

BEYOND BEHAVIOUR

I

The term 'psychology' - Greek derivation.
'Psyche' and Logos' - knowledge of. .
Psyche was name ancient Greeks gave to Soul.
Soul imaged as a butterfly.

Review salient features of butterfly to understand, what - if anything - the Greeks meant. Formation exemplifies a numerical regularity - number 3 its basis. Butterfly divided into 3 parts - head, thorax, abdomen, each - in turn divided anatomically into 3 parts.

Life history. The egg on the surface of the leaf. Hatching, eats shell, eats leaf under it. Next, larva moults, sheds skin, grows another a bit too large. Voracious feeding. The larva repeats performance four times; on fifth moult, attains full larva size. It has increased in size, taken on more active color protection. Entire life so far just feeding and adaptation to environment; no reciprocal effect on environment.

On fifth moult, caterpillar spins silken web. Once more its skin splits, larva enters web, shrinking. Now a true chrysalis - a small cone-shaped object hanging point downward from leaf or beam.

This chrysalis is neither larva, caterpillar nor butterfly. A definite transition stage. Hard outer shell, within a formless creamy fluid without structure, containing nuclei. Curious happening - sometimes the outline tracing of the creature to be appears on shell tho the liquid molecules of super-protoplasm within are still entirely formless.

At length, with no feeding visible from without, the chrysalis emerges. It is a butterfly. The overwhelming character of transformation that has taken place might be likened to a horse that had drawn up legs and tail, rolled off a jetty to live henceforward as a whale.

II

"Bigger and Better Men" - We hear of the break-up of civilization, of need for b. and b. men. General idea is that education can produce them.

Men can be divided into 3 main classes or types - the practical, athlete or man of affairs; the aesthetic, artist or religious; the intellectual, scientist or philosopher. A small degree of supremacy in any one of these fields militates against the other two. The greater excellence he exhibits in one, the greater his prejudices against other two classes. Thus, no one kind of eminence is of much avail to society for its current problems - all to real. "Big men" appear, but they can be explained mechanistically - i.e. reciprocal action to environment.

Trend of modern psychology: there are broad facts impossible to deny.

Wm. James; conception of 'stream of consciousness' as a single dynamic flow; his theory of emotion - the blend of all internal physical sensations is the emotion.

Hoffding (Danish); theory of 'will' "Conscious decision takes place when an unaccustomed situation must first be met, successive repetition gradually brings about less and less involving of consciousness until response becomes habitized reflex.

Wurzberg School: investigation of so-called higher thought processes. There are elements in consciousness which are neither sensation nor feeling. These non-sensory states are called "attitudes."

Titchener: ~~maintaining that~~ maintaining that imagery once established, eventually thins out but remains as a trace

in all thought processes.

Gestalt: serious attack on whole position of analytical psychology. Maintained not only that external stimuli must be treated simultaneously in toto, but that reacting organism also presents to investigation a functioning whole which likewise, as a whole, determines the separate functionings of its constituent members.

The conflict as to possibility of "imageless thought". Can thought be carried forward in the absence of all imagery? Introspection must then be a tool. By the nature of the process there exists no means of knowing whether or not a man is capable of introspection. Who can see within him, check his statements against possible self-deception?

Watson: Behaviourism; asserts the whole subject of images a futile ground for research, technique of animal psychology must be transferred to human. Denied authority of introspective opinion ~~of any research~~ - of any research to be called scientific which did not include those objective measurements which could be reproduced and verified anywhere.

"Unconditioned response" - at birth exist in us a small number of organic nerve pathways which are prepared to conduct stimuli through the organism and return it to the world as the physical behavior.

But these few unconditioned responses begin immediately to be modified. Baby once knocked down by dog - soon the visual element - sight of dog alone - suffices ~~to~~ to provoke the now "conditioned response", fear.

"This simple process of conditioning has been employed to account for all our most complicated, habitized be-

haviour, even in so subtle a matter as language and speech, and is confirmed in these cases also by experimental evidence.

The picture of the human being. "A man then, says psychology, is a biological product of three interacting systems, the ordinary muscular, the visceral and the cerebral. These structures, having developed physiologically in the embryo in the above order, at birth begin to be filled with content in the shape of nerve modifications, muscle adaptations to particular stresses, permanent and semi-permanent tensions and so on. The body consists of just these three large muscular systems, of which physical movement and sensation are the response of the first to environment, emotions are the various changing strains in the unstriped muscles of the second, and what we call thoughts are the changes in the third which, like the other two, is also a muscle".

The three systems are inter-connected in the organism and a series of reactions in one always coincides with some series in both others. These coincident responses are almost never congruous, they are chance-joined events. Consequently the associations, instead of being aids, are interferences.

Thus, a man cannot think without suffering the intrusion of feelings, etc, etc. Immense waste and friction. There is also a tendency of the 3 systems, a struggle to make the organism act ~~xx~~ in such a way as to relieve the wishes (tensions) of the other two, even at their expense. Since one center is always stronger than the others, here is explained the appearance of 'types' - the athletic, the aesthetic, or the scholarly.

How then can a machine of 3 interacting mechanisms improve itself? Any attempt at improvement is doomed to intensify one element in our make-up at the expense of the other two - (remember the organism reacts always as a whole
there is no way.

III

The dilemma. With the considerations of behaviourism, we reach a cul-de-sac. For if this interorganization of thinking, feeling and physical action must always proceed in a vicious circle, what avenue of escape lies open to man, all of whose activities are comprised in those categories?

Our civilization must head toward eventual extinction.

Not so calmly can we shrug away the problem of our single destinies. We are practically defenseless against environment. Where shall we be in death who cannot so much as consciously exist through ordinary sleep?

The age-long dream of a soul - is this a loop-hole of escape? With this dream we must do the one human things that sets us off from animals; namely, submit it to stern objective test; not of the emotions but of reason.

The hope for a soul, pervading all ages and religions, is only emotional wish-fulfillment. Nothing proves we possess a soul. It must be worked for, perhaps?

The saint, the ascetic, the yogi, they are all, equally with each other and with the rest of mankind, automatic. Even their most striking distinctions are demonstrably the play of environment upon a given mechanistic structure.

LAW OF THE OCTAVE. There is an ancient tradition in the East to the effect that the widely known diatonic scale (do-re-mi-fa-so-la-si and the next repetitive do) was originally not associated with music at all; but was a mathematical formulation, in respect of sound, of that series of phases through which all action physical, psychological, or of any other category, must pass either upwards or downwards in the phenomenal changes of nature.

In Physics - the periodic table of elements.

The wave theory of electronic vibration, called Quantum.

The seven primary colors of spectrum constitute one octave.

In Astronomy we know there are 8 major planets

in our solar system.

In Psychology: the puzzling phenomenon with regard to process of learning.

"Curves of learning" exhibit peculiar variations in their rise - ceases periodically to rise, continues for a period horizontally ("plateaux") This might mean the original psychological energy applicable for the learning expenditure carries the process over the first 3 stages, the notes do-re-mi, at which point the semi-tone stage is reached and a fresh supply of energy is needed to pass over and beyond that different psychological period.

"And it may be that in our individual growth we, as human beings, have passed through our first three stages and are stalled at the interval of our individual octaves. Certainly we have acquired by growth three distinctly separate, yet continuously bound-together functions, namely physical action, emotion and associative thought. Conceivably these might be, in the full octave of human functioning, the notes do-re-mi; we have run through them and are now at the last, which incidentally is the position of our planet in the octave of the solar system."

What then is to be done? . . . since all our behaviour is demonstrably comprised within the categories of mechanically habitized action, emotion and thought, no more of any of these will suffice for our necessity, whether or no they take the form of religion, philosophy art or physical culture. It has already been pointed out that all known and even conceivable reforms must operate through, and in fact be, one of these first three functional activities.

A way must be discovered to elude this hopeless automatism.

IV

PSYCHOLOGY OF THE FUTURE

The Only Way of Buddha. We see immediately that this impersonal observation of the three automatic functions of our organism as objective facts (entirely as objective and unrelated to anything properly called ourselves as is any other mechanism of nature, such for example as the ocean tides) is precisely a fourth possible activity for human beings.

This process is not a physical action, nor an emotional activity. Neither must it be thought.

The valid distinction between being/conscious of something and thinking about it is the significant thing here. It is also plain that for each of us the field of observation is confined (certainly at the moment) to our own bodies. We cannot be directly aware of a cool breeze, but we can be conscious of the physical effects produced by it in our bodies.

Thus we conclude, upon consideration, that we are dealing here with a real fourth activity, differing from the other three at least equally as much as they differ from each other. It is not physical action, it is not feeling, it is not thought. It is awareness.

We do not convince ourselves by logic that our hands are resting on a hot stove; we are aware of it. In fact long before there has been time for thought-formulation on the subject, our arm muscles have contracted reflexly and the situation been met. Now it is suggested that we be aware, not of the stove, but of the reflex, and not for the purpose of changing or guiding it, but just to be aware of it as of any other movement in nature. Between us and all external environment is interposed this automatic mechanism, our body, and it is solely through that as a medium that we are able to perceive anything of outside reality at all.

Here is the means whereby "I" can begin its existence as an entity, can conceivably achieve a meaning which is real. Assuredly "I" cannot at once, if ever, aspire to the control of this complicated organism behind which stand millions of years of biological and sociological history. But "I" can at least maintain from the outset an occasional brief, independent existence in just this way: "I" can observe, in the sense of being vividly aware of, the contemporary actions of the powerful machine, the body, to which it finds itself unaccountably attached.

We have an unexercised faculty by means of which direct knowledge of our own body is obtainable. This is Whitehead's "Prehension" as distinguished from our ordinary "apprehension" of external objects. Do we normally exercise this activity? We do not; it has never even occurred to us. But can we? Most certainly we can. It is a human possibility, rusted perhaps from disuse.

Supposing this activity to be initiated, what would become of the impressions resulting from our detailed awareness? Just as sensations are received into the physical-muscular system and form its content, so these impressions we may imagine, will commence to fill another physical system with content (Jane's fourth room?) - thereby eventually actualizing it, i.e. enabling it to function. (Modern science finds only three systems in the human organism, but modern science is young. It has just found glands of interhal secretion)

Nor is it remarkable that our hypothetical fourth system remains unknown to science for unlike the glandular system it has never functioned since it lacks all content in the form of impressions. Nothing has ever been put into it. How can anything come out?

There is a very extraordinary feature about impression-producing awareness. It is absolutely different from the processes which occur in the first three systems and which, if they are made sufficiently habitual, can proceed as we say subconsciously.

Those who attempt to collect impressions of their bodily behavior soon discover that this process cannot become a habit. Equally with the first impression, the ten-thousandth or the ten-millionth must be consciously taken. In fact, it is a permanent characteristic of the activity that it must of necessity always include the attribute of consciousness. Never can it exist apart from that active component.

And it is further to be noted that there is no necessary interference on the part of the activity, in what is otherwise happening in the organism. To be aware is simply to observe impersonally and objectively. It involves no meddling with other functions and no proposal to change what is being observed, for this would defeat its own object which is to see, not what might or should occur, but what in fact does occur.

Its function is comparable perhaps to that of catalysis in chemistry.

Self observation, undertaken with no effect in view, produces nevertheless an effect if it lacks all tutorial purpose. Personal awareness tends to reduce immediately the extent and intensity of the constant interference between the other three systems. This appears to be the effect of awareness upon the organism, so much more powerful is the energy made use of by our fourth, conscious system than the automatic energies distilled and scattered by our ~~first~~ three, nature-engined ones. The saving of energies ordinarily wasted through interference is one of the first noticeable results of the process.

V

THE OLD NEW METHOD

Toward the construction of a technique:

At the very outset the gravest difficulties are to be encountered. There is in each of us a conservative party so powerful and so strongly entrenched that until we have experienced the subtlety of its devices we can form no adequate idea of its strength. For we soon find that in dealing with our own bodies the dethronement of prejudice is well-nigh beyond possibility. And yet this is just what must be accomplished. How can we acquire any true knowledge if all our basic observations are to be warped by a predisposition in their making?

Again we shall find that this innate prejudice regarding ourselves has its obverse and reverse sides. There will be at first a tendency to admire the complexity and apparent smoothness of operation of our machines because they are our own, and then also the temptation to criticize certain defects and awkwardnesses which tend to disparage our possession. Above everything these attitudes MUST BE AVOIDED, as exactly the reverse of scientific. Our awareness, our observations, must be purely objective, for the actualization of "I" is achievable from no other standpoint.

"I" cannot be responsible (since it exercises no control) for an objective mechanism of nature's. To be betrayed into a responsible identification is to fall from the position of "I" back among our introspective thoughts and mechanistic wishes.

How shall we begin? Perhaps by classifying our body according to typical muscular, visceral or cerebral dominance habitually manifested by it. Are we predominantly practical, emotional, or intellectual?

Each of the types has its two opposite manifestations. Positive muscular dominant is physically active and energetic, negative is physically lazy. Emotionally positive means

optimistic, negative - pessimistic. Positive intellectual is the constructive criticizer, the one who as a rule finds himself in agreement with proposed statements, the negative is the destructive critic. Sometimes we exhibit characteristic of all three, but the question is which system guides the mechanism usually?

To ascertain the answer, the examination of no temporary or present period will suffice. It is only how the organism tends habitually to act over long periods that counts, for it is the time factor that points to type. To this end we must review our life, not introspectively, but by the ordinary exercise of pictorial memory, dividing it for convenience into such phases as infancy, childhood, school, married days, etc etc. This process will take up considerable time and during it we shall inevitably have some light thrown upon the two kinds of our present characteristics: those resulting from environment (socially acquired attributes) and those resulting from heredity - our "essence" - (those which our bodies would have tended to possess in any environment)

So far this is only thought and its value is therefore supplementary to the real task, that of awareness, i.e. current, conscious, impersonal observation of one's own behaving organism. This latter makes no demands upon either time or upon what we are accustomed to consider as energy, since the energy used is of a different sort than that used by the first three systems; and moreover this observation must go on simultaneously with their functioning, so there can be no giving-up of time involved.

A beginner cannot observe the entire organism.

Divide work into four stages:

1. Observation of muscular system
2. " visceral
3. " cerebral.
4. ' of all 3 together.

Even the 2nd stage is far beyond the beginner. We shall therefore stick to the simple processes, namely direct observation

of the ordinary, physical occurrences manifested by our bodies.

It is possible to divide our physical events into (1) the class of behavior which everyone can observe and (2) into the class which ordinarily only ourselves can notice. Examples of the 1st are: tone of voice, customary postures, gestures, habits, and of the 2nd - sense impressions, including the kinetic, breathing, pulse-beat, temperature, etc. The point to make sure of is that the whole field is covered, and this is not impossible since the varieties of our behaviour are not infinite.

Perhaps the easiest way for a serious beginning consists in ~~having~~ the effort to be currently aware first of the general manner in which the body is acting, as for instance whether whether it be sitting, walking, speaking, eating, or just what its mass action is at any given moment. Even in our waking state these things go on in our sleep for we are scarcely more conscious of them, as they happen in detail, than a somnambulist. The mechanism let us say is on its way to take a train, and suddenly it breaks into a run; we now wish to be in a position to make the immediate statement, without reflection "Now my organism is running."

Almost everyone will maintain that this is nothing new, that he has always known when such activities take place. Leaving aside the answer that often enough we "wake up" to find ourselves somewhere and have no recollection of our arrival, let it be added that this knowing things is precisely what we are not suggesting. There is a vast gulch between knowing that one is walking, and being conscious of the walking activity that goes currently forward in the body.

