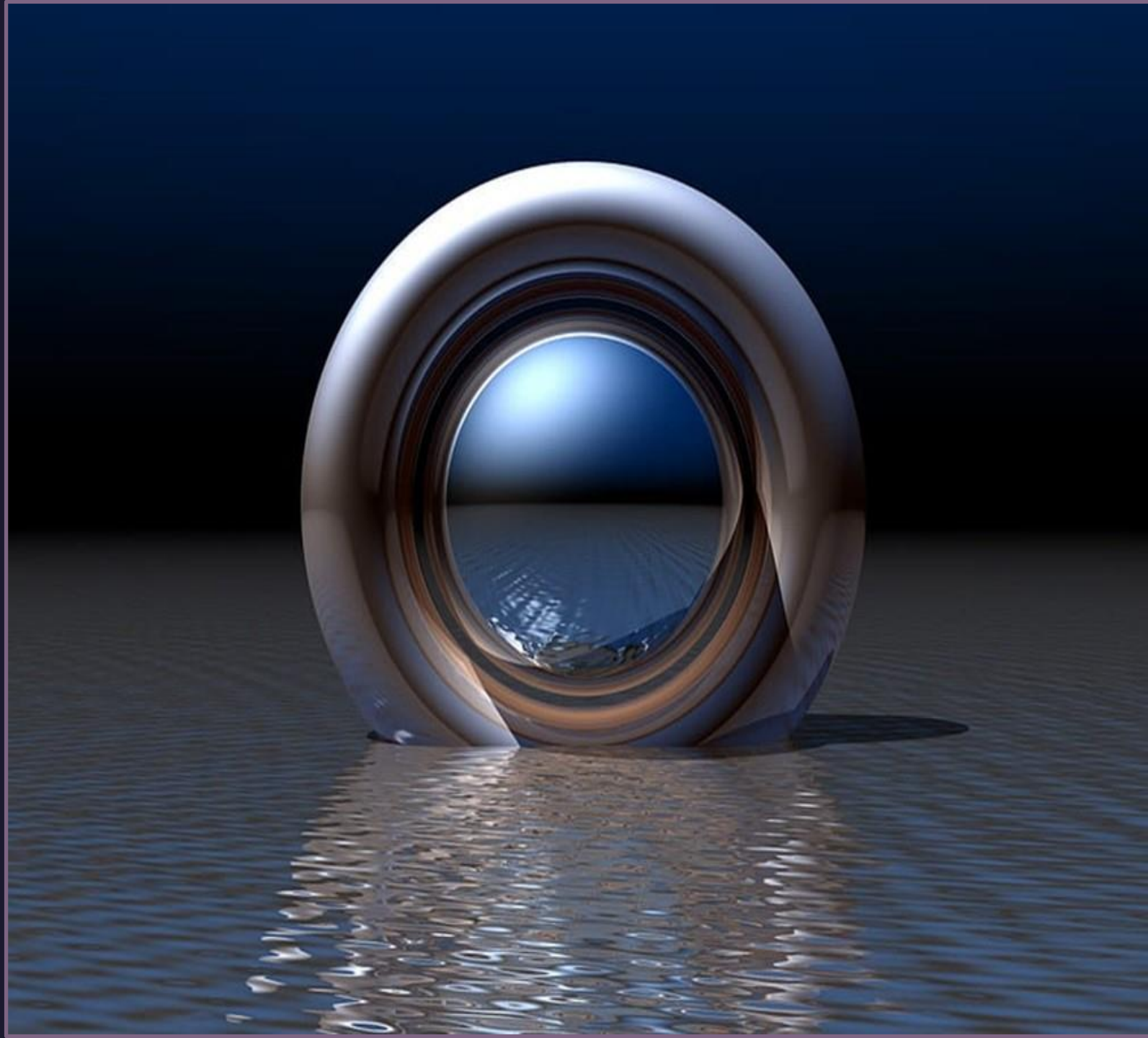
Being: The eye that I see with is the eye that sees me.

Loving service to all.

Theosis

What happens in and through the
Unitive State.

According to the witness of Bernadette
Roberts, the Unitive Revelation,
reveals that Theosis is the process
whereby the Divine Energy
consumes more and more of your
self/consciousness, turning you more
and more into Christ, the Union of
the Divine Logos/Spirit with
Human Nature.



A practical intersection of theosis and the Work.

The Work of Inner Christianity.

In her book, *Practical Work Tasks*, Beryl Pogson lists practical ways the Work works. Similarly, theosis:

1. Freedom from outer and inner arguing.
2. Freedom from having your life lived for you.
3. Freedom from inner talking.
4. Freedom from the need to be right.
5. Freedom from the prison of identification.
6. Freedom from making inner accounts.
7. Freedom from the comparison or envy.



Next Week's Homework

- During this week, aim to read this email three times. Read slowly. Digest what you can. Disregard what you can't. Take notes. Return to the email and re-read and notice what lands in your mind, heart and body differently as the week unfolds.
- What attracts you to the idea of theosis? What questions arise about it? Aim to recognize points of resonance and dissonance. Make an effort to deepen your understanding of both theosis and the Work and their similar and different ideas.
- Watch Bernadette Roberts thirty-minute teaching on one aspect of the spiritual journey, which she refers to as The Marketplace, where we can spend the unitive state in selfless service.
- What does it mean to be awake from sleep? And how does that relate to Jesus' teaching, "*they will know you are Christians by your love.*"