

The Hidden Work

Chapter 13, Part 4

- 6:48 [Pathworld](#): hii all
- 6:49 [Jim h](#): Hi
 - » Thanks MA
- 6:56 [Silverdale](#): Thanks MA!
 - » Good evening One & All!
- 6:58 [Adlucem](#): Hi all!
- 7:00 [Lost horizon](#): Hello, everyone
- 7:01 [Markroche](#): Hi campers :
- 7:02 [Lost horizon](#): (11 viewers, 9 signed in)
- 7:02 [Pathworld](#): years ago
 - » hi mel
- 7:03 [Adlucem](#): Hey Path!
- 7:06 [Jim h](#): Only with making my own breakfast
 - » I found I had to invent my own procedure
- 7:07 [Markroche](#): same here, just did on my own
 - » last weeks class got me motivated to get the kitchen cleaned a bit
 - » still working at that
- 7:07 [Jim h](#): I also realized how little I'm normally aware when I eat
- 7:08 [Markroche](#): but mostly was more prayerful with food, put a little altar in the kitchen
- 7:09 [Jim h](#): I focussed on repeating "May this food provide energy which is used for the benefit of the Absolute."
- 7:09 [Markroche](#): play mantras in there, and offer the food ala last weeks class, aware that the food partaking in my being. all in all, am just a bit more aware of paying more attention to food, and the process of honoring it, as well as honoring the process, and being aware of automatic thought processes while eating
 - » yes it makes sense
- 7:15 [Silverdale](#): Food preparation and eating is a "ritual exercise" in the exercise and development of the consciousness of our Essential Self, that is,
 - » can we maintain our sense of Presence as we allow the mechanicality of the HBM to function ...
- 7:17 [Pathworld](#): page 138 top
- 7:18 [Silverdale](#): One hand washes the other ...
- 7:19 [Jim h](#): The food serves the Absolute through us when we perform the Work.
 - » or Praayer Absolute
- 7:23 [Silverdale](#): Is this a metaphor illustrating how we feed the Denying Force of our historic personality to the growth and nourishment of the Affirming Force of our Essential Self ...
 - » ?
- 7:25 [Jim h](#): this is my body » this is my blood
- 7:27 [Silverdale](#): We "prep" our HBM to "feed" our Essential Self and in so doing we experience the "transformation" of our "vegetable" nature.
- 7:29 [Simmontemplar](#): Silver, is that still a question? feel free to jump "in"
- 7:30 [Silverdale](#): Thanks for reading that Simmon ...
 - » No ...

- 7:30 [Simmontemplar](#): very welcome Silver
- 7:31 [Oliveira2008](#): hi
- 7:31 [Lost horizon](#): (Teilhard de Chardin - Christ identified with the Earth - similar thing in Steiner's teaching)
- 7:31 [Markroche](#): Hi
- 7:31 [Simmontemplar](#): Hi there ! Oliveira
- 7:31 [Pathworld](#): hi olivira
- 7:31 [Lost horizon](#): Hello, welcome
- 7:31 [Oliveira2008](#): how are you
- 7:32 [Simmontemplar](#): super fine, thank you
- 7:34 [Jim h](#): The space changes - an air of reverence and awe descends when food is prepared and eaten invocationally.
 - » A sense of oneness with the food
- 7:35 [Markroche](#): i would say, guess, actual change does happen
- 7:35 [Jim h](#): The word communion comes to mind - communion with the food
- 7:36 [Markroche](#): similar to when do popcorn exercise some small awakening happens.
- 7:36 [Pathworld](#): yes jim h and communion with the host
- 7:38 [Silverdale](#): Good reminder Mark - the popcorn exercise ...
 - » attention "pops" under the heat of observation ...
- 7:39 [Markroche](#): and, the practices we're talking about seem, as well as the effect presence and attention has on it, to be invocatory and perhaps that brings something 'down' into the food
 - » a proper
 - » 'host' makes a big difference
 - » I knew people who on Thanksgiving in San Francisco
 - » they rented out a fancy restaurant, had the workers dressed in real fancy clothes, etc
 - » fine silverware, tablecloths, etc
 - » and they invited homeless people for Thanksgiving dinner.
 - » They said that the ambience, the 'hosting' made a big difference in the behavior of people who
 - » were ordinarily rowdy, crass, ill-mannered somewhat, etc
- 7:45 [Simmontemplar](#): great share Mark !!!
- 7:45 [Markroche](#): but who in that atmosphere and being treated with respect like that, they became perfect ladies and gentlemen
- 7:45 [Simmontemplar](#): I see that happening...fantastic
- 7:45 [Markroche](#): when they were in that atmosphere
 - » the point being that the 'ground' of the 'host' does have a big effect on what falls into the purview of that atmosphere
- 7:46 [Simmontemplar](#): I remember an Italian restaurant owner doing that Mark
- 8:00 [Lost horizon](#): (26 viewers, 9 signed in)
- 8:05 [Jim h](#): Thanks everyone.
- 8:05 [Silverdale](#): Thanks David, Iven, One & All for sharing this meal tonight ...
- 8:05 [Adlucem](#): thank you
- 8:05 [Lost horizon](#): Thank you all
 - » Goodnight
- 8:06 [Pathworld](#): Thank you David ,Ivan and all