Having thus become somewhat accustomed to the ~~thing~~ feel of the thing, we can proceed farther by selecting a particular category of behaviour, say tone of voice, to concentrate upon. The goal is to hear our own voice just as impersonally as we hear any other voice, whenever it speaks. Then - facial expression, etc.

WANT AND NEED

The absolute understands itself only through man. That's why God never can forget man any more than man can forget God.

Prayer was never meant for supplication.
"Three-fold prayer" The state of having three centers working together is prayer.

Testament means "I will to you" - the Old Testament, the New Testament - knowledge willed to us.

We cannot change our being but we can change our condition. Water into steam. Steam is a greater force than water.

Habits are the solids in the octave of our personality. We have to melt them and loosen our being.

Development cannot begin until degeneration is arrested. Habits are degenerating.

Divide the word remember into re-mem-ber. That's what we mean when we say "Remember ourselves" - doing self observation. We are stopping our degeneration and doing self development. Degeneration is Involution, the running down of the octave.

Adam the unregenerate man - living in the first Do, living mechanically.

Man is at the note Do - but every completed process begins at the note Do; hence, man has the potentiality. He is at the beginning.

We have to un-involve. When the cosmos evolves, man involves. While the cosmos has been evolving we have been involving, that is our condition. In completing

ourselves, we are e-volving and as we e-evolve we take into ourselves the cosmos.

"And man lives in caves and looks out through small aperatures". . . .

The cross is the plus sign and what is on the cross? - Man. The most fascinating study in the world is what the cross means. Infinite variety of Being Meanings in the cross. "And the mother who weeps is nature who loses as man rises from the cross. Nature doesn't want to lose us."

It is ^{on} the chief concern of man to work on the MOON.

All waste energy of our three centers goes to the moon by gravity without intention.

Was the Snake in the Garden personality tempting man to serve the Moon?

All our deaths go to serve the moon.

Find out about the moon. Create in yourselves a moon.

What is the moon? A split-off particle of our planet earth.

Why is the moon without reality but with influence? We never think of the moon as a reality - yet it pulls oceans.

Every outside manifestation has its psychological replica.

Why do we feel that way about the moon? Because there is something like that psychologically in us.

Some part of our psychology bears the same relation to us as the moon bears to our psychical life.

It is only when Wish becomes a Need that it becomes the Magical Evocative.

You say, What do you want? Nothing.
You say, What do you need? Everything.

I don't want food but I need it.

Wants are real only when they are needs, they are imaginary when not.

We die because we don't get all we need to live.

Find out the needs of our lives and become conscious of them.

"They lived happily everafter". What do I need to enable me to live happily everafter and what is happily and what is everafter?

To "live happily everafter" - the discovery and adoption of the means to arrive at immortality.

Find out if the means exist, where found and how to use them.

Few of us want what we need and few of us need what we want.

What we want, the moon wants, what we need - the sun needs. Memory belongs to the moon, awareness to the sun.

The child in the womb sings "I remember who I am - but the first breath, the first cry, means "I have forgotten who I am.

And we keep on forgetting until we die.

run down the scale and go into the earth.

When masculine and feminine sex fluids mix, they never could produce another individual unless that force, the third force, comes. But it takes 9 months. The "I" covers itself, coats itself, in the womb, during those nine months, with the sex fluid.

ist - to be
ex - outside.

The ist is now covered up in subconscious brain. The Being from the Sun Absolute is now covered up and is only a Potentiality.

When that "I" can develop itself, it never comes again. Nature loses the machine with which the "I" has coated itself.

We have many "I"s but they are all
Personality I's. Produce an "I"
superior to all the personality I's -
Produce an "I" with the range of the universe.

Definition of FATE

If you let your Personality I impose upon
you, then it is Fate.

Definition of Imagination

Imagination is the building up of new
creations out of previously conceived impacts.

Think with will. Organize your thinking.
Organized - from the organ. Not from
muscle extension.

Think organized.

Our effort is to be free of the type imposed
upon us by planetary conditions - to be
free of the animal.

Planets are moods.

Moods make temperament.

Temperament makes outside confirmation.

We think we make effort in this method but
we don't even approach the outside of it.

Think of effort. Think of those men who roll
40 kilometers over stones to a shrine, doing
self-observation all the while. That's effort.

Do physical work every day. Consciously, with
self observation. That takes Will. We cannot
think without Will.

Personality - We have a saying, "He stands in
his own light" He can't see his real self
because of his personality.

A Persian saying: You must always hold a
mirror up to yourself so you can see the
Devil approaching. (Emotional center
working with the body is the devil)

Truth doesn't lie in either pan of the scales, it lies somewhere between.

Shock in the octave comes at a certain place, but not always between two definite notes.

Life is an organization of vibrations. The circulation of blood has ITS vibration, the emotional viscera has its, etc etc. Each organ has its rate of vibrations for different stages - youth, age, etc.

Man, woman, child.
Into that positive and negative sex fluid comes a third force from the Sun Absolute itself which is Life. Later in your subconscious force as the I.

The agent is not the action. Positive and negative come together and the neutralizing force is lost to our sight.

The I is a particle of the affliction of God in the subconscious brain.

Rate of vibrations. It is the rate of vibrations, -the neutralizing force, (form-giving force, a particle of the sun absolute) which enters the sex fluids which are ALSO rates of vibrations, -which produce the child.

The "I" comes and comes until it develops.

If you develop yourself you become a help in the enlarged universe. G. says you become an individual, instead of one of the thousand leaves on a tree, you become a seed.

When we die the whole of the vibrations that hold us together go into space. The vibrations of the physical organs just

NEGATIVE EMOTIONS

The commonest of the negative emotions is anger, displeasure, etc.

Next after association, negative emotions are the most depleting of our 'activity'

Negative emotions are difficult to handle because they are insusceptible to reason. When we THINK reason has come in, it is usually only another emotion that has been added.

Bodily well-being usually pulls us out of anger, the coming in of another center, physical. Child-care stresses keeping the body busy. This is calling in the physical center to equalize small rages, fears, etc. in its emotional center.

ALMOST ALL FORMS OF NEGATIVE EMOTION ARE INFANTILE.

Some negative emotions, like despondency, despair, jealousy, need help from the outside. This usually calls in more negative emotions on the part of the helpers - they must lie, tell 'charitable' untruths and thus an anger arises for being so forced.

Make a list of the dramas of negative emotions. You will find all are tragedy.

If you are not secretly in love with your negative emotions, there is usually a cure. (Most people are in love with theirs. They do not want to get rid of them)

To get rid of a negative emotion, say "I am sick". Do NOT say what made you sick. When you say 'I am sick' a positive attitude is at once established.

Observe manifestations of each mood in your negative emotions.

When one is angry at you, don't meet him with anger, with the same center. "Turn the other cheek" - a recommendation to turn another center.

(yourself)
Write a candid opinion of someone/as you
think they would write it to you.
Something in us is NEVER deceived.
Often the result is amazingly near the truth.
Often the getting of this opinion is necessary
for your future life and its development.

When a bad situation arises, ask yourself
"What did that friend expect of me?"
"What did I give him?"

CHRISTIANITY has not been tried and found
wanting; it has been found difficult and
never tried.

In perfecting a technique of living, the
great difficulty is the body. It is first
necessary to organize the outside life, the
life of the body.

There is no chance for a significant
relationship with a person whose center
of gravity is in the physical center.
The body will always triumph. . . and your
'friend' will fail you.

We always expect behaviour of people without
bodies. Don't trust. No illusions.
A physical center person never loves, but
always hates. He hates to have his body
deranged.

You project your chemistry on other people and
your relations with them are a result.

Your unconscious manifestations are
more powerful and get more results
than your so-called "conscious."

You receive what you evoke.

CHIEF FEATURE

In each one of us is a "special little quirk" - the last little thing added to the scale. This is what makes you do things as YOU do them, and not like anyone else.

In bowling balls there is a pellet of lead added, so that it must be thrown with a special quirk to make it go straight.

We must learn how to send ourselves off with a certain quirk to make up go straight. We must learn where Chief Feature lies, what it consists of.

Chief feature is the pattern of your wishes and motives.

It is mechanical.

It is of the essence but in the emotions.

Chief Feature gives you illusion of freedom. (Freedom is actually the absence of choice of wishes.)

Write about yourself as if of another person. In a situation, how do you behave? This gives a clue to Chief Feature.

Chief Feature is WISH.

Look for Chief feature in 5 things:

Greed
Self-Pride
Lying
Fear
Sex

"Chief feature is not nice".

Chief feature can often be a combination of one or many of these 5 things. It is always the last little thing making you act as you do. It is in every situation. Look for it.

Chief feature is imaginary. It is not
real. It is emotional.

Chief feature is not ever a good thing; but
once found it can be used consciously.

Chief feature is an outgrowth of your
emotional attitude toward yourself.

* * *

III

Our body is as much an object of the outside world as a tree, a stone or a planet.

The great absurdity - Science investigates a world image which we cast upon our own consciousness.

THE MASK - You must know you have a mask and that little exists behind it. Try to discover how this mask was started - in youth we made always for peace - adjustment to a hostile environment.

#Make a list of people you remember earliest in life - put down opposite the name every effect and influence they had upon you. Maybe some of these influences were what we "put on" these persons.

~~X~~ Our three centers are like clocks - they are wound up by and with these influences. And time (material) determines the effects.

We began by protecting our inner essential lives.

A child has more sense of reality than its parents.

We evolve a mask - sex mask, social mask, professional or national mask. Our "repertory of gestures".

We become 'mask sore' - but it is dangerous to remove our mask, even if we could. The other person has the advantage over him who momentarily lets his mask slip/ A specialized cruelty then goes on.

We can build up behind our mask our essence. Then we are impervious.

Victimization is a form of exhibitionism on the part of both parties.

We cannot go back far enough in our childhood to remember or find out how we put our masks on - hence the difficulty of removing.

We have practically no manifestation we can make to show our essence. Sometimes we want to show an "essential attitude" to a friend - often we show just the opposite because we have no gesture that is not part of the mask, etc. . .

WORDS and ASSOCIATION

We waste our minds by words.

We should non-identify with all the traditional things in words.

Because of words and association, the mind is always in a state of tension, not of attention.

Poetry is a fact translated in another center. Non-identification with the traditional application of the words.

THE CINEMA

It is a recorded fact that people drowning have a complete memory of everything that has happened in life. Could we never use this power consciously? Everything that has happened to us, every experience, is there within - the impress is in some one of the 3 centers, never to be eradicated, generally forgotten. EVERYTHING IS THERE.

Try to picture the days' events with yourself as the central figure; but impersonal. Do the day from the beginning, not backwards. Engage the mind and leave the emotional center free with its pictures. Count a series of numbers until it becomes automatic, thus engaging the mind.

1234

4321

2345

5432 and etc, up to 10

Don't try to remember. DO IT PICTORIALLY - the unrolling of the ~~xxx~~ cinema.

This method of seeing oneself pictorially in all one's daily activity, has been called a "specific against mediocrity". This is a way of keeping your life from slipping into oblivion.

Four reasons why this nightly 'cinema' is difficult:

- 1 - Usually no self-observation during the day. This S.O. NECESSARY.
- 2 - Difficulty of keeping from thinking of the counting.
- 3 - Constant interruption due to association.
- 4 - Sleep.

After doing the day's cinema, try the cinema of your life.

If we could do these things, if we can teach ourselves to see, impersonally, uncritically, we should gain a mastery over the 3 mechanical centers. There is an "inviolable completeness" which could be property of the human being. We are approaching only the outskirts of it.

For this method, ability to think is the first thing needed/

Be able to think differently than as accustomed, know the world in different categories.

This method is a mathematical and material explanation of the creation, maintenance and purpose of the universe and man's responsibility to it.

A TECHNIQUE FOR SELF-OBSERVATION

Observe: Tones of voice
 Gestures
 Posture
 Carriage
 Facial Expressions
 * Weight
 * Temperature

Weight - not physiological, rather a feeling of heaviness, on awakening in morning, or of lightness. Clues to emotional state, etc.

Temperature - not medical, rather the emotional temperature. Why a sudden hot flush? A cold clammy sensation?

Often the condition observed disappears upon observation.

But at first, with this self-observation, all we are doing is GETTING DATA ON OURSELVES.

IV

REPETITION

Investigate what you repeat. (In love this is fairly obvious - one always repeats)

Investigate all relationships outside the definite love relationship.

You find out your weak spots if you find out where and how you repeat.

Formulate reasons for wanting to wake up and change.

Make repertory complete of your weaknesses and failures. Avoid MORAL.

Find out the wrong working of your centers.

Try to remember to remember to observe.

Participate in your gestures observed.

Try also to observe how whole trains of thought go on without our taking part in them.

MORALS

The subconscious mind sees the result of our real experiences.

Conscience once uncovered needs no morals.

John the Baptist, crying in the wilderness is a symbol of man crying in the wilderness of his own body.

Give up the idea that the universe has desirable ethical ends in view.

Give up "doing good".

Sacrifice mechanical suffering. Suffering is very real to us, therefore we identify with it. Most suffering is mechanical. But our identification with it is real.

Self-pity is the most depleting of the emotions.

Chaplin - the epitome of self-pity, which explains why all the world identifies with him.

Be careful of self-depreciation. Don't discourage the body.

You must observe yourself with non-identification otherwise your statements about yourself sound fantastic.

These ideas give no result unless worked on. EFFORT IS THE FIRST AND LAST WORD.

The Labors of Hercules - the Aegean stables are a man's personality.

Clean out our own stables. / u

Of all the great teachers, Christ is the most cruel when he speaks of the difficulty of doing things with ourselves. One wonders how he came to be called the meek and gentle Jesus.

#Make a catalogue of a friend's image of life; this will help you with your own. Make a formula which encompasses your attitude toward life. "All is lost from the beginning" - Jane's.

We only know two states now - sleeping and waking (the chart)

There is an exact analogy between our personal psychology and this chart. Everything below the planet ~~XXXXXXXXXX~~ is repetition of things perfected above. . .imperfected repetition.

On the chart, God begins with "planets"

The idea of a "personal God" is the most egotistic gesture of man - that a divine omnipotent being could be concerned with our transient little life.

Our environment is not this planet we live on. Ours is the megalocosmos - everything above the planet.

LOVE is of 3 kinds (as far as we are in it)
Instinctive, emotional and conscious.
Instinctive love has chemistry as its base.
And it lasts only as long as, and is only
as strong as, this chemistry.

Emotional love is pathologic. The lover
is a medium through which uncontrolled power
of ~~wikxakikw~~ magnetism passes. Emotional
lovers are the victims of their own
uncontrolled power. Emotional love
ALWAYS creates hate in the lover, then in
the loved one, then back again - an eternal
changing of the hate.

Instinctive love is the highest type we
know, BECAUSE OF ITS IRRADIATIONS.

Emotional love seldom produces off-
springs. It is non-biological. It evokes its
own slayer.

Conscious love wishes that the loved object
should arrive at its own native
perfections, regardless of consequences
to the lover. The paradox: it always evokes
the same in the lover. This love is rare
among us.

"Take hold tightly, let go lightly" a
proverb from Tibet.
It is always hard to let go. We have
fear, we are over-sensitive from past
failures, or we have imagination - we
cannot bear to imagine the loved one happier
elsewhere with someone else.

Instinctive and emotional loves are uncontrolled
and unconscious. These are dangerous states
to be in. This is love without knowledge
or power.

