



OUR LINEAGE,  
THE COMMUNION OF SAINTS,  
THE CIRCLE OF CONSCIOUS HUMANITY

AN EXPLORATION *of* IDEAS



# COMMUNION OF SAINTS



Is this how it  
seems to you?

Who is  
“up there?”

Q: How many monks are here?



# COMMUNION OF SAINTS





Q: How many monks are here?

A: We have 5 up on the hill.

The rest of us are trying to be monks.

COMMUNION  
OF SAINTS





# COMMUNION OF SAINTS



The Great Divide



# COMMUNION OF SAINTS

God

Seraphim, Cherubim, Thrones,  
Dominions, Principalities,  
Archangels & Angels

Jesus, Mary, Saints

Grandma & Grandpa

*etc.*

...and Buddhist,  
Jewish, Hindu,  
Moslem, Taoist and  
non-religious saints  
as well!



## The Great Divide



# COMMUNION OF SAINTS

An aside:

“In the East, we believe that *all* of us are destined to be Saints – it’s not just for the special ones.

What makes you a Saint? You keep getting up every time you fall down.”





# THE CONSCIOUS CIRCLE



Just like the  
Communion of  
Saints, right?

(wrong)





The Conscious Circle has evolved over time...

# THE CONSCIOUS CIRCLE

- Gurdjieff, Ouspensky & Mouravieff
  - “Inner Circles” of humanity: Man # 5, 6, 7
- Nicoll - first half of Commentaries
  - same thing (but new name)
- Nicoll - second half of Commentaries
  - Conscious Circle is *within* you
  - Conscious Circle *is* the Kingdom of Heaven
  - The Conscious Circle is who (or what) is speaking to us through higher centers



The Conscious Circle has evolved over time...

Cynthia Bourgeault...

“A bridge of folks – some still living in their earthly bodies, some beyond their earth bodies, joining hands across the divide to create a continuous stream of assistance flowing in and whatever energy we can hand up of our alchemical transformations going back....”

THE  
CONSCIOUS  
CIRCLE



# IMAGINAL REALM



Cynthia:

“I cannot emphasize strongly enough that the word *imaginal* does not mean “imaginary.””

# IMAGINAL REALM

**Cynthia:**

**“I spoke of the imaginal realm ... as a ‘boundary realm’ but it is actually more of a confluence, for the word *boundary* suggests a separation while what is really at stake in this realm is an active flowing together. ... In this realm the fruits of our human striving – both conscious and unconscious – are offered up to the whole. And from this realm, in turn, we receive blessing, inspiration, guidance, and vivifying force, which are ours to share and bestow here below.”**

The Imaginal Realm is a place of contact where help is available, bridging the “Great Divide”



## Living on Earth

## Not living on Earth

Conscious  
humanity

Conscious Circle of  
Humanity  
(& the Imaginal Realm)

Communion of Saints  
(The “conscious departed”)

“Man #4”

Sleeping humanity

The “sleeping departed”

(not to scale)

# IMAGINAL PARTICIPATION

## Four 'how-to' methods of participating in the Imaginal Realm, being part of the Conscious Circle



(Pre-requisite: Interior stillness)

1. Lectio Divina
2. Forgiveness Prayer Practice  
(where imagination shades into the imaginal)
3. Letters from Love (Elizabeth Gilbert)
4. An intentional relationship, with someone you know, who cares about your highest good

Because who doesn't need assistance, blessing, inspiration, guidance, and vivifying force?



# FORGIVENESS PRACTICE

For an experience of both focused, directed imagination and imaginal engagement with another, listen to (and practice) the Forgiveness Prayer Practice.

A guided meditation, led by Fr. Karl Arico, is available here: <https://www.contemplativeoutreach.org/wp-content/uploads/2020/05/CA-Prayer-of-Forgiveness-1.mp3>

The practice start at the 53:00 minute mark and lasts about 20 minutes.



# LETTERS FROM LOVE

“For over a quarter of a century, I have written daily letters to myself from Love and it has been the most transformative spiritual practice of my life. I have come to believe that there is a magnificent intelligence in the universe that is kind beyond measure, and that only seeks to know us and be known by us.”

1. Find a quiet moment, when you can still your thoughts a bit.
2. Open up a notebook and write down this one question:  
***Dear Love — What would you have me know today?***
3. And then allow the answer to come. What would Unconditional Love tell you, if it had a voice?

- Elizabeth Gilbert





## INTENTIONAL, PERSONAL RELATIONSHIP

Someone you know who cares about your highest good...

