



Disposing Our Bodies and the Inmost Will

The Journey School

May 1, 2025



Embodying Christ in Everyday Life

*Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
with compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.*

*Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.*

*Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
with compassion on this world.
Christ has no body now on earth but yours.*

- attributed to St. Teresa of Ávila



“As it goes for Christ, so
it goes for us...”

*He advanced a little and fell prostrate in prayer, saying,
“My Father, if it is possible, let this cup pass from me;
yet not as I will, but as you will.”*

- Matthew 26:39



Jesus Revealed the Path of Kenosis

“The unitive point is reached not through the concentration of being but through the free squandering of it; not through acquisition or attainment but through self-emptying; **not through ‘up’ but through ‘down.’** This is the way of kenosis, the revolutionary path that Jesus introduced into the consciousness of the West.”

- Cynthia Bourgeault, *The Wisdom Jesus*



Metanoia & Discerning Divine Will



“I appeal to you, therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.” —*Romans 12:1-2*

The Parable of the Horse, Carriage, and Driver

“Self-mastery ... means having *Master* in you, and this is only possible if the Driver, Horse, and Carriage have been put in some right condition.”

- Maurice Nicoll, *Commentary on Will II*



The Presence of Real Will

“The whole of the Work, the whole pondering and feeling of esoteric teaching, leads to Real Will – that is, *Master*.”

– Maurice Nicoll

Master —Real ‘I’—Real Will
|
Steward
|
Deputy-Steward
|
The many ‘I’s of Personality