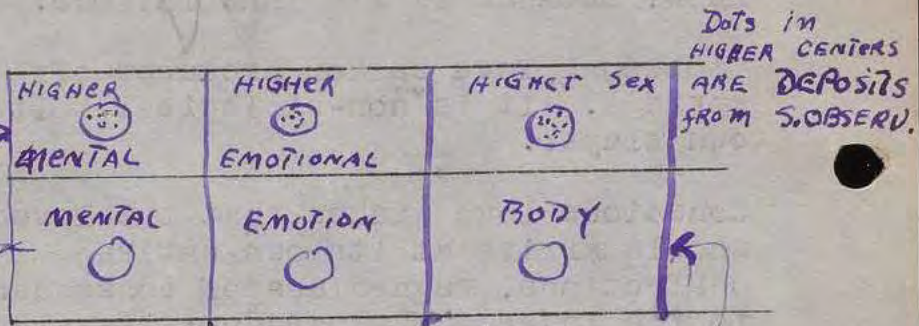
Love can be evoked in $\frac{5}{5}$ ways ^{associative}

- 1 External form (reminding of someone you've been in love with, esthetic associations)
- 2 Feelings influenced by other people. You love what others love, or what others hate, etc.
- 3 Suggestions - influenced by praise of others, etc.
- 4 Superiority - you get the idea that another person is superior.
"All the rot about ideals. . ."

When associations work and run together in harmony, then we are in love.

* * * * *

Feelers, Tentacles
Receivers of Impressions
& VIBRATIONS



All in lower row we take passively. We must "coat" the higher body. Self-observation makes this active - the worm must turn, and observation starts with the body.

THINK:

- 1 of a second - an impression
- 10,000
- Every 3 seconds - a breath
- 24 hours - a day
- 80 years - a life

Another PICTURE OF MAN

ANOTHER PICTURE OF MAN



This is how it always works - we perceive, we feel, we act. The three inter-connected centers.

(At night - we jump in half sleep - one of the centers disconnecting)

This above interconnection of centers works only on the waking hours.

Study your dreams. There is a self-contained energy left over in some one of the centers. You can discover in which center you contain unused (during the day) energy. Do you have predominantly physical, mental or emotional dreams?

The 3 centers fall asleep separately. Sometimes one center does not sleep at all during the night. Times we awaken with a feeling of suffering, though the physical self has slept soundly - this means the emotional center was wide awake all night with some suffering.

Teach yourself to put all 3 centers to sleep at any time. If this could be done, we would need little sleep. Gurdjieff awakens people at the Priory, at all hours of the night, making them change beds - saying "You're not sleeping anyhow. Why not spend the night talking and learning something?"

V



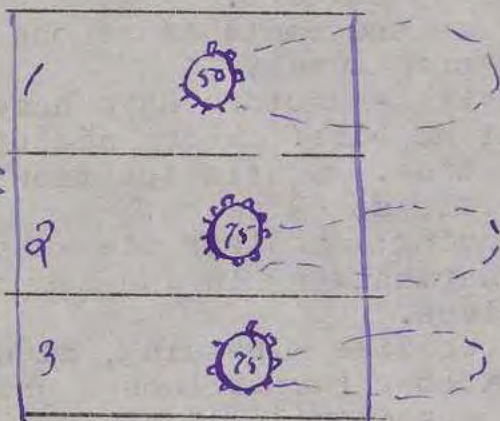
OUR LIFE

Consider each year of your life as a chair. See yourself sitting in it, see the chairs you will sit in. Should be able to see yourself both ways in time - back to beginnings, forward till death. Our effort is to break this circle in time - not repeat. Recurrence.

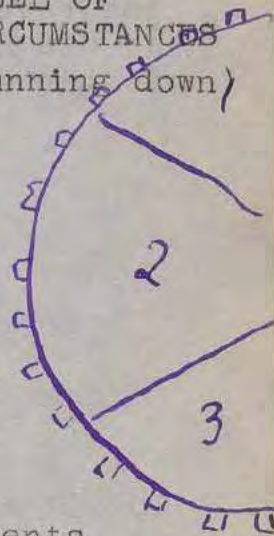
Man, 3-centered,
geared to connect with.

WHEEL OF
CIRCUMSTANCES
(running down)

*3 centers like wheels
in a chain, cogged...*



4 Self Observation



These wheels are emptying their contents as they connect with the wheel of circumstances.

Numbers in centers represent relative proportional strength of center.

The functioning of these 3 centers depends on a set of 7 circumstances: (accidental)

- 1 Heredity in general
- 2 Conditions at moment of conception.
- 3
- 4 "Degree of BEING" in our parents.
- 5 Quality of 'Being' manifested in people around us.
- 6 Good wishes, thoughts and actions manifested by people around us.
- 7 Conscious effort on our own part *during childhood*

A being consists of its appetites.

Intelligence is due to innate arrangements in the nervous system. You are born intelligent. You never acquire intelligence.

Instincts are given to man to enable him to cope with his situation.

We in this method are like Lucifers, cast out from the mechanical heaven in which we live. We must realize the solemnity of the situation. We must think with terror of dying unfinished.

There are 7 accidental circumstances determining the reactions of our 3 centers.

We die accordingly as the contents of one center are used up prematurely.

Physical dying - doctors have names for it but no cure. Sport addicts often die thus. Statistics show wrestlers die at 49 years.

Emotional dying: artists die as a result of the disharmonizing in the tempo of their lives.

Mental center dies - reading, studying and associations (superfluous) provoked. "Dying by newspapers"

To NOT die in one center, get an activity that is linked up with another center.

Put a regulator on the spring of each center.

Do not allow one center to overwork.

You give yourself up to the associations in the functioning of these centers.

Harmonious associations with the 3 centers is difficult to acquire. Self-observation is the first regulator. You thus begin to cut off the superfluous associations running into one center.

The tragedy is that when one center dies, runs down it affects the other two without their taking part.

I

We are in a state of arrested development.

A 1-centered being is a worm.

A 2-centered being is an animal, 2 dimensional.

A 3 centered being is a man.

We take no part in our activity.

Everything is done in us from the outside.

Our whole life is wasted in argument

yes, between the three centers.

no The contents of these 3 centers
were accidentally acquired.

Thus, they are accidentally
called forth.

1% ~~of~~ is ourselves, 99% of us is sociology.

The ages of our different centers differs.

There can even be different ages in one
center.

Physical - young face, old neck, etc.
We can develop hallucinations of our centers
as we "develop" - one can be retarded
mentally and develop a mental hallucination,
retarded emotionally and develop emotional
hallucination.

The 3 centers like 3 types - physical (yogi)
emotional (monk) mental (ascetic) Each

is a one-centered development, developed at
the expense of the other two centers.

Our brain has undergone development only for
survival. It is NOT a truth-finding organ.

Everything tends to put us to sleep -
suggestibility, etc.

We start with these 3 centers practically
empty. The emotional and mental has

inclinations, desires - pleasing to
them. Constant repetition of the

same desires makes our character.

We receive 10,000 impressions per second, but
we register practically not one.

We always choose by our habits of yesterday -

repeat, repeat, repeat.

We have no future. Our lives are an idle
escape from one error into another.

Our race, etc. is indicated by a series of
gestures.

A human being can make 20 gestures, but makes
usually only 5.

Find out the repertory of your own gestures.

The agency of the will is not admitted
in the scheme of psychology. What we call
'will' is only desire.

The first symptom of awakening from our
sleep is to SUSPECT we are asleep.

It is more difficult to wake from our dream
sleep than from our life ~~state~~ state.

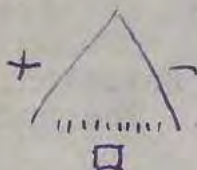
Our life state (to a trained observer) gives
us away. Man collects impressions and excretes
behavior and by this behavior is he known.

A need is an internal dis-equilibrium -
one needs a shock to awaken - one must WANT
to awaken. Do not disturb those who
are "sitting pretty" unless their need is
great. One loses one's place and one must go
through life standing. Standing is not
comfortable, especially if a good chair has been
lost.

II

LAW OF THREE - In the cosmological scale, operating at 3, operating at shock. The shock can carry us beyond the status quo. The shock is self-observation.

We have the three forces in us



The plus and the minus, sexes, electricity, etc. Science is the 3rd force. The 3rd force is the neutral balancing force. The mind affirms all, the body denies.

All energy leaks away from the bottom of the triangle because it is open at the bottom.

Some have no emotions after 30.

Some stop mental growth at 7 or 8.

Many die too soon (physical)

Close up bottom of triangle, stop the leak. A 3-centered force is given us each morning. We cannot use but a part of it; the rest is wasted. One uses only 1/10.

If the bottom of the triangle can be closed, new energy flows in, and can be stored.

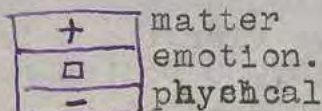
In psychology, the 3rd force is usually the motive behind the act.

- * Problem: Find out the motives behind your acts, thoughts, etc. (Usually it is the emotional center motivating.)

Law of 3 operating - in fairy tales.

Three princes, each with a task, the reward being in one of the 3 centers.

A set-up of man, law of 3



THE EMOTIONS ARE SITUATED IN THE SOLAR PLEXUS. A system of nerves, across the center of the being. Like the Milky Way -

a galaxy of disconnected nerve centers

Know-able
REALITY Feelable
Do-able

Unless these three operate at once, it is not Reality. (That's why Reality is never found.)

There is a continual argument, friction, between the three centers in man. The body is always the tyrant.

The Cosmological Chart presents an exact analogy with our psychological processes. The shock in our life is Self Observation.

Everything we touch is degraded - air, water, food, etc. We send energy into the planet thus. We are the digestive apparatus. OUR REAL FUNCTION IS TO UP-GRADE ENERGY. Change the vibrations into higher instead of degrading to lower. (Some - like breathing and eating, are automatic and must go on.) We give only quantity vibrations. We should give quality vibrations to this octave. As we function, (eat, drink, suffer, create, etc.) vibrations are extracted from us by nature. A few quality vibrations would make up for many quantity vibrations. We're in a situation - "the terror of the situation," Gurdjieff. Like sheep, taken for its mutton and wool. Thus ourselves. Nature feeds us, cares for us, etc. but not from love - for profit from us. Nature takes from us with a drastic hand. Takes vibrations from us she can't get voluntarily. If we could give ONE quality vibration. . .

Wars - nature needs those vibrations. Only consciousness can change this. Deaths give vibrations to the planet - 10,000 bodies going back to earth - the suffering before death is one sort of vibration - the chrystalization of material substance, another. All goes back to the planet.

ESSENCE is difficult to define. It must
be found out by ~~xxxxxxx~~ relations.
Human essence is composed of 2,000 million
people. 2,000 million implies history,
all our evolution from the animal up.
EACH ONE OF THE 2,000 MILLION IS ONE OF
YOUR POTENTIALITIES ACTUALIZED.

- mi Essence is composed of 3 notes;
- re Anger, hate and fear
- do

Anything else is an 'overtone', that which
does not exist but which might.
All the so-called 'good' in the world,
philanthropies, etc, are possibilities
not actualized. Usually you find they
are motivated by one of the 3 notes, anger,
hate or fear.

Try to find out the distribution in you of
anger, hate and fear. These 3 can be in
one center, or in all three.

We have to make an effort to get at essence.
It is not your own - it is human essence.
In getting at it, it is fatal to identify
yourself with it. Get at motives, then
more easily, you will get at essence.
When you get at essence, what you learn
can be applied to everything. Art, literature,
etc.

There are AFFIRMED EMOTIONS of humanity.
In great literature, in great art,
there are no emotions that have not to
do with the affirmed emotions of
humanity. . . something every
man can understand.

Your essence is material. You can change it.
Essence aspires to be soul. It has no sex
differentiation. It is wishes.
Wishes are planetary. You are interesting or
dull according to the number of planets
that were in conjunction at conception.
More planets, more interesting, vice versa.

PERSONALITY is a cross-section of all streams of activity at any one moment.

The pattern of your habits is personality. Personality is a mass of unfixed chemicals

Analyse yourself in respect of some person near to you. How do you recognize yourself? Your identity? How do you know yourself from another?

What is the ESSENTIAL POWER in you? To find out, gratify all your fancies, whims (but don't cultivate) Gratify and watch them and yourself. Whims and fancies change. An essential power does not. You must find out this power by excess.

To have essential power, you must have ESSENTIAL WISHES.

Potential
Actual. } 3 kinds of wishes
Ideal

Most of us spend our lives on non-actualizable wishes. Find the actualizable wishes. Most "ideal" wishes are non-actu. These un-actualizable wishes are mistletoe. Cut them off. Don't plod along with them. "Imagination is only excess of desire over ability" *Orage

The "I" Necessity to establish in yourself an unique and personal "I"
We have too many "I"s
Physical center "I"s are disconnected and go off in different directions. Thought must connect and fuse.
Subjugate to one single "I" the personalities in you.
Say over and over again - I am.
I have a body
Say it to try to find out what it means. (I am a body is a confusion)

Self-observation pumps up energy, uncovers that "I". The "I" is not defined by intelligence, gifts, talents, etc. It is simply what you are in yourself.

The body is the only vehicle, cart, vessel, instrument, etc through and by which we can find out.

Stripped of your 5 ^{2 personality} senses, what/you? are
What manifestation could you give that an astute psychologist could not reduce to a bodily manifestation?
99% of our 70 years is spent
in sublimated animality (caring for body, thinking of it, etc.)

Get the "I" out from the inside where it is buried, to the outside. All miraculous re-births in legend and history are just this - the uncovering of the "I".

Our first birth is passive.

Our second birth is active, conscious.

We are born out of our own bodies.

Self-observation gets at the "I".

For this 2nd birth, we must first die to our automatic selves, change values and die to the old values.

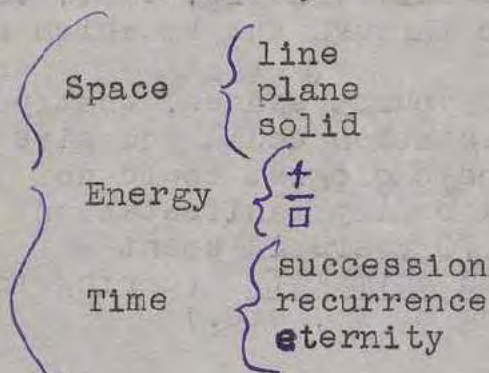
Gurdjieff says in the cerebellum there is a seed, a germ, which is a possibility of a soul. He calls it the "representative of God in the essence".

"Fragments of a Faith Forgotten"

"Hermes Thrice Greater"

These ancient books show these ideas are not new but have been with man always (esoteric)

TIME In the physical center we sense time as one thing after another.
In the emotional center, we experience a thing AT the time.
In the mental center time as a thing in immediacy.



Space is the field in which time operates.
Time is the actualization of one possibility in a situation. All others die for you (but remain for others)

When we start to actualize one possibility, that determines the second, because we have taken a direction. Thus the danger of making a wrong choice - all off in the wrong direction. Again, find the essential wish.

Time is the possibility of your existence.
Time can never be subjective.
Wherever a process goes on, there is time.

This method is a TECHNIQUE AGAINST TIME

ADDENDA - 2nd Conference

This method is a psychological technique of life. Most people are technique-resisting.

In the SOLAR PLEXUS the negative emotions are situate in the left side, positive in the right side. Locate the agitation and the kind of emotion acting on you can be known.

ESSENCE is eternal, compacted of internal relations simple or complex but individual at every level.

When we talk about our essence, we talk about our psychology.

Time is the actualization of one possibility in a situation. The minute we begin to actualize one possibility in a situation, all others are dead for us (but exist for others on earth) The moment we actualize, the next is decided. THIS GIVES A DIRECTION IN TIME.

Time is MY possibility of experience.

Time is the exhaustion of the means to renew ourselves.

Time is the unique subjective. It can never be objective. It cannot exist for you outside yourself. Your time is in you.

ETERNITY is the possibility of the actualization of every possibility in a situation at the same time.

