



Journal Exercises for Module 5

1 *Practice the Presence of Christ*

There is an old mystical book called “The Practice of the Presence of God.” The author, who is known to us as Brother Lawrence, was not a learned man. He had been a footman to one of the local nobility and in his words, he was

...a great awkward fellow who broke everything.

He entered a monastery thinking

...he would be there made to smart [suffer] for his awkwardness and the faults he should commit, and so he should sacrifice to God his life. God, however disappointed him, for he had met nothing but satisfaction in that state.

Brother Lawrence’s life in the monastery was a simple life of service and routine. He spent most of his life in the monastery kitchen, and in his later years worked as a sandal repairer. Gradually it came to the notice of the more perceptive of his fellow monks that here was an extraordinary, unique soul, for a sense of peace and spiritual insight radiated from him. One of his visitors compiled the little book based on conversations with him. Brother Lawrence has a very simple principle about God:

...That we should establish ourselves in a sense of God’s presence, by continually conversing with Him. That it was a shameful thing to quit His conversation, to think of trifles and fooleries.

In the next week, try to establish yourself in a sense of the presence of Christ. Talk to him in your mind. Explain to him what you wish to do; talk to him of your dreams and your sorrows. Whenever events arise within your life that take you away from this conversation, return to it when you can at a later time.

Let me know what thoughts and insights arise in you in this time.

PTO...



2 The Temple Exercise Part Two

In your quiet time once a day, repeat the Temple exercise from Module Four. This time, when you have completed the first visualisation of the power running through the central channel within the spine, change the image. Now visualise a pillar of energy centred upon the spine. The pillar is about the width of your clenched fist. Imagine that you are standing with your arms stretched out on either side, so that your body forms a cross. (You can actually stand if it makes it easier to see this.) The energy also flows in the same width from your hands into your heart. You are standing in the midst of a cross of energy. Now imagine that two roses grow from the bottom of this cross. They climb the cross in upward circuits making two intertwining spirals around the cross. As the roses climb the cross they begin to bloom. One is white, the other is red. Finally the cross is decorated with roses. A white rose sits upon the heart, and a red rose flowers within the centre of your head.

This visualisation is known as “The Roses Upon the Cross.” It represents ‘Infinite Love.’ When you have achieved the visualisation, hold it for a short time - a couple of minutes is sufficient, and then return to your visualisation of Aaron’s Rod - the energy moving through the spine. Sit in silence after this for a couple of minutes and experience the opening of the energy channels within the subtle body.