

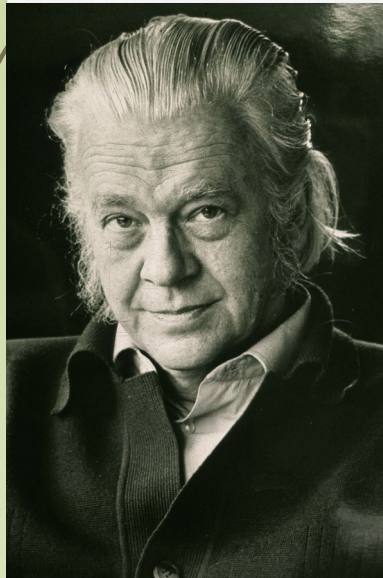
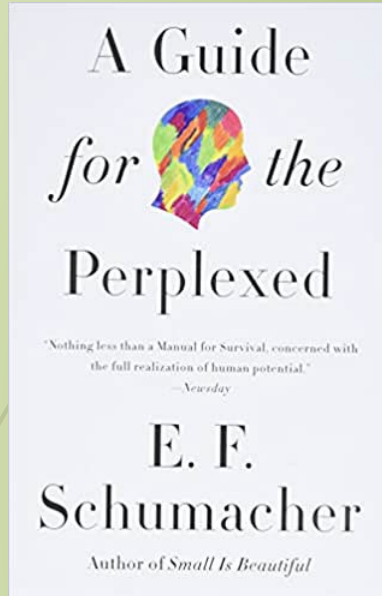


Women Baking Bread Carl Moon 1943

OUR DAILY BREAD

JOURNEY SCHOOL MARCH 13, 2025

LEVELS OF BEING ACCESSIBLE TO THE SENSES



- Matter (mineral)= "m"



- Life = m + "x"



- Consciousness = m + x + "y"



- Self reflective consciousness = m + x + y + "z"




LEVELS OF THE HUMAN BEING

EVOLUTION OF CONSCIOUSNESS AND ONENESS

	Oneness with...	Hawkins' Scale
Unity	n/a (no self ; non-dual)	700's - 1,000
Unitive	God (divine union)	600's
Intuitive	Greater humanity / all creation	500's
Mental Egoic	My group(s)	0 - 400's
Mythic membership	My group(s)	
Typhonic	My desires	
Uroboric	My needs	

From Michael Begemen

<https://consciousnessharmony.org/class-summaries/an-eternal-unity/>



*A Recapitulation
of the
Lord's Prayer*

Give us this day our daily bread

“This is the only place in the Lord’s Prayer in which a direct, outright gift is asked for...for this gift means finally “participation in eternal life”

“All of our experiences, all that happens to us, all the impressions and impacts we receive from our surroundings, all represent a form of food that is essential for the life of our being. For spiritual growth or transformation of being, this ‘food of being’ must also be transformed.”

“That is why the analogy of ‘bread’ and ‘eating’ is employed. To receive the divine Word you do not have to think about it; in fact, you cannot think about it since it transcends the the mind. It has to be eaten, assimilated directly.”



OUR DAILY BREAD

The Work teaches that there are three foods necessary for human life:

First Being Food: Ordinary food

Second Being Food: Air

Third Being Food: Impressions.

These three foods give energy and are necessary but the most important is the food of impressions.



Law of Impressions Operative at All Levels A Fundamental Law

“We could not last even one second in existence without impressions.

If the air did not make an impression on our lungs and on our blood, we would not live.

If masticated food failed to impress the stomach and intestinal tracts, we would not be able to live either.”