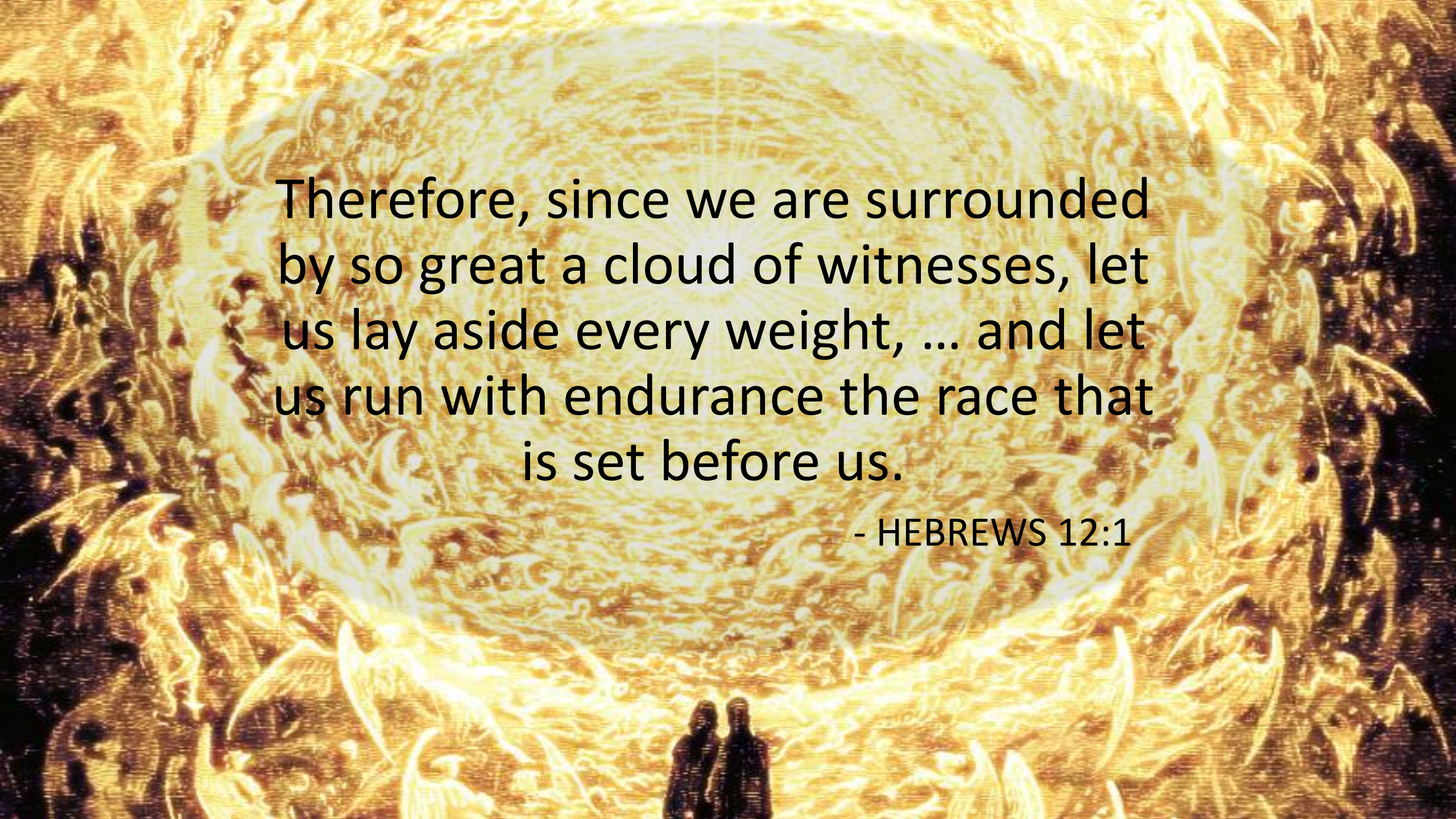
- From Jesus to Grandma to a dear friend
- What questions do I have?
- Find a quiet moment (5-10 minutes)
- Invite the person into your presence and gently present a question (open ended, not yes/no)
- Allow an answer to come. Be open to what comes, especially the unexpected.
- What else would you have me know?



# IMAGINAL PARTICIPATION

## Different methods - Common themes

- Interior Stillness
- Listening / receptive disposition
- Intention to connect
- Clarity about what/whom you are connecting with



Therefore, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, ... and let us run with endurance the race that is set before us.

- HEBREWS 12:1