ART is a subjective emotion backed up by craftsmanship. Art enjoys only vivid values.
Mahabarata - greatest objective art.

We progress in details. The whole is often lost in details.

ESSENCE will put you eventually in a certain current in life. You may want to change the current.

Asia is essence. Europe is personality.

Sleep is a rehearsal of death. If we could answer questions and do problems in sleep - i.e. in the sleep of our centers - this would be a sign of consciousness existent without body. This would be a small hope for immortality. This would be manifestation stripped of the 5 senses and the personality.

Cerebellum - the "seed at war" - our subconscious brain, SHOULD be our conscious brain. Everything that has happened to us in life is there, penned up in the cerebellum, escaping only in sleep, trances, etc.

We understand SPACE in three ways*

Line
Plane
Solid

" "

TIME as:

Progression
Recurrence
Eternity

" "

ENERGY as:

+ Plus
- Minus
□ Neutralizing force

USE THE PAUSE - There is a minute pause before a certain center prompts to action. This pause is the neutral-balancing force at work. We should use this pause. Then work like chess players with ourselves. Strong personalities are a hindrance. They are too active, or too passive, in the moves. Strong personalities over-shoot the mark.

Bogachevsky -

Objective Morality is established by life and by the commandments given to us by our Lord God Himself through his prophets and gradually becomes the basis in man of what is called ~~as~~ conscience. By this conscience is objective morality maintained. Objective morality never changes, it can only broaden in the course of time. As for Subjective Morality, that is invented by man and is therefore a relative notion differing for different people and different places and is based upon the understanding of good and bad prevailing at the given time.

Subjective morality is a relative notion and if you are filled with relative notions then when you are grown up you will always and everywhere act and judge other people according to the conventional views and notions you have acquired from others. You must learn not what people around you consider good or bad - but learn to act in life as your conscience bids you. An untrammelled conscience will always know more than all the books and teachers put together. But for the present, until your own conscience is formed, you should live according to the commandment of our Teacher Jesus Christ: Always-do-unto-others-as-you-would-have-others-do-unto-you.

Yelov

It is not a question to whom a man prays but a question of his faith. Faith is conscience the foundation of which is laid in childhood. If a man changes his religion, he loses his conscience and conscience is the most valuable thing in man. I respect conscience and since conscience is sustained by his faith and his faith by religion, therefore I respect his religion and for me it would be a great sin if I should judge his religion or disillusion him in it and thereby ~~xxx~~ destroy ~~xx~~ his conscience which can only be acquired in childhood.

It's all the same. Our thoughts work day and night. Instead of letting them think of "caps-of-invisibility" or the "riches-of-Alladin" let them better be occupied with something useful. In giving direction to thought, of course a certain energy is spent but no more energy would be spent for this purpose during twenty-four hours than is required for the digestion of one meal. I decided to study languages in order not only not to allow my thoughts to idle, but also not to allow them to hinder my other functions with their idiotic dreams and childish phantasies. Besides, the knowledge of language itself may sometimes be useful.

From Kanak I

The Yogis do not teach evolution as it is conceived by modern science. Modern science teaches that Mind is a by-product of the evolving material forms. The Yogi teaching says that there was mind involved in the lowest form and that mind constantly pressing forward for unfoldment compelled the gradual evolution or unfoldment of the slowly advancing degrees of organization and function. Science teaches that "function precedes organization." The Yogis say that "desire precedes function." There is ever the Urge of the mind which the creature feels as dim desire and which grows stronger as time goes on. Science says all is material and mind is a byproduct. The Yogis say all is mind, (even God - pure mind) with matter as a tool and instrument of expression and manifestation. Accompanying this evolution of bodies there is an evolution of souls producing the former.

* * *

G. J. says, "all is material, even thought"

G's

Sayings of Father -

1. Without salt, no sugar.
2. Ashes come from burning.
3. He is deep down because you are high up.
4. If there is "I" in one's presence, then God and the devil are of no account.
5. All the unhappiness on earth comes from the wiseacring of women.
6. In the dark even a louse can be worse than a tiger.
7. Once you've shouldered it, it's the lightest thing in the world.
8. If the priest goes to the right, the teacher inevitably must turn to the left.
9. The cassock hides a fool. shoe
10. A good representative of hell - a tight/shoe
11. If the teacher is the enlightened, who then is the donkey?
12. If there is no elephant and no horse, even the donkey is great.
13. He is really stupid who is to those around him "clever".
14. If a man is a coward, it proves he has will.
15. If you want to be rich, make friends with the police.
If you want to be famous "" the reporters.
If you want to have peace- neighbors
If you want to sleep - your wife.
If you want to be full - your mother-in-law.
If you want to lose your faith, make friends with the priest.
16. If you are first in the house, your wife is second; if your ~~own~~ wife is first, then you are zero.
17. More powerful than Ghengis Khan is he wishes, is the corner policeman.
18. Happy is he who sees not his unhappiness.
19. It isn't the quantity of food a man eats that denotes absence of greed.
20. Fire heats water but at the same time water puts out fire.
21. The truth is that from which one's conscience can be at peace.

Bokharian Dervish.

Here it will do you no harm to say that among your favorites there have long existed in each locality special forms for outward relationship, for the reason that the INNER FEELING OF RELATIONSHIP COMMON TO ALL THE BEINGS OF THE UNIVERSE without difference of form or place of existence, has long been destroyed in them.

~~Нравственные~~ Good or bad relationships among them are established at the present time only by external manifestations, chiefly by politeness as it is called, that is to say, by empty words.

However much one being might inwardly wish another being good, if for some reason or other he should express himself in the wrong words. . . all would be over.

It is also interesting to note that the abnormal existence of your favorites has ~~разрушила~~ not only spoiled their own psyche, but it has reacted on the psyche of other forms of beings on this same planet..

Such an inner feeling is entirely atrophied in those forms of beings with which your favorites have a frequent contact, and it has been preserved only among those other forms of beings, whose form of existence is such that they have no contact at all with these biped beings of yours; as for example those called tigers, lions, bears, hyenas, snakes, falangas, scorpions, etc.

In the psyche of these forms of beings however a very strange peculiarity has been formed. These tigers, lions, etc etc perceive the inner feeling of fear of other beings as hostility, and hence try to destroy them in self-defence.

in their psyche
This strange peculiarity/was also acquired
on account of your favorites. Thanks as
usual to their abnormal conditions of exist-
ence, they gradually became cowards from
head to foot; and at the same time, and
equally completely, the ~~idea~~ peculiarity of
destroying the existence of other beings
entered into them.

Being thus by nature cowards of the highest
degree, whenever they set out to kill other
forms of beings, or accidentally meet any of
them who, psychically and in other respects,
are much stronger than themselves, they sweat
with fear and long with all their being for a
means of killing them. In this manner, in the
psyche of beings who have no frequent contact
with your favorites, side by side with the
real function placed in them by Nature -
instinctively to pay respect to those forms of
beings which in the gradation of the sacred
reasonableness are higher than themselves, an
instinct is gradually acquired and formed,
owing to which the feeling of fear in others
is perceived as a menace to their own life,
which menace they try accordingly to destroy.

In spite of the difference of their exterior
forms, all the beings of this planet lived
together at first in peace and concord; and
even at the present time it happens occasional-
ly that one of your favorites so perfects
himself that he realizes that all living
creatures are alike to Our Endlessness; and then
succeeds in completely destroying his fear of
other forms of beings. In consequence not
only do other forms of beings not attempt to
harm him but they even pay him every respect
and render him every service as a being
higher in the scale of reasonableness.

If all humans had a soul

There would not be any room left on earth

And there would neither exist

(Poisonous) plants nor (wild) beasts nor even
evil.

Soul is for the lazy-fantasy

Luxury for the indulger-in-suffering

The denominator of personality is in it

The way and the connection to the Maker and
Creator.

Leader of the will

Its presence is "I am"

It is a part of the All-Being

So it was and ever will be.

Soul is the sediment of education

It is the (prime) source of patience

It is also the testimony

To the sense of the eternal being.

Read - Elliot - (Book on Atlantis)

The Sphinx is supposed to be a replica of a figure before a temple door in Atlantis.

The SYMBOL OF THE SPHINX - Consciousness
Body of a bull - EFFORT
Claws of a lion - STRENGTH
Breasts of a virgin - IMPARTIAL LOVE
Wings of an eagle - ABILITY TO SOAR
Face of a conscious being.

In writings of Plato - he relates how in his travels (Egypt?) he saw the actual ground-plans of Atlantis.

The seal of Solomon

ancient and
universal.

2 triangles, 2 sexes



The SWASTIKA -

The one line represents our ^{passive} birth. We must turn around, be re-born in consciousness, the line is active, conscious



There has been all knowledge in the world, but vast bodies of it have been wiped out (wars, calamities, etc) as chalk off a slate. But all over the world we find proofs (if we can read) of a superior knowledge.

Atlantis, Stonehenge, Pyramids, Mayan architecture, temples, etc.

As in the life history of the human race, so in our personal life history - there are great blocks of memory that are irretrievable to us.

Great cathedrals, monuments etc were built with a CONSCIOUS PURPOSE - to elevate for a moment the vibrations of people. This was a conscious attempt to leaven the masses. An attempt to force people to non-identify for even one instant.

I

This is a method of EFFORT - conscious effort, not automatic, mechanical effort. As we are, there is no will. Will as we think we have it is a state of development. Will is a possibility, in a higher center. All we call development now is but an extension of one of the 3 centers. All our art but an extension of the emotional center, etc. All supposed development in the world today is really a detriment.

The obligation and highest aim of man is to understand and cooperate with the laws of the universe. The universe is an intelligent creation and therefore intelligible. There are answers to everything.

Nature can do no more. Man is the highest possible development of a self-evolving form. All further development requires conscious effort. This requires labor comparable to that which nature has expended on our development thus far, milleniums of it.

In all natures creations, a certain activity follows a certain form.

The start toward consciousness - neutral scientific observation of one's self.
Begin with the body because of its speed.
Body is 3 times faster than emotions
Emotions are 3 times faster than thought.
Gestures are speedy and proficient, habitized from birth. It is almost too fast for itself to observe. Here the personal equation is most pernicious; but remember the body is some-
things OUTSIDE the "I"

We are an animal with a formless psyche - a psyche to have form must be three-fold.

A three-fold psyche means the three centers
in the brain are developed equally -
instinctive
emotional
mental

Be conscious of your body, aware of emotions
and mindful of your thoughts.

Feel with the mind and think what you feel -
this is insurance against self-deception.

We observe at first only with the emotions -
the wish to do this and that.
Avoid one-centered observation. This is a
pathological attack.

Eradicate subjective weaknesses - greed
at table, etc. Don't try to observe yourself
in excess. You are then observing an
over functioning organism.

Self-observation is the first step toward
FREEDOM FROM ASSOCIATIONS.

Self-observation is NOT the body observing
the body (like an actress in a glass)

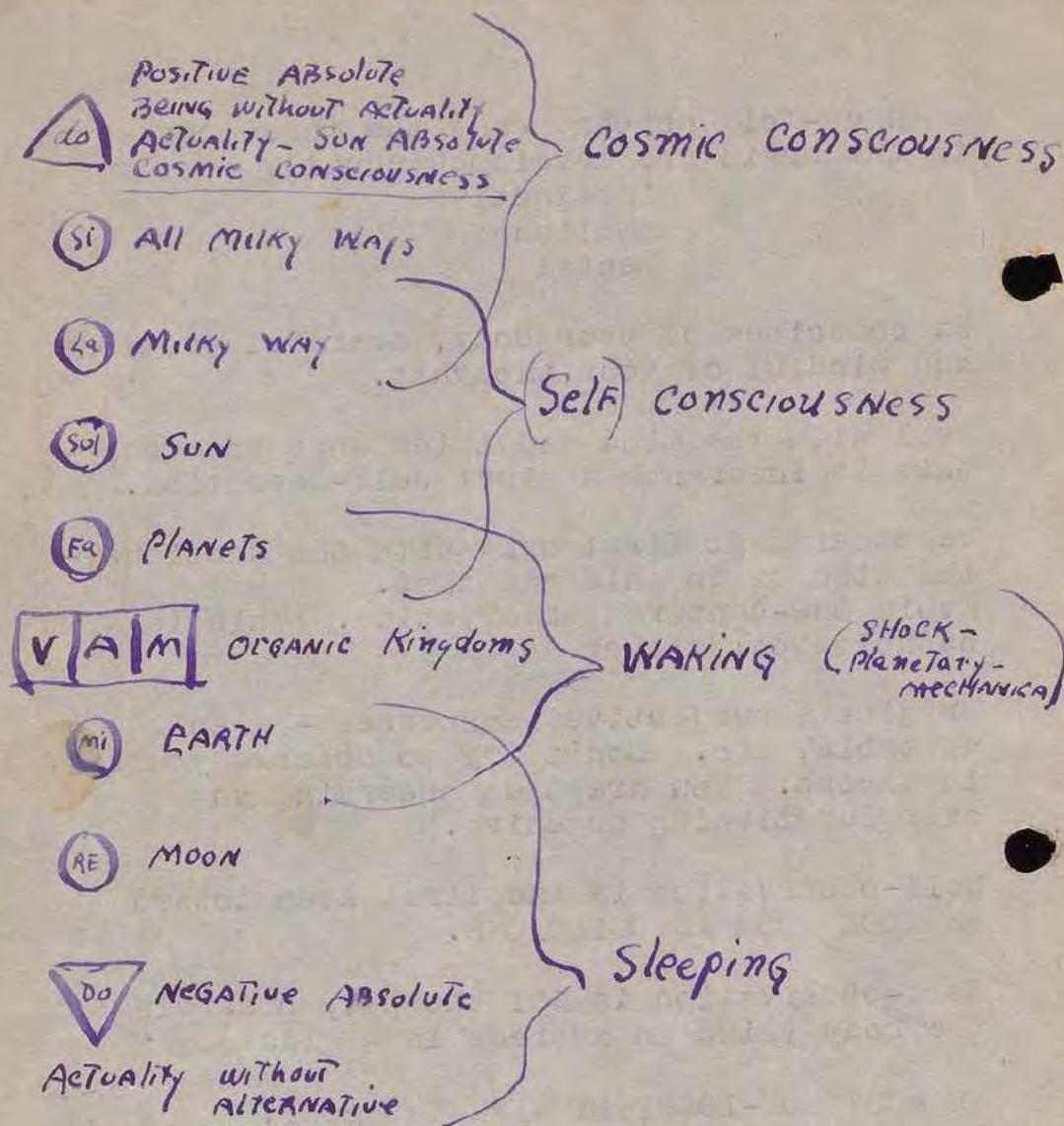
WE MUST NON-IDENTIFY WITH THE BODY.

There are 3 kinds of people.

- A people are masters (Buddha, Christs, etc)
- B people are artists, interested in
experience, not facts.
- C people are scientists, positivists. Facts
are more agreeable to them.

Magnetic-center people have a few cells in the
brain NOT monkey cells. These can be developed
into traits of B people.

Find out what you are - are you predominantly
practical, emotional or mental. In which centers
do you work and in which centers do you
expect your rewards?