Synergizing Our Three Centers

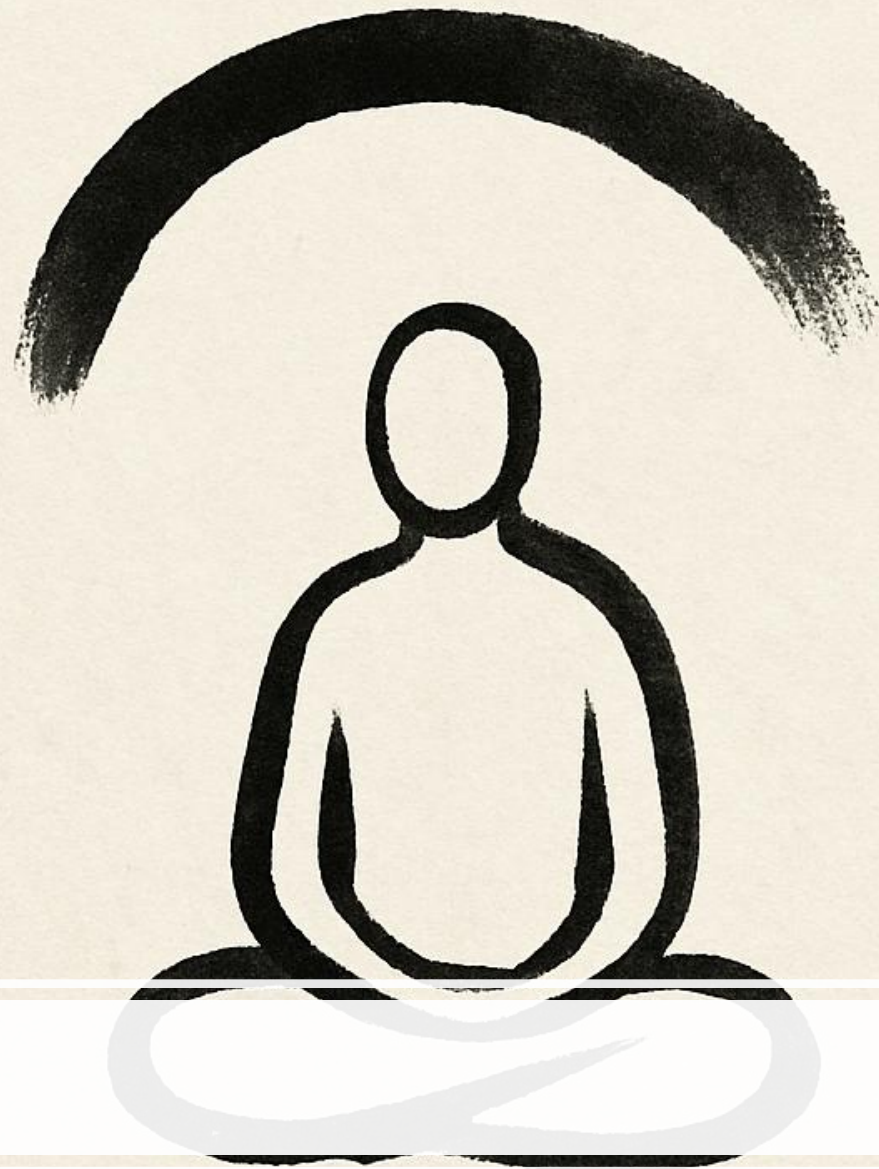
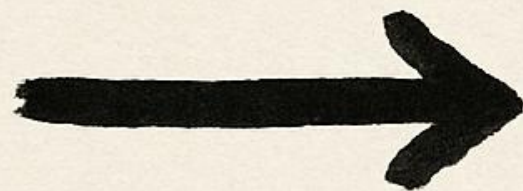
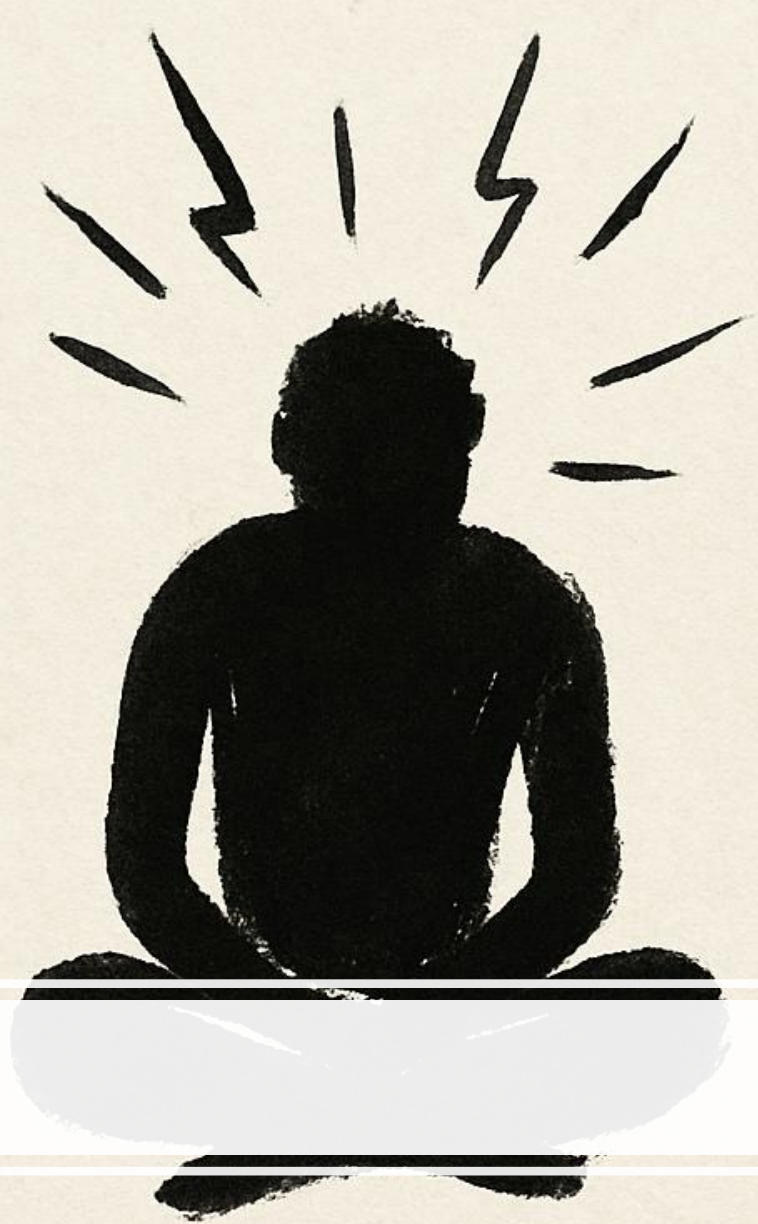
“Each centre hypnotizes
the other centres.”

