

# *The* JOURNEY SCHOOL

## Work Partners

*And let us consider how we may spur one another on toward love and the good, not giving up meeting together . . . but encouraging one another.*

*Hebrews 10:24-25*

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To qualify for a Work Partner relationship, one must meet these basic requirements:

- ❖ Participation in The Journey School Thursday night class for at least six months.
- ❖ A daily practice consisting of:
  - ~twice/day Centering Prayer
  - ~reading a *Commentary* or other Work-related teaching
  - ~moving-center activity (yoga, walking, swimming, running, tai chi, etc.)

What is a Work Partner relationship and how does it work?

- ❖ Two people who are in The Journey School are paired together to deepen knowledge and being in both the first and second lines of Work. It is an opportunity to immerse oneself more deeply in the teachings and to consent more deeply to the transformative process.
- ❖ The primary purpose of the Work Partner relationship is to set aim each day and to report on one's observations and struggles with the aim of the prior day.
- ❖ Partners support each other in wish, aims, difficulties and struggle.
- ❖ The Holy Spirit is the true creator of all partnerships. No relationship is ever a mistake.

- ❖ The Work is the third force, or relating force in the relationship, rather life and its array of attitudes, events, or preferences. Work ideas and Work language are used and applied in reporting on and setting aims.
- ❖ Partners agree on a time to speak – ideally each day – but it could be less frequently, if schedules do not permit daily communication. Typical calls are 10-20 minutes. Calls may be longer or shorter depending on circumstances.
- ❖ Conversations are held in confidentiality to create a safe container for Work.
- ❖ Triads with the Abbot/Abbess may provide a useful shock or third force, if the partners see the need to invite an additional reconciling force to the relationship.
- ❖ Partners agree to work together for the balance of the year. This session concludes the week of December 8, 2022.

*"Always remember you are here having already understood  
the necessity of contending only with yourself.  
Thank everyone who affords you the opportunity."*

Work Aphorism

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Practical application of Work ideas:

- ❖ Engage the practices of self-observation and external considering in all its meanings.
- ❖ Work in the first line and second line, not on the other person. Avoid helping or advice-giving.
- ❖ Make conscious effort to report on the observations of yourself. Intend to leave the story and references about others out of the report, as much as possible.
- ❖ Work against mechanical dislike and preference.
- ❖ Work in the moment during the conversation; make three-centered observations; non-identify and Self-remember. Report on this when useful.

- ❖ Remember that all negative emotions lie; we have a right not to be negative. Make effort to stop expression of negative emotions.
- ❖ Bring Work ideas from weekly message to the call. Ask questions of each other.
- ❖ Pray for help and enjoy. Work with delight.
- ❖ Request help from the Abbot/Abbess if the Work Partnership is not working or if you are wishing for a change.

*You are precious in my eyes  
and glorious, and I love you.*

*Isaiah 43:4*