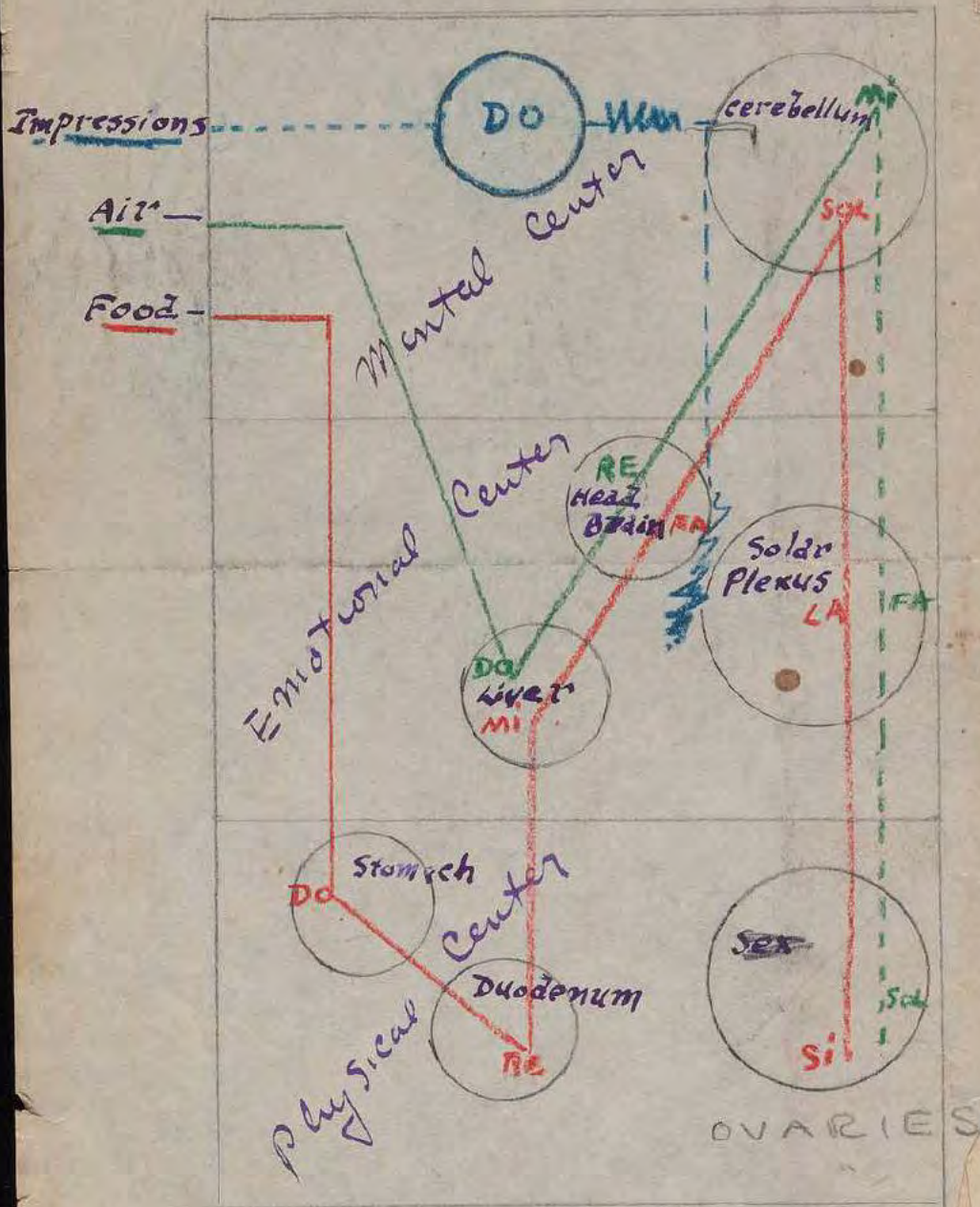
The Law of 3 operates in each note.

Human development (average) goes from DO to MI and back again - always within the same 3.

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Science proves that in a sound-proof room when the perfect note DO is struck, it will go up in vibrations to MI and then drop back to DO - as with us. . . .

Body of
The Soul
Body of
The Spirit
Planetary Body





12 **Si** Sex

24 **LA** Emotions

48 **Sol** Impressions

Mi
48

Impressions
DO
48 Reason

96 **FA** Magnetism

RE
96

AIR
(Kosjan)



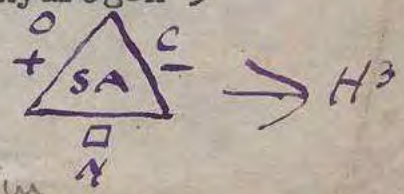
192 **Mi** Gas

DO
192

384 **RE** Liquid

768 **DO** Solid

Sun Absolute is equivalent to Hydrogen 3



One atom of food is equivalent to 768 atoms of hydrogen. As it goes up the scale, Food loses Actuality, Hydrogen increases Vibration.

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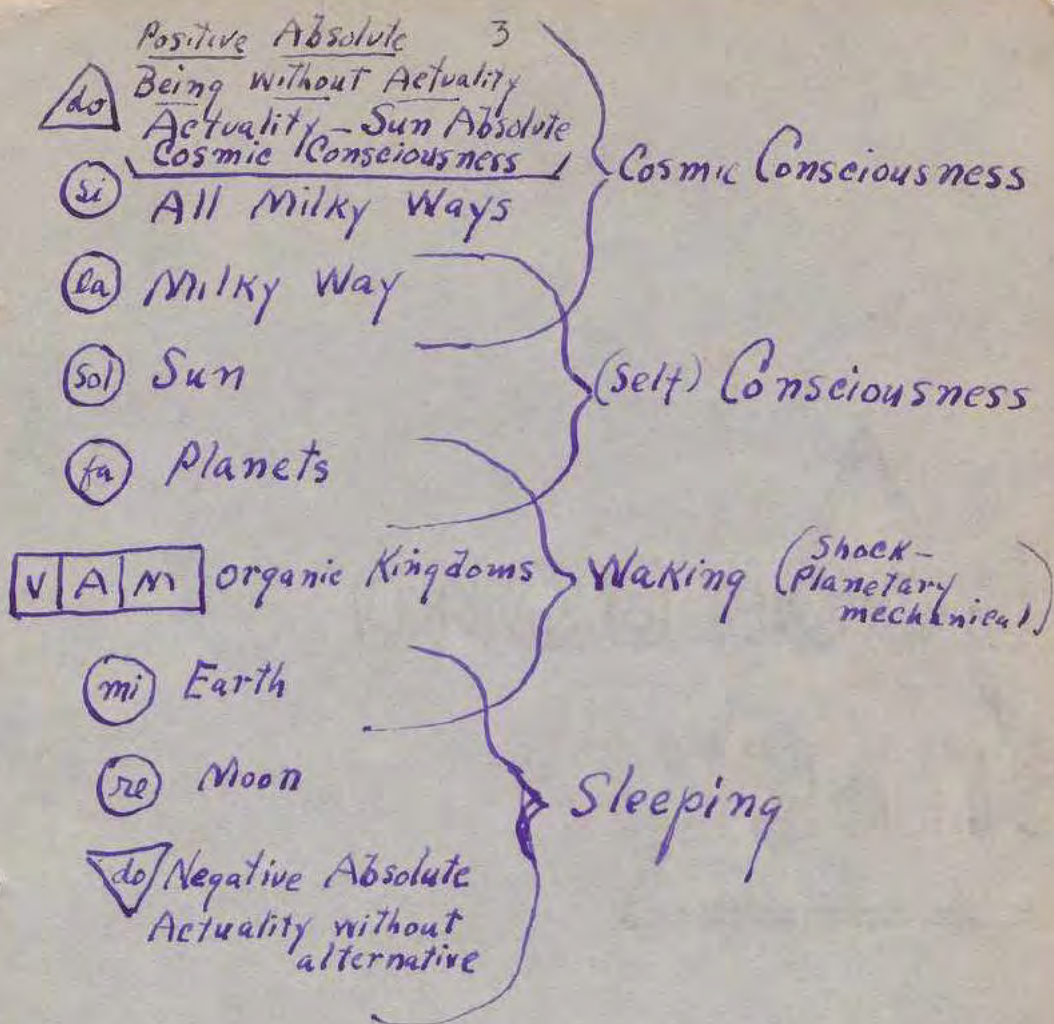
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We are in a state of arrested development.

A 1-centered being is a worm.

A 2-centered being is an animal (2 dimensional)

A 3-centered being is a man.

We take no part in our activity. Everything is done for us from the outside.

Our whole life is wasted in argument between the three centers. The contents of these 3 centers were accidentally acquired. Thus, they are accidentally called forth.

1% is Ourselves; 99% is Sociology.

The ages of our different centers differ. There can even be different ages in one center.

Physical - young face, old neck, etc.

We can develop "hallucinations" of our centers as we "develop" - one can be retarded mentally and develop a mental hallucination, retarded emotionally and develop an emotional hallucination, etc.

The 3 centers are like 3 types - physical (yogi) emotional (monk) mental (ascetic). Each is a one-centered development, developed at the expense of the other 2 centers. Our brain has undergone development only for survival. It is NOT a truth-finding organ.

Everything tends to put us asleep. . . suggestibility, etc.

We start with these 3 centers practically empty. The emotional and the mental has inclinations, desires, pleasing to themselves. Constant repetition of the same desires makes character.

We receive 10,000 impressions per second; but we register practically not one.

We always choose by our habits of yesterday - repeat, repeat, repeat.

We have no future. Our lives are an idle escape from one error into another. Our race, nationality, etc - is indicated by a series of gestures. A human being can make 20 gestures; but makes usually only 5. Find out the repertory of your own gestures. The agency of the Will is not admitted in the scheme of psychology. What we call will is only desire.

The first symptoms of awakening from our sleep is to SUSPECT we are asleep. It is more difficult to wake from our dream sleep than from our life state. Our life state (to a trained observer) gives us away. Man collects impressions and excretes behavior and by this behavior is he known.

A need is an internal disequilibrium - one needs a shock to awaken; one must WANT to awaken. Do not disturb those who are "sitting pretty" unless their need is great. One loses one's place and must go through life standing. Standing is not comfortable, especially if a good chair has been lost.

6

II

LAW OF THREE. In the Cosmological Scale, operating at 3, operating at shock. The shock can carry us beyond the status quo. The shock is self-observation.

We have the 3 forces in us-



The plus and the minus, sexes, electricity, etc. Science is the 3rd force. The 3rd force is the neutral balancing force. The mind affirms all, the body denies.

All energy leaks away from the bottom of the triangle because it is open at the bottom.

Some have no emotions after 30.

Some stop mental growth at 7 or 8

Many die too soon (physical leakage)

Close up- the bottom of the triangle, stop the leak.

A 3 centered force is given us each morning. We cannot use but a part of it; the rest is wasted. One uses only 1/10

If the bottom of the triangle can be closed, new energy flows in and can be stored.

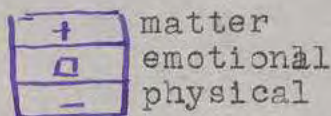
In psychology the 3rd force is usually the motive behind the act.

Problem: Find out the motives behind your acts, thoughts, etc. (Usually it is the emotional center motivating.)

Law of 3 operating - in fairy tales.

Three princesses, each with a task, the reward being in one of the 3 centers.

A set-up of man, law of 3



THE EMOTIONS ARE SITUATED IN THE SOLAR PLEXUS.

A system of nerves across the center of the being, like the Milky Way, a galaxy of disconnected nerve centers.

7

the Knowable
REALITY IS the Feelable
the Do-able

Unless these 3 operate at once, it is not Reality. (That's why reality is never found)

There is a continual argument, friction, between the 3 centers in man. The body is always the tyrant.

The Cosmological Chart presents an exact analogy with our psychological processes. The shock in our life is Self Observation.

Everything we touch is degraded - air, water, food, etc. We send energy into the planet thus. We are a digestive apparatus.

OUR REAL FUNCTION IS TO UPAGRADE ENERGY.

Change the vibrations into higher, instead of degrading to lower. (some - like breathing, eating, etc are automatic and must go on.)

We give only quantity vibrations. We should give quality vibrations to the octave.

As we function (eat, drink, suffer, create) vibrations are extracted from us by nature.

A few quality vibrations would make up for many quantity vibrations.

We are in a situation "the terror of the situation" - Gurdjieff. Like sheep, we are taken for our mutton and wool. Thus ourselves. Nature feeds us, cares for us; but not from love - for profit from us. Takes vibrations from us she cannot get voluntarily.

If we could give ONE quality vibration. . . .

Wars - nature needs these vibrations.

Only consciousness can change this.

Deaths give vibrations to the planet -

10,000 bodies going back to earth -

the suffering before death is one sort of vibration - crystallization

of the material another sort. . .

All goes back to the planet.

ESSENCE is difficult to define.

It must be found out by relations.
Human essence is composed of 2,000 million people. 2,000 million implies history, all our evolution from the animal up.

EACH ONE OF THE 2,000 MILLION IS ONE OF YOUR POTENTIALITIES ACTUALIZED.

Essence is composed of 3 notes - anger, hate and fear/

Anything else is an overtone, that which does not exist but which might.

All the so-called 'good' in the world - philanthropies, etc - are possibilities not actualized. Usually you find they are motivated by one of the 3 notes - anger, hate or fear.

*Try to find out in you the distribution of anger, hate and fear. These 3 can be in one center, or in all 3.

We have to make an effort to get at essence. It is not your own - it is human essence. In getting at it, it is fatal to identify yourself with it. Get at motives, then - more easily - you will get at essence. When you get at essence, what you learn can be applied to everything - Art, literature, etc.

There are AFFIRMED EMOTIONS of humanity. In great literature, in great art, there are no emotions that have not to do with the affirmed emotions of humanity. . . . something every man can (or could) understand.

Your essence is material. You can change it. Essence aspires to be souh. It has no sex - it is wishes. You are interesting or dull according to the no. of planets in conjunction at your birth. More planets, more interesting, etc.

PERSONALITY is a cross-section of all streams of activity at any one moment. The pattern of your habits is personality. Personality is a mass of unfused chemicals.

*Analyse yourself in respect of some person near to you. How do you recognize yourself? Your identity How do you know yourself from another?

What is the ESSENTIAL POWER in you? To find out, gratify all your fancies, whims, (but don't cultivate.) Gratify and watch them and yourself. Whims and fancies change. An essential power does not. You must find out this power through excess.

To have essential power, you must have ESSENTIAL WISHES.

Potential
Actualizable
Ideal

} 3 kinds of wishes

Most of us spend our lives on non-actualizable wishes. Find the actualizable wishes. Most "ideal" wishes are non-actualizable. These wishes are mistletoe - cut them off. Don't plod along with them. "Imagination is onyl excess of desire over ~~xxxxx~~ ability" - Orage.

THE "I" Necessity to establish within yourself an unique and personal "I". We have too many I's. Physical center I's are disconnected and go off in different directions. Thought must connect and fuse. Subjugate to one single I the personalities in you. Say over and over again "I am. I have a body". Say it to try to find out what it means. (I am a body is a confusion.)

Self-observation pumps up energy, uncovers that "I". The "I" is not defined by intelligence, talents, gifts, etc. It is simply what you are in yourself.

The body is the only vehicle, cart, vessel, instrument, etc, through which and by which we can find out.

Stripped of your 5 senses and personality, what are you?

What manifestation could you give that an astute psychologist could not reduce to a bodily manifestation?

99% of our 70 years is spent in sublimated animal ity. (caring for body, thinking about it, etc, etc.)

Get the "I" out from the inside where it is buried, to the outside. All miraculous re-births in legend and history are just this - the uncovering of the "I".

Our first birth is passive.

Our second birth is active, conscious.

We are born out of our own bodies.

Self observation gets at the "I".

For this 2nd birth, we must first die to our automatic selves; change values, die to the old values.

Gurdjieff says in the cerebellum there is a seed, a germ, which is a possibility of a soul. He calls it the "representative of God in the essence".

"Fragments of a Faith Forgotten."

"Hermes Thrice Greater"

These ancient books show these ideas are not new but have been with man always (esoteric)

TIME In the Physical center we sense time
as one thing after another.
In the emotional center, we experience
a thing AT the time.
In the mental center - time as a thing
in immediacy.