Samael Aun Woer

FIRST BEING FOOD:

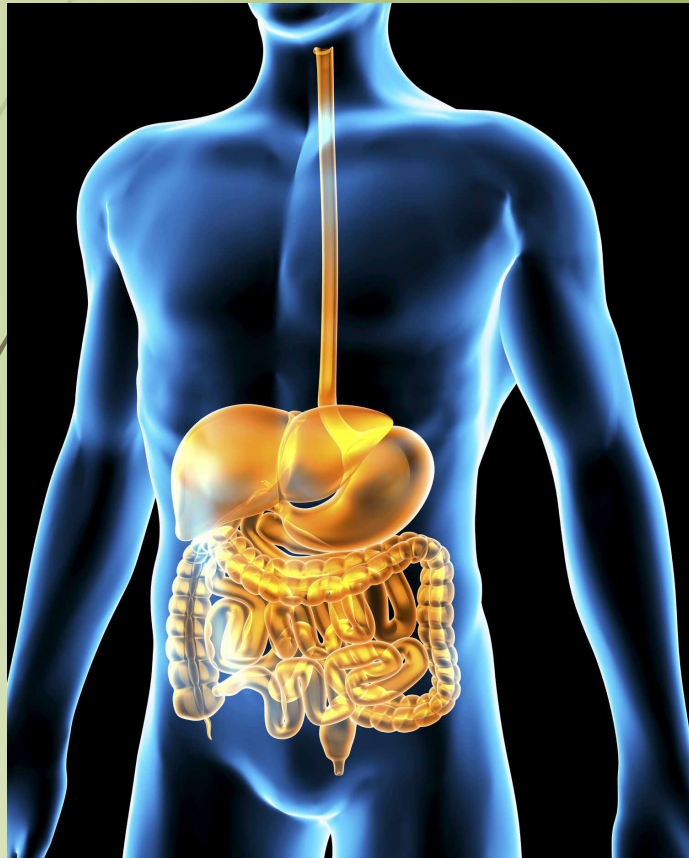
Conscious influences

- What we choose to eat
- How much do we eat
- How we are when we eat

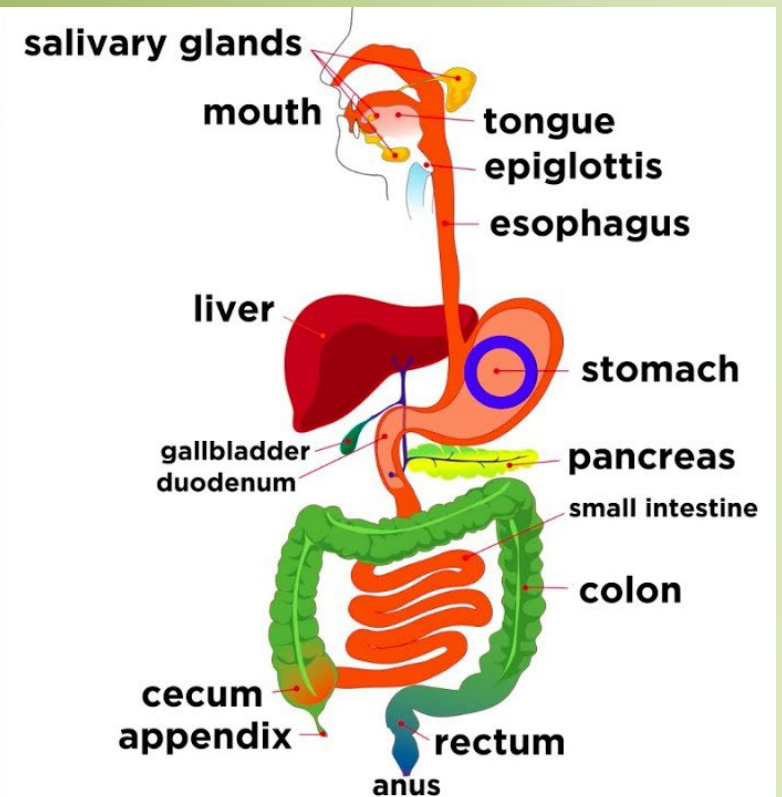
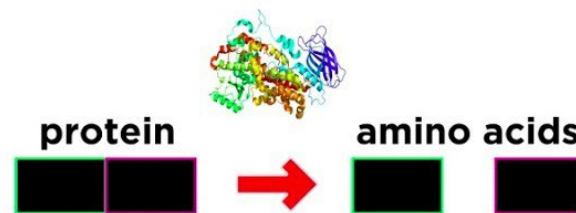


