April 30, 2020 – Self-Remembering
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**Homework**
 - When identification is observed, actively non-identify, energetically removing the sense of self from the focus of identification, especially with judgments, expectations and areas of "sensitivities." Keep moving deeper into Self-remembering. Practice inner resurrection.

Recap

Self-observation:

* Attention is actively held inward. Attention can’t be passive.
* Divide in two; Observer and that which is being observed.
* Observation of 3 centers; thoughts, feelings, physical sensations.
* Name the ‘I’ being observed; Inner critical commentary

Non-identification:

* an effort of directed attention whereby one separates one’s “feeling of I” from what is being self-observed. It is the realization that, This is not “I.”
* May help to practice in all 3 centers.
* In the process of non-identification, there is an energetic sense of inner separation from what is observed; one’s life force is being withdrawn from a fragment of the self, from a story, a memory, sensation, an acquired way of being.
* We then begin to have something that stands behind us. … All this is a very great step to take and once a person has taken it, he or she can never be the same person again."
* We need these finer energies released by non-identification to Work and to awaken.

**Three Story House**

Man is created a self-developing organism, but he must receive help from esoteric teaching in order to evolve. He is disconnected from **Real I** which belongs to **Higher Centers** and can transmit their meaning.

Real I is what you are and why you exist: or, rather, why you exist is to come into contact with Real I.

Everyone has Real I in them but at a higher, that is, a deeper level than that from which they ordinarily live and think and feel.

Everyone has an eternal center of gravity, but, being swayed by the senses, by the feeling that they

are nothing but their bodies and by the impact of impressions coming from external life, they get far away from this center of gravity.

Self-remembering is the beginning of the attempt to bring us back into ourselves and so into our real center of gravity."

**Attention and the Practice of Self-Remembering**

Self-remembering is both ***a* *state of being*** in which one experiences increased consciousness and Presence and ***a practice*** – an effort – which can lead to that state.

"Let us try to illustrate this in an easy way. The act of taking my guitar and striking notes on it is different from the state of being able to play music on it. However, I will have to make an effort to take the guitar and play on it before I can reach the state of being able to play music. … The act of trying to remember myself is to endeavor by trial and failure to reach some new state of oneself called the state of Self-remembering."

The quality of our practice of the Work depends on the development of our "muscles" of **attention**. We learn to ask ourselves, "*To what am I paying attention*?" Perhaps of even greater importance is the question, "*From where* am I paying attention?" These two questions are paramount in the three-fold process of the Work.

Ancient patterns snap us back into identification. For many of us, this is a life-long training. Trial and failure seem to be a part of the process. Yet with each so-called failure, our **wish** deepens and our **understanding** grows.

With practice, **Observing I** stabilizes within us; our vantage point is subtly moving inward towards **inner parts of centers.**

**How We Can Practice Self-Remembering**

* We can practice Centering Prayer, deepening our relationship with Divine Light, Life and Love.
* During other moments of the day, we can practice directing our attention more and more toward what is at our center, the truth of our being: Higher Centers, Real Conscience, Real I – the very *raison d'etre* of the Work.
* Aware that we can choose, we curate the impressions to which we give our precious attention, focusing on what is true, good, honest, pure and lovely.
* We can practice three-centered acts of Self-remembering. In right use of imagination, we reach for thoughts, feelings and bodily sensations of the Mystery within us.
* When identified, we can remember that we are in the Work and that we are given the possibility of taking everything in a new way.
* When identified, we can practice all three movements of the triadic process, moving our point of attention more toward the center of our being.
* When identified, we can remember that we are a beloved child of God, with a basic core of goodness and that God is here now. We can ask for help.
* After every seeming failure, we can keep practicing. We are practicing resurrection.

**Homework**:

- Actively practice strengthening the muscle of attention by Self-remembering in any or all of the ways listed above. Practice inner resurrection.