Space { line
plane
solid

Energy { plus
minus
neutral balancing

Time { succession
recurrence
eternity

Space is the field in which time operates.
Time is the actualization of one possibil-
ity in a situation. All other possibilit-
ies die for you, (but remain for others)

When we start to actualize one possibility,
that determines the second, because we
have taken a direction. Thus - the danger
of making a wrong choice - all off in the
wrong direction. Again - find the essential
wish.

Time is the possibility of your existence.
Time can never be subjective.
Wherever a process goes on, there is time.

This method is a TECHNIQUE AGAINST TIME.

12

III

Our body is as much an object of the outside world as a tree, a stone, a planet.

The great absurdity - Science investigates a world image we cast upon our own consciousness.

THE MASK - You must know you have a mask and that little exists behind it. Try to discover how this mask was started. In youth we made always for peace - adjustment to a hostile environment. *Make a list of people you remember earliest in life - put down opposite the name every effect and influence they had upon you. Maybe some of these influences were what we ourselves "put upon" those persons. Our 3 centers are like clocks - they are wound up by and with these influences. And time (material) determines the effects.

We begin by protecting our inner essential selves.

A child has more sense of reality than its parents.

We evolve a mask - sex mask, social mask, professional or national mask. Our "repertory of gestures".

We become 'mask sore' - but it is dangerous to remove the mask, even if we could.

The other person has the advantage over him who momentarily lets the mask slip. A specialized cruelty then goes on.

We can build up behind our mask our essence. Then we are impervious.

Victimization is a form of exhibitionism on the part of both parties.

We cannot go back far enough in our childhood to remember or find out how we put on our masks - hence the difficulty of removing.

13

We have practically NO manifestation we can make to show our essence. Sometimes we want to show an "essential attitude" to a friend. Often we show just the opposite because we have no gesture that is not part of the mask, etc. . .

WORDS AND ASSOCIATIONS

We waste our minds by words.
We should not identify with all the traditional things in words.
Because of words and associations, the mind is always in a state of tension, not of attention.
Poetry is a fact translated in another center! Non-identification with the traditional application of the words.

THE CINEMA - It is a recorded fact that people drowning have a complete memory of everything that has happened in life. Could we never use this power consciously? Everything that has happened to us, every experience, is there within - the impress is in some one of the 3 centers, never to be eradicated, generally forgotten.
BUT EVERYTHING IS THERE.

Try to picture the day's events with yourself as the principal figure, but impersonal.

Do the day from the beginning, not backwards. Engage the mind and leave the emotional center free with its pictures. Count a series of numbers until it becomes automatic, thus engaging the mind.

1234

4321

2345

5432

and etc, up to 10 or more -

Don't try to remember. DO IT PICTORIALLY. X
The unrolling of the cinema. . .

This method of seeing oneself pictorially in all one's daily activity, has been called "a specific against mediocrity".

This is the way of keeping your life from slipping into oblivion.

Four reasons why this nightly cinema is difficult:

- 1 - Usually no self-observation goes on during the day.
- 2 Difficulty of keeping from thinking of the counting.
- 3 Constant interruption due to association.
- 4 Sleep.

After doing the day's cinema, try the cinema of your life!

If we could do these things, if we can teach ourselves to see, impersonally, uncritically, we should gain a mastery over the 3 centers/

There is an "inviolate completeness" which could be property of the human being. We are approaching only the outskirts of it.

For this method - ability to think is the first thing needed.

Be able to think differently than as accustomed, know the world in different categories. This method is a mathematical and material explanation of the creation, maintenance and purpose of the universe and man's responsibility to it.

A TECHNIQUE FOR SELF OBSERVATION

Observe: Tones of voice
 Gestures
 Posture
 Carriage
 Facial expressions
 Weight
 Temperature

Weight - here not physiological,
but rather a feeling of heaviness
on awakening in the morning, or of
lightness. Clues to emotional states.
Temperature - not medical, rather the
emotional temperature. Why a sudden
hot flush? A cold clammy sensation?

Oftenthe condition observed disappears
upon observation.

But at first, with this self-observation,
all we are doing is GETTING DATA ON OUR-
SELVES.

16
IV

REPETITION

Investigate what you repeat. (In love, this is fairly obvious - one always repeats)

Investigate all relationships outside the definite love relationship.

You find out your weak spots if you find out where and how you repeat.

Formulate reasons for wanting to wake up and change.

Make repertory complete of your weaknesses and failures. Avoid the MORAL.

Find out the wrong working of your centers.

Try to remember to remember to observe.

Participate in your gestures observed.

Try also to observe how whole trains of thought go on without your taking part in them.

MORALS

The subconscious mind sees the result of our real experiences.

Conscience once uncovered needs no morals.

John the Baptist, crying in the wilderness, is a symbol of man crying in the wilderness of his own body.

Give up the idea that the universe has desirable and ethical ends in view.

Give up "doing good".

Sacrifice mechanical suffering. Suffering is very real to us, therefore we identify with it. Most suffering is mechanical.

But our identification with it is real.

Self-pity is the most depleting of the emotions.

Charles Chaplin - the epitome of self-pity, which explains why all the world identifies with him.

Be careful of self-depreciation. DON'T DISCOURAGE THE BODY!

You must observe yourself with non-identification, otherwise your statements about yourself sound fantastic.

These ideas give no result unless worked upon. EFFORT IS THE FIRST AND LAST WORD. The Labors of Hercules - the Aegian Stables are a man's personality. Clean out your own stables.

Of all the great teachers, Christ is the most cruel when he speaks of the difficulty of doing things with ourselves. One wonders how he came to be called the meek and gentle Jesus.

#Make a catalogue of a friend's image of life; this will help you with your own. Make a formula which encompasses your attitude toward life. "All is lost from the beginning" - Jane's.

We know only two states now - waking and sleeping. (the chart)
There is an exact analogy between our personal psychology and this chart. Everything below the planet is repetition of things perfected above. . . .imperfected repetition. On the chart "God" begins with Planet.

The idea of a "personal god" is the most egotistic gesture of man - that a divine omnipotent Being could be concerned with our transient little life.

Our environment is not this planet we live upon. Ours is the megalocosmos - everything above the planet.

LOVE is of 3 kinds (as far as we are in it)

Instinctive, emotional and conscious.
Instinctive love has chemistry as its base.
And it lasts only as long as, and is only as
strong as, this chemistry.

Emotional love is pathologic. The lover is
a medium through which uncontrolled power
of magnetism passes. Emotional lovers are
the victims of their own uncontrolled
power. Emotional love ALWAYS creates hate
in the lover, then in the loved one, then
back again - an eternal changing of hate.

Instinctive love is the highest type we
know, BECAUSE OF ITS IRRADIATIONS.

Emotional love seldom produces offspring.
It is non-biologic. It evokes its own slayer.

Conscious love wishes that the loved one
should arrive at his own native perfections,
regardless of consequences to the lover.
The paradox: it always evokes the same in the
lover. This love is rare among us.

"Take hold tightly, let go lightly" - an old
Tibetan proverb.

It is always hard to let go. We have fear,
we are oversensitive from past ~~experiences~~
failures, or we have imagination - we
cannot bear to imagine the loved one happier
elsewhere with someone else.

Instinctive and emotional love are uncontrolled
and unconscious. These are dangerous states
to be in. This love is without knowledge or
power.

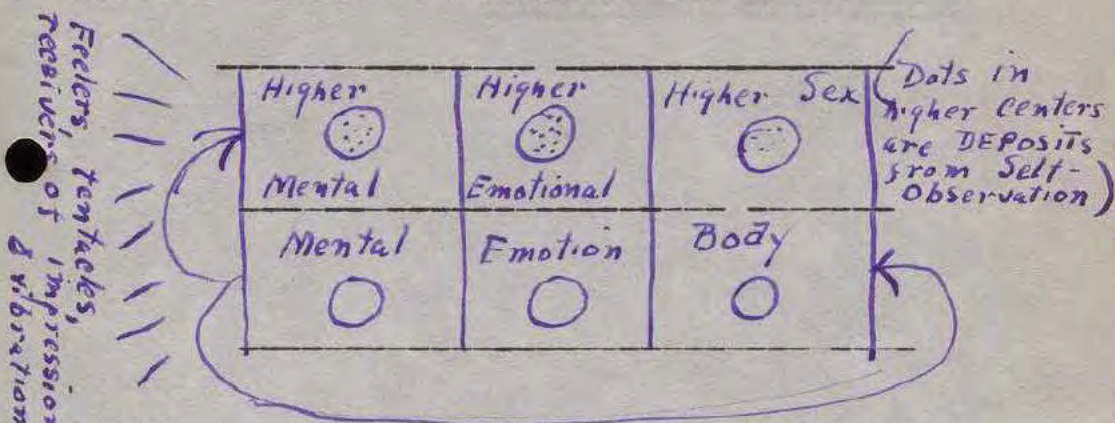
Love can be evoked in 5 associative ways:

- 1 External form (reminding of someone you've been in love with, esthetic associations.)
- 2 Feelings influenced by other people. You love what others love, or what others hate, etc.
- 3 Suggestions - influenced by praise of others, etc.
- 4 Superiority - you get the idea that another person is superior.

"All the rot about 'ideals'"

* * * * *

PICTURE OF SELF-OBSERVATION



All in the lower row we take passively. We must "coat" the higher body. Self-observation makes this active - the worm must turn and observation starts with the body.

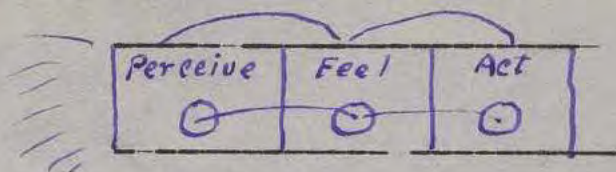
THINK!

Another picture of Man -

- Every $\frac{1}{10,000}$ of a second - an impression.
- Every 3 seconds - a breath
- 24 hours - a day
- 80 years - a life

20

ANOTHER PICTURE OF MAN



This is how it always works - we perceive, we feel, we act. The 3 inter-connected centers.

(At night - we jump in half-sleep. .
one of the centers disconnecting)

This above interconnection of the centers works only in waking hours.

Study your dreams. There is a self-contained energy left over in some one of the centers. You can discover in which center you contain unused (during the day) energy.

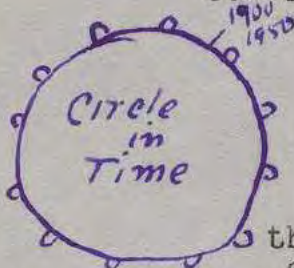
Do you have predominantly physical, mental or emotional dreams?

The 3 centers fall asleep separately. Sometimes one center does not sleep at all during the night. ~~At~~ Times we awaken with a feeling of suffering, though the physical self has slept soundly. This means the emotional center was wide awake all night with some suffering.

Teach yourself to put all 3 centers to sleep at any time. If this could be done we would need little sleep. Gurdjieff awakens people at the Priory, at all hours of the night, making them change their beds, saying: "You're not sleeping anyhow. Why not spend the night talking and learning something?"

V

OUR LIFE



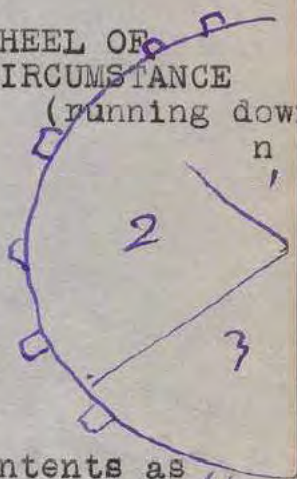
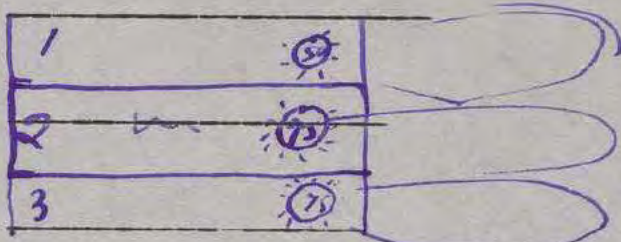
Consider each year of your life as a chair. See yourself sitting in it, see the chairs you will sit in. You should be able to see yourself both ways in time - back to the beginnings, forward to death. Our effort is to break this circle in time - not repeat. Eternal Recurrence.

Man, 3-centered, geared to connect with.

WHEEL OF CIRCUMSTANCE

(running down)

3 centers like wheels in a clock



4 (Self observation)

These wheels are emptying their contents as they connect with the wheel of circumstance.

Numbers in centers represent relative proportional strength of the center.

The functioning of these 3 centers depends on a set of seven accidental circumstances

- 1 Heredity in general
- 2 Conditions at moment of conception.
- 3
- 4 "Degree of Being" in parents.
- 5 Quality of 'being' manifested in people around us.
- 6 Good wishes, thoughts and actions manifested by people around us.
- 7 Conscious effort on our own part, during childhood

A BEING CONSISTS OF ITS APPETITES.

Intelligence is due to innate arrangements in the nervous system. You are born intelligent. You can never acquire intelligence.

Instincts are given to man to enable him to cope with his situation.

We, in this method, are like Lucifers, cast out from the mechanical heaven in which we live. We must realize the solemnity of the situation. We must think with terror of dying. . . unfinished.

We die according as ~~surroundings~~ the contents of one center are used up prematurely:

Physical dying - doctors have names for it but no cure. Sport addicts often die thus. Statistics show wrestlers die at the average of 49

Emotional dying - Artists die as the result of the disharmonizing in the tempo of their lives.

Mental center dies - reading, studying and superfluous associations provoked. "Dying by newspapers"

To NOT die in one center, get an activity that is linked up with another center. Put a regulator on the spring of each center. Do not allow one center to overwork. You give yourself up to the associations in the functioning of these centers.

HARMONIOUS ASSOCIATIONS with the 3 centers is difficult to acquire. Self-observation is the first regulator. You thus begin to cut off the superfluous associations running into one center.

The tragedy is that when one center dies, runs down, it affects the other two without their taking part.

NEGATIVE EMOTIONS

The commonest of the negative emotions is anger, displeasure, etc.

Next after associations, negative emotions are the most depleting of our 'activity'.

Negative emotions are difficult to handle because they are insusceptible to reason. When we THINK reason has come in, it is usually only another emotion that has been added.

Bodily well-being usually pulls us out of anger - the coming in of another center, the physical. Child care stresses keeping the body busy. This is calling in the physical center to equalize small rages, fears, in emotional center.

ALMOST ALL FORMS OF NEGATIVE EMOTION ARE INFANTILE.

Some negative emotions, like despondency, despair, jealousy, need help from the outside. This usually calls in more negative emotions on the part of the helpers - they must lie, tell 'charitable untruths' and thus an anger arises for being thus forced.

Make a list of the dramas of negative emotions. You will find all are tragedy.

If you are not secretly in love with your negative emotions, there is usually a cure. (Most people are in love with theirs. They do not want to get rid of them.)

To get rid of a negative emotion, say "I am sick" Do NOT say what made you sick. When you say "I am sick" a positive attitude is at once established.

Observe manifestations of each mood in your negative emotions.

When one is angry at you, don't meet him with anger, with the same center. "Turn the other cheek" - a recommendation to turn another center.

24

Write a candid opinion of yourself as you think someone would write it to you. Something in us is NEVER deceived. Often the result is amazingly near the truth. Often the getting of this opinion is necessary for your future life and its development.

When a bad situation arises, ask yourself:
"What did that friend expect of me?"
"What did I give him?"

Christianity has not been tried and found wanting; it has been found difficult and never tried.