IMPRESSIONS AND FIRST BEING FOOD: UNCONSCIOUS INFLUENCES

A SERIES OF IMPRESSIONS
Through a long GI Tract
Mechanical: Do not require Conscious attention



- 1) ingestion
- 2) propulsion
- 3) mechanical breakdown
- 4) digestion

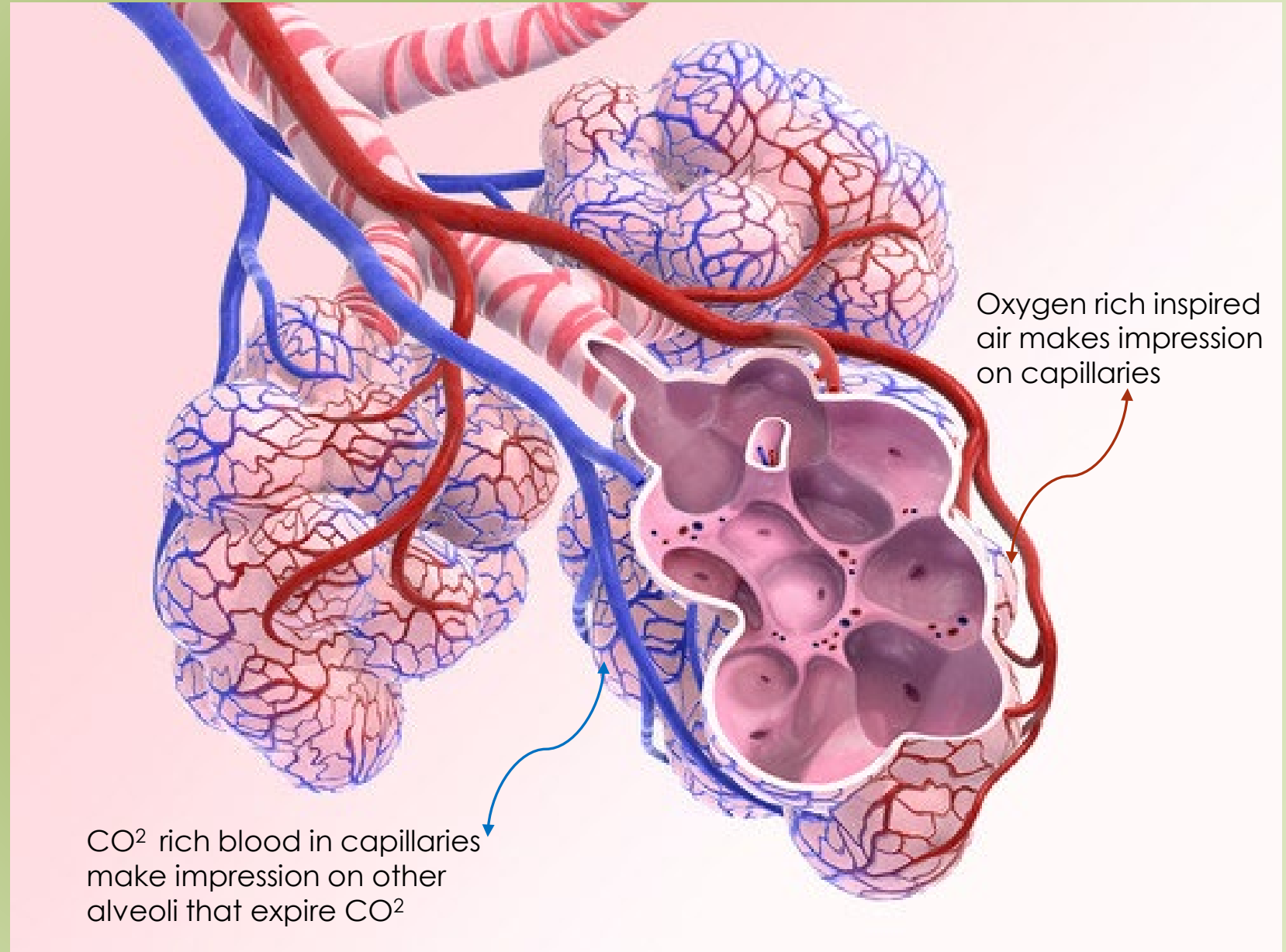


IMPRESSIONS AND FIRST BEING FOOD

Villi in the small bowel maximize impressions by increasing surface area



IMPRESSIONS AND SECOND BEING FOOD: AIR RECIPROCAL FLOW





FOOD OF IMPRESSIONS: RECIPROCAL FLOW?

