



## Journal Exercises for Module 4

### *1. Contemplative Prayer*

Prayer can be many things. It can request, whether for ourselves or others; it can praise; it can rejoice; it can mourn; it can bargain. All of these forms of prayer are 'discursive'. That is they set up a verbal discourse between the soul and the divine. Contemplative prayer however opens a link to the divine. In Module Six of Level One we worked with the method given in the mystical work, *The Cloud of Unknowing*. A method very similar to this is the method of 'Centering Prayer' developed by Father Thomas Keating and this in turn is akin to the ancient practice of hesychasm as found in the Eastern Orthodox Church.

Here we seek the presence of Christ.

Choose a word that is sacred to you. This may be a word like God, Saviour, or Christ, but may equally be a word like love, spirit, mercy, or stillness.

Offer this word to Christ as your connection with him.

In quietness, imagine this word as glowing like fire upon your heart. Feel the heart open gently like a rose to receive the presence of Christ. If thoughts or emotions come into your mind, watch them, but do not attach yourself to them. Bring yourself gently back to your sacred word.

At the end of your period of prayer, which may be five minutes or ten minutes; say the Lord's Prayer silently to yourself.

Throughout the day bring your word back into consciousness and hold it for a short time.



## *2. The Temple Exercise Part One*

In Module Four we talked about building the Ark of the Covenant. This is the innermost part of the temple. Gradually over the next modules we shall work on constructing the temple. This will mean that changes will occur in the etheric and astral levels - and possibly also on the physical level. The first phase of this is very simple.

In your quiet time, put your thoughts into the centre of your spine. Imagine that there is a tiny, hollow channel there. Through this channel an enormous power flows from the base of the spine up through the centre of the head and out into the universe. This channel of power is known as the Rod of Aaron. It represents 'Infinite Potential'. Do this exercise daily for no more than five minutes at a time.