In perfecting a technique of living, the great difficulty is the body. It is first necessary to organize the outside life, the life of the body.

There is no chance for a significant relationship with a person whose center of gravity is the physical center. The body will always triumph - and your 'friend' will fail you.

We always expect behaviour of people without bodies. Don't trust. No illusions. A physical center person never loves, but always hates. He hates to have his body deranged.

You project your chemistry on other people and your relationship with them is a result. Your unconscious~~m~~ manifestations are more powerful and get more results than your so-called 'conscious'.

You receive what you evoke.

CHIEF FEATURE

In each one of us is a "special little quirk" - the last little thing added to the scale. This is what makes you do things as YOU do them, and not like anyone else.

In bowling balls there is a pellet of lead added, so that it must be thrown with a special quirk to make it go straight.

We must learn how to send ourselves off with a certain quirk to make us go straight.

We must learn where Chief Feature lies, what it consists of.

Chief Feature is the pattern of your wishes and motives.

It is mechanical.

It is of the essence but in the emotions.

Chief Feature gives you illusions of freedom. (Freedom is actually the absence of choice or wishes.)

Write about yourself as of another person. In a situation, how do you behave? This gives a clue to Chief Feature.

Look for Chief Feature in 5 things:

Greed
Self-pride
Lying
Fear
Sex

"Chief feature is not nice".

Chief Feature can often be a combination of one or many of these 5 things. It is always the last little thing making you act as you do. It is in every situation. Look for it.

26

Chief Feature is imaginary.
It is not real.
It is emotional.

Chief Feature is not ever a good thing;
but once found, it can be used consciously.

Chief Feature is an outgrowth of your
emotional attitude toward yourself.

* * * *

LAW OF THREE In the cosmological scale this operates at shock. The shock carries us beyond, in the octave. The shock is self-observation.

We have 3 forces in us. The plus and the minus (sexes, elec. etc)
And science is the 3rd force.
The 3rd force is the neutral-balancing force.
The mind affirms, the body denies all.

All energy leaks away from the bottom of the triangle because it is open.

Some have no emotions after 30.

Some stop mental growth at 7 or 8,

Many die before their time.

Close up the triangle, stop the leak.

A 3-centered force is given us each morning
We cannot use but a part of it; the rest leaks away. One uses only 1/10.

If the bottom of the triangle can be closed, new energy flows in to be stored.
In psychology, the 3rd force is usually the motive behind the act.

#Problem: Find out the motives behind your acts. (Usually emotional)

Law of 3 operates in fairy tales.

Three princes each with a task, the reward being in one of the 3 centers.

A set-up of man (law of 3)

matter
emotion
physical

THE EMOTIONS ARE SITUATED IN THE SOLAR PLEXUS. A system of nerves across the center of the being. Like the Milky Way, a galaxy of disconnected nerve centers.

Know-able
REALITY Do-able
Feelable

Unless these three operate at once, it is not reality. (That's why Reality is never found.)

There is continual argument between the 3 centers in man. The body is the tyrant.

The Cosmological chart presents an exact analogy with our psychological processes. The shock in our life is self-observation.

Everything we ~~know~~ touch is degraded - air, water, food, etc. We send energy into the planet thus. We are the digestive apparatus. OUR REAL FUNCTION IS TO UP-GRADE ENERGY. Change the vibrations into higher instead of lower. (Some like breathing, eating, etc are automatic and must go on.) We give only quantity vibrations. We should give quality vibrations to this ~~planet~~ octave. As we function, vibrations are extracted from us by nature. A few quality vibrations would make up for a great many quantity vibrations.

We're in a situation - "The terror of the situation" - Gurdjieff.. We're like sheep, taken for the mutton and the wool. Nature feeds us, cares for us but not for love, but for profit from us. Nature takes from us with a drastic hand - takes vibrations from us she can't get voluntarily.

If we could only give ONE quality vibration. Wars, for example. Nature needs those vibrations. Deaths give vibrations to the planet. 10,000 bodies going back to earth - the suffering before death is one kind of vibrations, the crystallization of material substance, another kind. All goes back to the planet.

ESSENCE is difficult to define. It must
be found out by relations.

Human essence is composed of 2,000 million
people. This number implies history, all
your evolution from the animal up.

EACH ONE OF THE 2,000 MILLION IS ONE OF
YOUR POTENTIALITIES ACTUALIZED.

mi. Essence is composed of 3
re notes - anger, hate and fear.
do

Anything else is an overtone, that which
might exist, but which does not. All
the so-called 'good' in the world -
philanthropies, etc - are possibilities
not actualized. Usually you find the
motive is one of the 3 notes - anger,
hate or fear.

#Try to find out in you the distribution
of anger, hate or fear. These 3 can be in
one center, or in all 3.

We have to make an effort to get at essence.
It is not your own - it is human essence.
In getting at it, it is fatal to identify
yourself with it. Get at motives, then
more easily you will get at essence. When
you get at essence, what you learn can
be widely applied. . .arts, etc.

There are AFFIRMED EMOTIONS of
humanity. In great literature, in
great art, there are no emotions that
have not to do with the affirmed
emotions of humanity. . .something
every man could understand.

Your essence is material. It can be changed.
Essence aspires to be soul. It has no sex
differentiation. It is wishes.
Wishes are planetary. You are interesting

or dull according to the number of planets in conjunction at conception. More planets, more interesting, etc.

PERSONALITY is a cross-section of all streams of activity at any one moment.

The pattern of your habits is personality. Personality is a mass of unfused chemicals.

#Analyse yourself in respect of some person near you. How do you recognize yourself? How do you know yourself from another?

What is the ESSENTIAL POWER in you? To find out, gratify all your fancies and whims. Gratify and watch yourself. Whims and fancies change. An essential power does not. You must find this out by excess.

To have essential power you must have ESSENTIAL WISHES.

Potential

Actualizable There are 3 kinds

Ideal

Most of us spend our lives on non-actualizable wishes. Find the actualizable ones. Most "ideal" wishes are unactualizable. These are mistletoe, cut them off. "Imagination is only excess of desire over ability" - Orage.

THE "I"

Necessity to establish within yourself an unique and personal "I". We have too many "I"s. Thought must connect and fuse.

Subjugate to one single "I" the personalities in you.

Say over and over again "I am." I have a body". Say it to try to find out what it means. (I am a body is a confusion.)

Self-observation pumps up energy, uncovers that "I". The "I" is not defined by intelligence, gifts, talents, etc. It is simply what you are in yourself.

The body is the only vehicle or instrument, through which and by which we can find out.

Stripped of your 5 senses and personality, what are you? (Nothing)

What manifestation could you give that an astute psychologist could not reduce to a bodily manifestation? (None)

99% of our 70 years is spent in sublimated animality. (caring for the body, thinking about it, etc.)

Get the "I" out from the inside where it is buried, to the outside. All miraculous re-births in history and legend are just this - the uncovering of the "I". Our first birth is passive.

Our second birth is active, conscious.

We are born out of our own bodies.

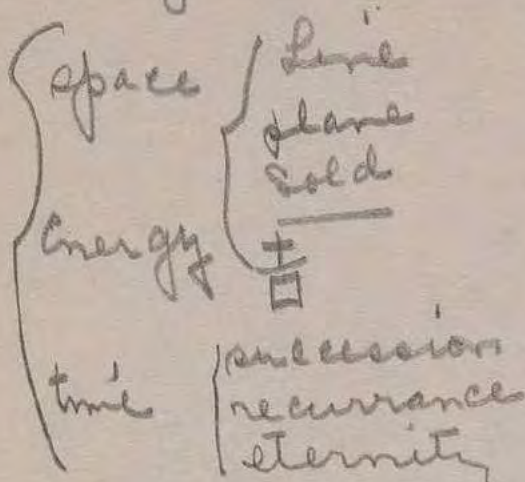
Self-observation gets at the "I".

For this 2nd birth, we must first die to our automatic selves, change values and die to the old values.

Gurdjieff says in the cerebellum there
is a seed, a germ, which is a possibil-
ity of a soul. He calls it "the re-
representative of God in the essence -

* * *

Time) In the physical center, we sense time, as one thing after another. In the emotional center, we experience a thing at the time. In the mental center time as a thing in immediacy.



Space is the field in which time operates.
Time is the actualization of one possibility in a situation. All others die "for you" (but remain for others) =

When we start to actualize one possibility, that determines the second, because we have taken a direction, thus the danger of making a wrong choice. - all of us in the wrong direction. Again, find the essential wish. "Time" is the possibility of your experience. Time can never be subjective. Whenever a process

Goes on, there is time.)
(This method is a Technique
against time.)

Addenda - Part 2 =

This method is psychological
technique of life. most people
are technique-resisting =

In the Solar plexus the negative
emotions are situated in the left
side, positive in the right side,
Locate the agitation and the
kind of emotion acting on you can
be known.

Essence is eternal, compacted
of internal relations simple or
complex but individual at every ^{level}.

When we talk about our essence,
we talk about psychology -

Time is the actualization of one possibility in a situation. The moment we begin to actualize one possibility in a situation, all others are dead to us, (but exist for others on earth). The moment we actualize, the rest is decided. (This gives a direction in time.)
(Time) is my possibility of experience.
(Time) is the exhaustion of the means to renew ourselves -

(Time) is the unique subjective. It can never be objective. It cannot exist for you outside yourself. Your time is in you.

Eternity is possibility of the actualization of every possibility in a situation at the same time. } Art is subjective emotion backed up by craftsmanship.
{ Art enjoys only vivid values. } Mahabharata
greatest objective art? -

We progress in detail. The whole is often lost in details

Essence will put you eventually
in a certain current in life. You
may want to change the current -

Asia is essence. Europe is personality.

Sleep is a rehearsal of death. If we
could answer questions and do
problems in our sleep - (i.e., in
sleep of our centers - this would
be a sign of consciousness existent
without body. "This" would be a small
hope for immortality.) This would
be manifestation stripped of the 5
~~centers~~ senses and personality =

Cerebellum - "the seed at war" - our
subconscious brain. Should be our
conscious brain. Everything that has
happened to us in life is there, jammed
up in the cerebellum, escaping only
in sleep, trances, etc. -

We understand space in three ways

}	Line	}	Time as progression
	plane		recurrence
	<u>Solid</u>		Solid

Energy as } + plus
 } - minus
 } □ neutralizing force -

Use the pause - There is a minute pause before a certain center prompts to action. This pause is the neutral - balancing force of work - we should use this pause, then work life chess players with ourselves. Strong personalities are a hindrance, they are active, or too passive, in the moves. Strong personalities over-shoot the mark -

Our body is as much an object of outside world as a tree, a stone or a planet -

The great absurdity - science investigates a world image, which we cast upon our own consciousness.

Part III

The Mask - You must know you
} have a mask and that
} little exists behind it. } Try to discover
how this mask was started in youth.
we made always for peace, adjustment
to a hostile environment. —

* Make a list of people you remember
earliest in life - put down opposite
the names, every effect and influence
were what we. "felt on" these persons.

* Our three centers are like clocks. They
are wound up, and with these influences
and time, (material) determines the
effects.

' We begin by protecting our inner essential
lives.

A child has more sense of reality than its
parents. } We evolve a mask - (sex mask,
(social mask) professional or national mask,
our, "repertory of gestures"

We become (mask-men) - but it is -
dangerous to remove our mask, even
if we could. - The other person has the
advantage over him, who momentarily
lets his mask slip. // —

a specialized cruelty then goes on -
we can build up behind our mask, our
essence, (then we are impervious)

"victimization is a form of "exhibitionism"
on the part of both parties. (we cannot
go back far enough in our childhood to
remember or find out how we put our
mask on. Hence the difficulty of re-
moving - we have practically no manifes-
tation we can make to show our essence.
Sometimes we want to show "an essential"
attitude" to a friend - often we show
just the opposite part of the mask, etc

words and association" -
we waste our minds by words, we should
non-identify with all the traditional things
in word. "Because" of words & association,
the mind is always in a state of tension,
not of attention. Poetry is a fact-trans-
lated in another center. "Non identifi-
cation - with traditional application
of the words -

" The Cinema - "

It is a recorded fact that people drowning have a complete memory of every thing that has happened in life.

Could we never use this power consciously? Every thing that has happened to us, every experience, is there within. - the impress is in some one of the 3 centers, never to be eradicated, generally forgotten. (Everything is there) —

Try to picture the days' events with your self as the central figure, But impersonal. Do the day from the beginning, not backwards, engage the mind and leave the emotional center free with its pictures. Count a series of numbers until it becomes automatic, thus engaging the mind -

1 2 3 4 -
4 3 2 1
2 3 4 5 -
3 4 3 2 - and etc

up to 10 -

Don't try to remember, so it pictorially the unrolling of the cinema - This method of seeing one self pictorially in all one's daily activity, has been called a "specific against mediocrity" //

This is a way of keeping your life
from slipping into oblivion.

● Four reasons why this nightly cinema
is difficult: -

(1) Usually no self-observation during
the day. This S.O. necessary.

(2) Difficulty of keeping from thinking
of the counting: -

(3) Constant interruption due to asso-
ciation.

4 Sleep.

● After doing the day's cinema, try
this cinema of your life.

If we could do these things, if we can
teach ourselves to see, impersonally,
(uncertain) uncritically, we should
gain a mastery over the 3 mechanical
centers, there is an "involute complete-
ness" which could be property of human
being, we are approaching only the
outskirts of it.

For this method, ability to think is the
first thing needed - Be able to think
differently than as accustomed, know

the world in different categories,
This method is a mathematical and
material explanation of the
creation, maintenance and
purpose of the universe and man's
responsibility to it.

"A Technique for self observation"

(observe {
Tones of voice
Gestures
Posture
Carriage
Facial expression
Weight
Temperature

Weight - not physiological,
rather a feeling of heaviness, on
awakening in morning, or of lightness,
clues to emotional state, etc -

"Temperature" - not medical, rather -
the emotional temperature, Why a
sudden hot flush? A cold clammy
sensation? -

"Often" the condition observed, disappears
upon observation. - "But" at first, with
this self-observation, all we are doing is
setting "Data on Ourselves."

"Repetition" IV

"Investigate" what you repeat. (In love this is fairly obvious - one always repeats) Investigate all relation-ship outside the definite love relation-ship.

You find out your weak spots if you, find out where and how you repeat.

Formulate reasons for wanting to wake up and change.

Make repertory complete of your weakness and failure. "Avoid moral" Find out the wrong working of your centers.

"morals") The subconscious mind see the result of our real experiences: Conscience, once uncovered need no morals. —

John the Baptist, crying in the wilderness is a symbol of man crying in the wilderness of his own body —

Give "us" the idea - that the universe has desirable ethical ends in view...

Swirl up, doing good —

● "Sacrifice" mechanical suffering. Suffering is very real to us, therefore we identify with it. (Most suffering is mechanical. But our identification with it is real —

Self-pity is the most depleting of the emotions = Chaplin = the epitome of self-pity, which explain why all the world identifies with him.

Be careful of self-depreciation, Don't discourage the body -

You must observe your self with non-identification otherwise your statements about your self sound fantastic.

These ideas give no result unless worked on. (Effort is the first and last word) The Labors of Hercules - and Aegean stables are a man's personality - Clean out our own stables.

Of all the great teachers, Christ is the most cruel when he speaks of the difficulty of doing things with our selves. One ~~thinks~~ wonders how he came to be called the meek and gentle Jesus.

"make" a catalogue of a friend's image of life; this will help you with your own.
"make" a formula which encompasses your attitude toward life, "All is lost from the beginning"

We only know two states now -
(sleeping and waking.) There is an
exact analogy between our personal
psychology and this chart. - - -
Everything below the planet is repetition
of things perfected above - - imperfect
repetition. (On the chart) God begins
with "planets".