MECHANICAL with ENTROPY
vs
CONSCIOUS TRANSFORMATION

IMPRESSIONS + IDENTIFICATION

IF RECEIVED MECHANICALLY,
IN IDENTIFIED PERSONALITY
(our prevailing state)

NEGATIVE EMOTIONS ARE TRIGGERED

- Associations
- Internal Considering
- Self Justification



WHACK A MOLE STRATEGY FOR NEGATIVE EMOTIONS

Making Moon in Ourselves
Best as a Stable Witness/Center of Gravity

But


Can Become a 'Critical Response Team'



MAKING SUN IN OURSELVES

- Gratitude
- Wonder
- Humor
- Love and Loving-kindness
- Compassionate Generosity
- Abiding/Forbearance
- Transparency (Diaphaneity)
- Reverence
- Mercy





*Standing between earth and sky, we are silenced by the sight.
Sublime grandeur evokes unhesitating, unflinching awe.*

Abraham Joshua Heschel

*When we walk on the earth with reverence, beauty will decide to trust us.
Beauty is mysterious, a slow presence who waits for the ready, expectant heart.*

John O'Donohue



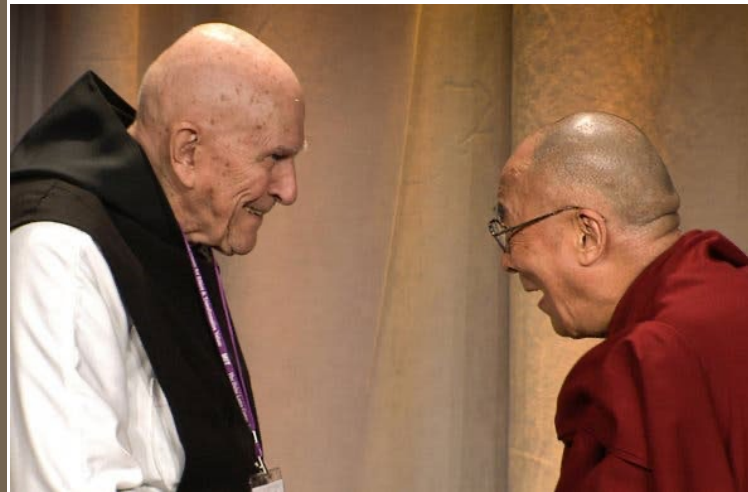
HUMOR

"HUMOR AND PARADOX ARE OFTEN
THE ONLY WAYS TO RESPOND TO LIFE'S
SORROW WITH GRACE"

Matthew Fox

"YOU SHOULD NOT TAKE PRAYER TOO
SERIOUSLY. THERE IS SOMETHING
PLAYFUL ABOUT GOD. YOU ONLY HAVE
TO LOOK AT A PENGUIN"

Thomas Keating





COMPASSION TO THE LEAST AMONG US

“Practice love on animals first;
they react better
and more sensitively.

GI Gurdjieff





Compassion requires us to be
weak with the weak,
vulnerable with the vulnerable,
and
powerless with the powerless.

Henri Nouwen. *Compassion* p.4



“Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish.

Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears.



Compassion means full immersion in the condition of being human.

This suffering with others in obedience is the way to meet our compassionate God, whose love enables us to live in the midst of the world, serving our brothers and sisters with a deep sense of joy and gratitude.”



Mary Mrozowski



THE WELCOMING PRAYER

Welcome, welcome, welcome.
I welcome everything that comes to me today,
because I know it's for my healing.
I welcome all thoughts, feelings, emotions,
persons, situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem, approval, and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any
situation, condition, person or myself.
I open to the love and presence of God
and God's action within.
Amen.