- Maurice Nicoll





Attention



Relaxation

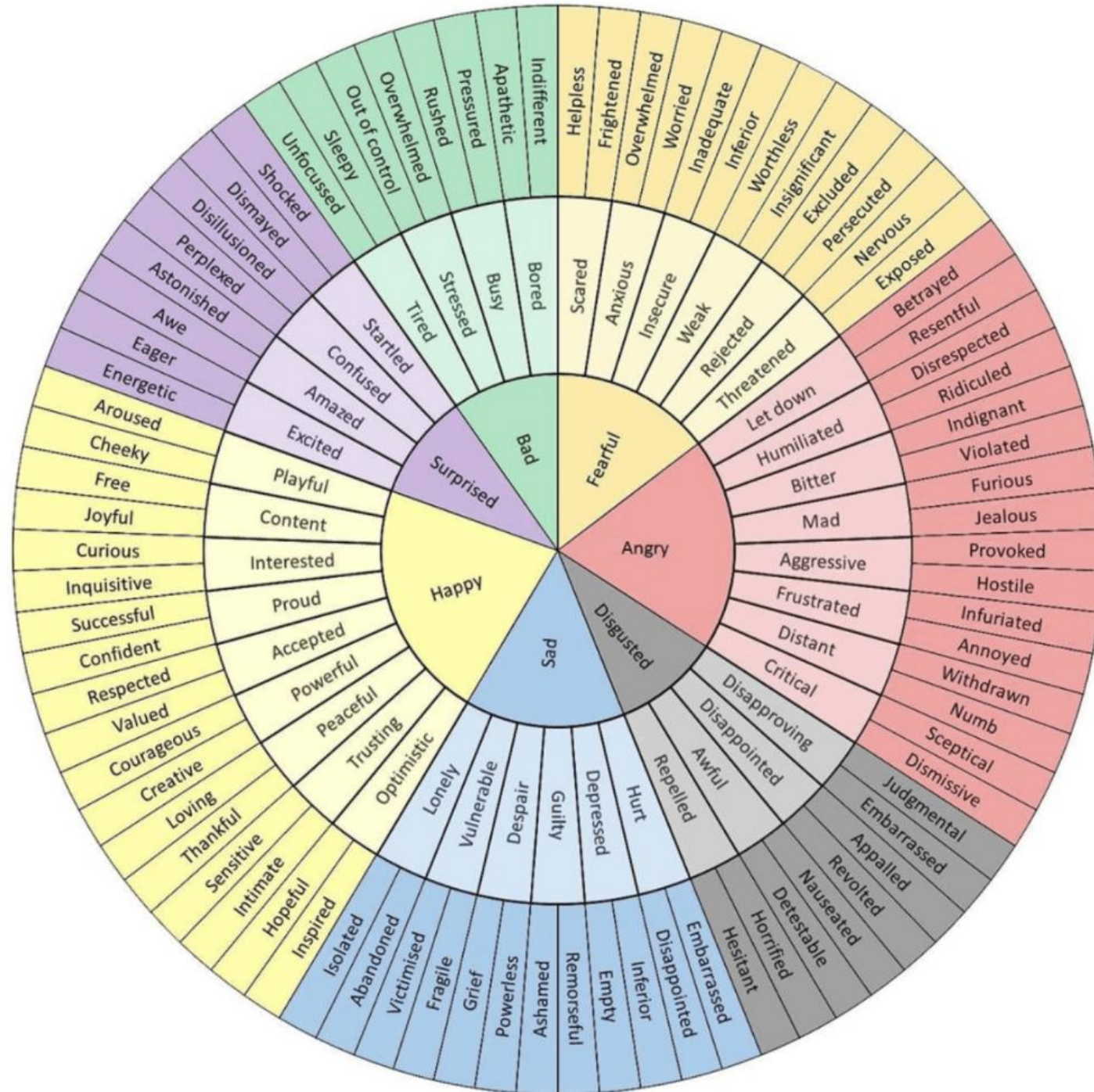


A black and white illustration of three elephants standing side-by-side. The elephant on the left has a neutral expression. The middle elephant has a very angry expression, with furrowed brows and a wrinkled trunk. The elephant on the right has a calm expression. In the top left corner, there is a small orange rectangle.

Purifying Our Emotional Center

“The Work teaches that the Emotional Centre is the most difficult centre to deal with ... the whole question lies in the difficulty of observing the Emotional Centre in a non-identified way.”

- Maurice Nicoll, *Commentary: Work on the Emotional Centre*



Intellectual Humility

“If your mind is empty, it is ready for anything. In the beginner’s mind there are many possibilities. In the expert’s mind there are few.”

– Shunryu Suzuki,
Zen Mind, Beginner’s Mind

“The more you *know*, the less you know.”

– Maurice Nicoll,
Commentary on Will II



Prayerful Postures *of* Humility & Reverence



Prostration:

Descending in Prayer

“Prostrations, like, fasting, like the daytime Hours, are ancient, and normal, practices of our Christian tradition. They root our prayer in our bodies. They help us move out of our heads into our whole physical being. Mirroring the descent of the consciousness, from the head to the heart, the centre of our being, we literally descend earthwards. These earth-touchings remind us, as we were reminded at the beginning of Lent, that we are dust, and to dust we shall return. They help us acknowledge, that, as dust, we are part of the whole creation, we cannot be the centre of the universe, because we are made of the same stuff as everything else that exists. They help us develop humility, showing us that we, too, are humus, of the earth.”

- Fr. Richard Peers



Centering Prayer

2nd Guideline:

“Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of **your consent to God’s presence and action within.**”





[RETREATS](#)

[RESOURCES](#)

RESOURCES

Resources to Aid in Centering Prayer Devotions

Prayer Vestibules

Vestibules serve as preparation to Centering Prayer. These vestibule practices guide one to wade deeper into contemplative waters where God's presence and action reside.

Disposing Ourselves to God's Will

“Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.”

- St. Ignatius of Loyola