The idea of a "personal God" is the most
egotistic gesture of man. - that a divine
omnipotent being could be concerned with
out transient little life,

Our environment is not this planet
we live on, "Suns is the megacosmos
everything above the planet -

Love " is of 3 kinds. (as far as we
are in it)

"Instinctive", emotional and conscious.
"Instinctive" love has chemistry as its
base, and it lasts only as long as, and
is only as strong as, this chemistry.

"Emotional" love is pathologic. The
lover is a medium thro which un-
controlled power of magnetism pass
es.

"Emotional" lovers are the victims
of their own uncontrolled power -
(Emotional love always creates
hate in the lover, - then in the
loved one, then back again - an
eternal changing of the hate —

(Instinctive) love is the highest type
we know, because of its irrad-
-iations. —

(Emotional) love seldom produces
springs. It is non-biological. It
evokes its own slayer —

"Conscious" love wishes that the loved
object should arrive at its own native
perfection, regardless of consequences
to the lover. This love is rare among
us. —

"Take hold tightly, let go lightly" a proverb
from Tibet. It is always hard to let
go, we have fear, we are over sensitive
from past failures, or we have imagin-
ation - we cannot bear to imagine the
loved one happier elsewhere with some
one else — "

Instinctive and emotional loves
are uncontrollable and unconscious,
These are dangerous states to be in,
This love is rare among us —

~~(1)~~ Love can be evoked in 4
associative ways.

1- External form (reminding of someone
you've been in love with, esthetic
associations) (2) Feeling influenced

by other people. you love what
others love, or what others hate etc =

(3) Suggestions - influenced by
praise of others, etc -

(4) Superiority - you get the idea
that another person is superior.

"all the rest about ideals..."

When associations work and run
to-gether in harmony, then we
are in love.***

"All" in lower row we take passive
ly - "we must cost" the higher
body. Self-observation makes this
active = the worm must turn,

(and observations starts with the body,
Think:

another picture of man } $\frac{1}{10,000}$ of a second - an impression
Every three seconds - a breath -
24 hours - a day -
80 years - a life -

Another Picture of man



This is how it always works - we perceive, we feel, we act, the three inter-connected centers, (at night we jump in half sleep - one of the centers disconnecting) This above interconnection of centers work only on the waking hours.

Study your dreams - There is a self contained energy left over in some one of the centers, you can discover in which center you contain unused (during the day) energy. Do you have predominantly physical, mental or emotional dreams - ?

The 3 centers fall asleep separately,
Some-time one center does not sleep
at all during the night. Times we
awaken, with a feeling of suffering,
though the physical-self had slept
soundly - This means the emotional
center was wide awake all night with
some suffering - Teach yourself
to put all 3 centers to sleep at any
time. If this ~~could~~ be done, we would
need little sleep. Gurdjieff awakens
people at the Priory, at all hours
of the night, making them change beds
Saying "You're not sleeping anyhow,
why not spend the night talking and
learning something?"

1900
1950

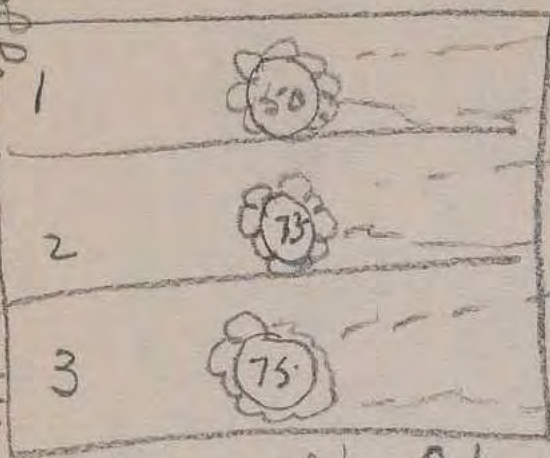
Circle
in
Time

Our Life

Consider each year of your
life as a chair. See your-
self sitting in it. See the
chair you will sit in. Should
be able to, see your self both ways in
time, - back to beginning, forward till
death. Our efforts is to break this circle
in time, - not repeat - Recurrence =

"man" 3-centered = geared to
connect with) wheel of circumstances
rumbling down

3 centered like wheel
in a circle cogged



"4 - self Observation"

These wheels are emptying their
contents as they connect with the
wheel of circumstance. —

number in centers represent relative
proportional strength of center.

The functioning of these 3 centers
depends on a set of 7-circumstance
(accidental)

- 1- Heredity in General
- 2- Conditions at moment of conception;
- 3 — —
- 4 "Degree of Being" in our Parents
- 5 Quality of "Being" manifested in
people around us.

- 6- Good wishes, thoughts and actions manifested by people around us. -
- 7- Conscious effort on our own part during childhood -

"A being" consists of its appetites. Intelligence is due to innate arrangement in the nervous system. You are born intelligent = you never acquire intelligence -

Instincts are given to man to enable him to cope with his situation -

We in this method are like "Lucifer" cast out from the mechanical heaven in which we live. We must realize the solemnity of the situation, we must think with terror of dying unfinished -

There are 7 accidental circumstances determining the reactions of our 3 centers. We die accordingly as the contents of one center are used up prematurely =

Physical "dying" = doctors have names for it - but no cure. Sports addicts often die thus = "Statistic show wrestlers die at 49 years!"

"Emotional" dying. artists die as a result of the disharmonizing in the tempo of their lives -

"Mental centers die" - reading - studying and associations - (superfluous) provoked
"Dying by newspapers"

To ^{not} die in one center, get an activity that is linked up with another center -

Put a regulator on the spring of each center. Do not allow one center to overwork. You give yourself up to the association in the functioning of these centers.

Harmonious associations = with the 3 centers is difficult to acquire. self-observation is the first regulator. You thus begin to cut off the superfluous

negative emotions

The commonest of the negative emotions is anger; displeasure etc. Next after associations, negative emotions are the most depleting of our (activity)

Negative emotions are difficult to handle because they are insusceptible to reason. When we think reason has come in, it is usually only another emotion that has been added -

"Bodily well-being usually pulls us out of anger. - the coming in of another center, physical. Child-care stresses keeping the body busy - This is calling in the physical center to equalize small rages, fears, etc. in its emotional center -

{ Almost all forms of negative emotions are infantile

Some negative emotions, like dependency, despair, jealousy - need help from the outside. This usually calls in more negative emot

on the part of the helpers - they
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untruth and thus an anger
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Make a list of the dramas of
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yourself) "what did that friend expect of
me?" "what did I give him."

● "Christianity has not been tried and
found wanting; it has been found
difficult and never tried = =

In perfecting a technique of living.
the great difficulty is the body - -
it is first necessary to organize the
out-side life, the life of the body

There is no chance for a significant
relation - ship - with a person whose
● centers of gravity is in the physical
center, - the body will always triumph
and your (friends) will fail you -

We always expect behaviour of people
with-out bodies - don't trust. No
illusion, A physical center
person never loses - but always
hates - He hates to have his body
deranged ~~~~~

You project your chemistry on other
people and your relations with
them are a result ~~~~~

Your unconscious manifestations
are more powerful, and get more
more results than your so-called
(conscious) your receive
what you evoke ~~~~~

Chief Feature

In each one of us a "special little quirk" - the last little thing added to the scale. This is what make you do things as you do them, and not like anyone else.

"In bowling balls there is a pellet of lead added, so that it must be thrown with a special quirk to make it go straight - " We must learn where Chief Feature lies, what it consists of."

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"Chief feature" gives you "illusions of freedom" (Freedom is actually the absence of choice of wishes) - write about yourself as if of another person. In a situation, how do you behave? This gives a clue to Chief feature! (Chief features is wish. (Look for Chief feature in 5 things)

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self-pride
lying
fear
sex

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thing, but once found it can be
used consciously - - ("Chief feature
is an out growth of your
emotional attitude toward yourself.)

Read - Elliot (Book on Atlantis)

The Sphinx is supposed to be a replica of a figure before a temple door in Atlantis.


"The symbol of the sphinx - consciousness. - "Body of a Bull

claws of a Lion (Strength) \rightarrow (Effort)
Breasts of a virgin (Impartial Love)
wings of an eagle (Ability to Soar)
Face of a conscious being.

In writing of Plato - he relates how in his travels - (Egypt). He saw the actual ground - plans of Atlantis

The seal of Solomon.
Ancient and universal
2 triangles, 2 eyes



"The swastika -" 

The one line represents our birth. We must turn around, be re-born in consciousness. The line is active, ^{conscious}

There has been all Knowledge in the world, but vast bodies of it have been wiped out. (wars) Calamities. etc) as chalk off a slate. - But all over the world we find proofs - (if we can read) of superior Knowledge. (Atlantis, Stonehenge, Pyramids, Mayan architecture - temples - etc: As in the life history of the human race, so in our personal life history = there are great blocks of memory that we ir retrievable to us -

The cathedrals, monuments
etc - were built with a con-
scious purpose, to elevate
for a moment the vibrations
of people, This was a conscious
attempt to leave the masses...

An attempt to force people to
non-identify for even one instant-
 " " " " " "

"This is a method of Effort-
conscious effort not automatic.
mechanical effort =, as we
are, there is no will. Will as we
think we have it is a state of
development. Will is a possibility
in a higher center. All we call
development now is but an
extension of one of the 3 centers -
All our art but an extension

of emotional center - etc. -
all supposed development in the
world to-day is really a detriment.

The obligation and highest aim
of man is to understand and
co-operate with the laws of the
universe. The universe is an
intelligent creation and therefore
intelligible. There are answers
to everything =

Nature can do no more. Man
is the highest possible development
of a self-evolving form.

All further development requires
conscious effort. This requires
labor comparable to that which nature
has expended on our development
thus far. milleniums of it -

In all nature creations, a
certain activity follows a certain form.

"Be conscious of your body" —
"aware of emotions and
mindful of your thoughts" —

"Feel with the mind, and think
what you feel - this is insurance
against self-deception."

We observe at first only with
the emotions - the wish to do this &
that! avoid one centered observation
"this is a pathological attack."

✓ Eradicate subjective weaknesses -
greed at table etc. Don't try to observe
yourself in excess. You are then
observing an over-functioning organism

"Self-observation" is not the body
observing the body. (like an actress
in a glass.)

"Self-observation, is the first
step toward - Freedom from
Associations -"

We must non-identify with
the Body - }

"There are 3-Kind of People"

A-people are Masters. (Budaha-Christo.)

B-people are Artists, interested in
experience, not facts.

C-people are scientists, positivists,
Facts - are more agreeable to them.

"

Magnetic-center people have a few
cells in the brain, not monkey
cells. These can be developed
into traits of B-people - - -

Find out what you are. Are you
predominantly - practical, emotional
or mental. In which centers do
do you work - and in which centers
do you expect your rewards?

△_{da} Positive absolute
being with out actuality
①_{si} actuality - sun absolute
②_{la} cosmic - consciousness

we are in a state of arrested development

- A 1-centered being is a worm -
- A 2-centered " " " Animal (2 dimensional)
- 3 " " " being is a man -

We take no part in our activity,
Everything is done in us from out-side.

Our whole life is wasted in argument
(yes & no.) between the three centers -

The contents of three - 3 centers were
accidentally acquired. Thus, they
are accidentally called forth - 1%
is our-selves, 99% of us is Sociology

The ages of our different centers differs
There can even be different ages in one
center - Physical - young face, old
neck etc - we can develop
hallucinations of our centers
as we - "develop" - one can be

retarded - Mentally and develop
a mental hallucination.

retarded emotionally and
develop emotional hallucination -

The 3 centers like types - physical
(yogi) emotional - (munk) mental
(ascetic) - Each is a one centered
development, developed at the
expense of the other two centered.

Our brain has undergone
development only for survival.
It is not a truth-finding organ!

Everything tends to put us to sleep -
suggestibility, etc -

We start with these 3 centers
practically empty. The emotional
and mental has inclination,
desires - pleasing to them. Constant
repetition of some desires makes
our character. We receive

10,000 - impressions per second.
but we register practically
not one. We always choose
by our habits of yesterday -
repeat - repeat - We have no -
future. Our lives are in idle
escape from one error into
another. - Our race, etc - is
indicated by a series of gestures -


A Human being can make - 20 -
gestures, but makes usually
only - 5 - - Find out the repertory
of your own gestures. The agency
of the will is not admitted in the
scheme of psychology. What we
call - "will" is only desire -

The first symptom of awakening
from our sleep is to suspect
we are asleep. It is more
difficult to awake from our dreams

deeper than from our lives, states
Our life state. (to a trained observer
Gives us away. - Man collects
impressions and executes behavior
and by his behavior is he known
A need is an internal - dis-
equilibrium - one needs a
shock to awaken - one must want
to awaken - do not disturb those
who are - (sitting pretty) unless
their need is great. One loses
one's place and one must go
through life standing - Standing is not
comfortable, especially if a good
chain has been lost -

II

Law of three - In the
cosmological scale, operating
at 3 - operating at shock. The
shock can carry us beyond the Status
Quo =

The shock is self-observation. We have the three forces in us, the plus and the minus sexes. "electricity, etc. Science is the 3rd force. The 3rd is neutral balancing force. The mind affirms all, the body denies. = All energy leaks away from the bottom of the triangle  because it is open at the bottom!!! = Some have no emotions after 30 days. Some stop mental growth at 7-8 yrs. Many die too soon. (physical)

Close up the bottom of triangle, stop the leak. A 3 centered force is given us each morning. We cannot use but a part of it = The rest is wasted. One uses only 1/10. = If the bottom of the triangle can be closed, new energy flows in and can be stored. In psychology, the 3rd force is usually the motive behind the act. "Usually it is the emotional center motivating".

"Law of 3 operating in fairy tales". Three princes, each with a task, the reward being in one of the 3 centers = = =

A set-up of man, law of 3 -

+	matter
□	emotions
-	physical

The emotions are situated in
the Solar plexus - |||| - a
system of nerves across the center
of the being. Like the Milky Way -

man is a truth-seeking animal
but he has no truth-finding tool -

The tool must be fashioned from
three centers - physical, emotional
mental - it must work from, or
for all three. - - - -

A discovered truth must be traced-
find-out, for which center it seems
to be true - Usually only one, or
two, centers will be involved, it
is not then a truth -

"Avarice" is connected with sex. Often
the avaricious will never give to love,
esteeming their sex most valuable. They hold
off, waiting. Sex Avaricious is the basis
of the Prince Charming legend - "Avarice" of
another sort can be a disease; one can find
out which center is involved. - "Money"
is the physical center of society. It is
the blood circulating thru society, one
can judge how madly off the world is to day
when one considers in whose hands of the unfit
who do not know how to spend, how to use
that power.

you can knock an apple off a tree by
throwing a stone. But it will still be
a green apple when it strikes the ground.
It will not ripen in the descent. False ideas
do not ripen - change - overnight. There is a
moment when one is ready. Until then all the
green apples knocked off the tree, (all false ideas,
illusions, etc.) will not make for understanding
of self -) Time is in us, when we cease
to be, Time ends, There is no other Time.
The Fall from the Garden of Eden was man's
fall into the dimension of Time. ~~The problem~~
into the awareness of Time, (a fall into -

The problem then is to put oneself beyond
reach of Time. Stand aside from the place
where it strikes, know the place - but
stand elsewhere. Ideas, reason, emotions
(perhaps) are beyond the reach of time,
only thro these can we escape these
currents striking. (We have Time, the
4th dimension, in us, yet have
no way of dealing with it. There
must be reorganization of psyche
we live, let us say, in a 3 room house
in the three centers, mental, emotional
physical. The rooms are cluttered to the
ceiling with ruffraff furniture, much of