IMPRESSIONS AND SPACE FOR INFLOW OF DIVINE GRACE



“In connection with inner development we must understand by the term *wilderness*, a state of mind, a general inner state, comparable with a literal *wilderness*

– that is,

a state where there is nothing to guide a man, where he is no longer among familiar things

and so is in a *wilderness*,

a state of distress and bewilderment and perplexity, where he is left entirely to himself, as a test,

and does not know which direction to go and must not go in his own direction...’

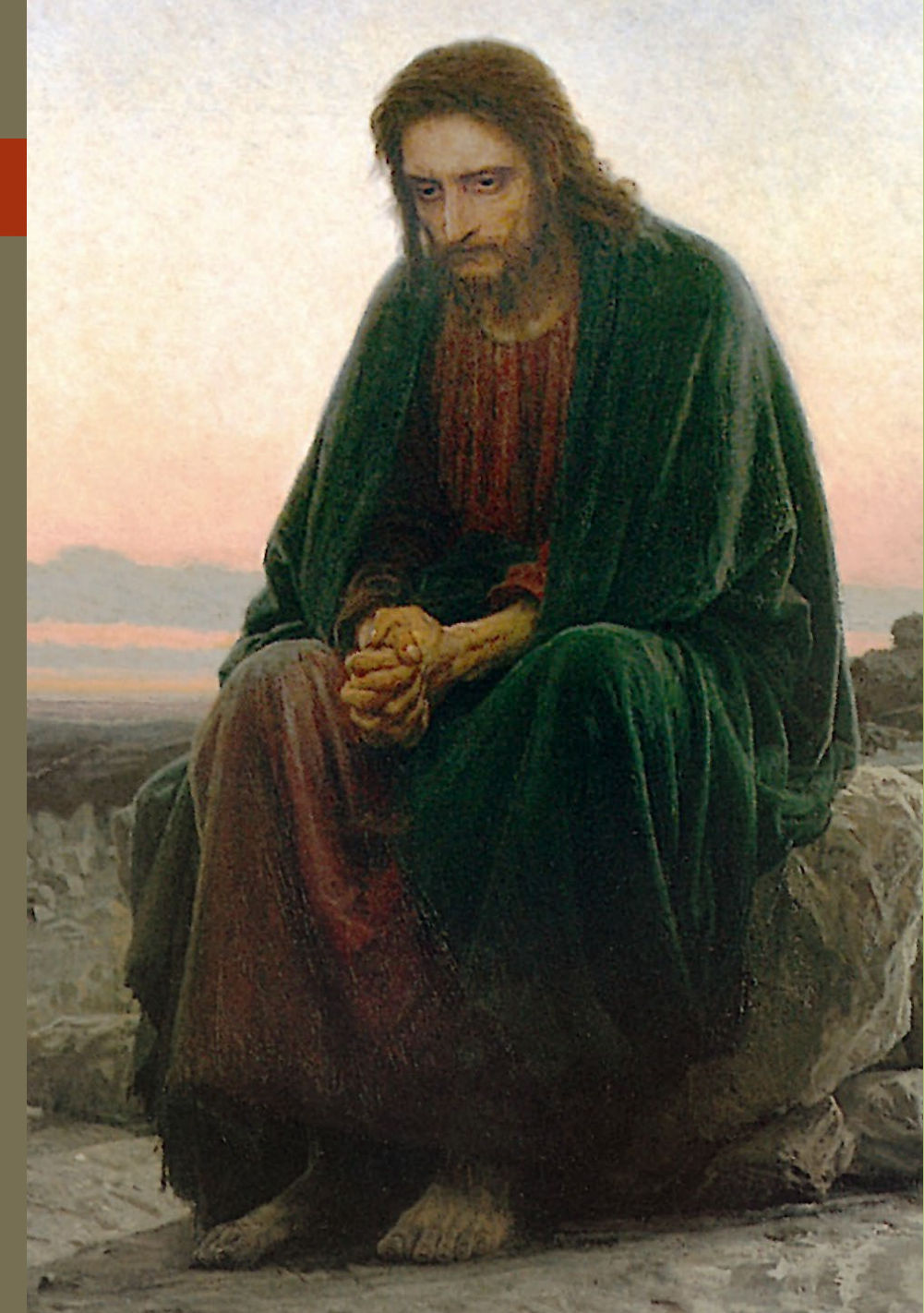


“He hungers for bread,...namely guidance...,
bread for the *to-morrow*...

as they can become..., the bread for
successive and necessary stages of *understanding*...

In such a state the temptation is *to make bread for oneself-*
that is,

to follow one's **own** ideas, one's **own** will....”



“But the mission of Christ...
was not to manufacture truth on meaning by himself,
but to understand and teach
the Truth and meaning of the Word of God
– that is,
of **a higher level of influences.**”

Maurice Nicoll. *The New Man* p.28-29

Prayer with No Bread or Wine



“Suffering holds hidden within it,
in extreme intensity,
the ascensional force of the world.

Pierre Teilhard de Chardin

THE PRIEST / MASS ON THE WORLD

Pierre Teilhard de Chardin



THE PRIEST

1915-1918
DOUAUMONT NEAR VERDUN



MASS ON THE WORLD

1923 ORDOS DESERT, MONGOLIA

MASS ON THE WORLD

Pierre Teilhard de Chardin



Since once again, Lord –
though this time not in the forests of the Aisne
but in the steppes of Asia –

I have neither bread, nor wine, nor altar,
I will raise myself beyond these symbols,
up to the pure majesty of the real itself;

I, your priest, will make the whole earth my altar
and on it will offer you all the labors and
sufferings of the world.



Over there, on the horizon, the sun has just touched with light the outermost fringe of the eastern sky.

Once again, beneath this moving sheet of fire, the living surface of the earth wakes and trembles, and once again begins its fearful travail.

I will place on my paten, O God, the harvest to be won by this renewal of labor.

Into my chalice I shall pour all the sap which is to be pressed out this day from the earth's fruits



This restless multitude, confused or orderly,
the immensity of which terrifies us;

this ocean of humanity whose slow, monotonous wave-flows
trouble the hearts even of those whose faith is most firm:

it is to this deep that I thus desire
all the fibers of my being should respond.

All the things in the world to which this day will bring increase;
all those that will diminish;
all those too that will die:

all of them, Lord, I try to gather into my arms,
so as to hold them out to you in offering.

This is the material of my sacrifice;
the only material you desire.



Receive, O Lord, this all-embracing host which
your whole creation, moved by your magnetism,
offers you at this dawn of a new day.

This bread, our toil, is of itself,
I know, but an immense fragmentation;

this wine, our pain, is no more,
I know, than a draught that dissolves.

Yet in the very depths of this formless mass
you have implanted
— and this I am sure of, for I sense it —

a desire, irresistible, hallowing,
which makes us cry out,
believer and unbeliever alike:

‘Lord, make us one.’

IMPRESSION OF UNAVOIDABLE SUFFERING

CONSCIOUS SUFFERING → SECOND CONSCIOUS SHOCK



Well, my father died on the porch outside on an August afternoon
I sipped bourbon and cried with a friend by the light of the moon
So it's hurry, hurry, step right up, it's a matter of life or death
The sun's going down and the moon's just holding its breath

John Prine. *Mexican Home*

AMAZING GRACE



At what point in the avalanche
do we realize there's nothing
to be done but be pummeled
and tumbled and broken
by the world?
At what point do we know
that no matter how hard we swim,
the current will carry
us over the falls
to the rocks below?
At what point are we sure
we can't save our beloveds,
not from the world and not
from themselves?
In that moment,
and perhaps only then,
grace comes in to do
what the will cannot,
and whatever it is
that is larger than us
makes a home in us –
like fitting the whole sky
into our hand, then
opening that hand
to pray.

Rosemerry Wahtola Trommer. *The Unfolding*