

## Meeting 119: 28-Feb-2024

— From 1201 - p1207 —

### EU Session

Attendees: Robin, Paula, Robert D, Carole O, Gwynne M, Aaron S, Ronald, Sasa, Vesna, Michelle F

RB [Presentation: Lifeforms: What they are]

RD: Was the Cambrian explosion to do with the evolution of eye?

RB: Possibly. No explanation for the evolution of the eye. At a point in time there was sufficient oxygen in the atmosphere that could support moving around. Eyes are good things to have if you are moving around.

RD: Rupert Sheldrake – world inside of your head ... Mitochondria creation – only once?

RB: Combination of archaea with Bacterium. Never had mitochondria before that. Bacteria would eat archaea and one day absorbed it. Are archaea now and bacteria now and could be doing it now, but never have ever since. Can find examples in evolution where a certain kind of bird or animal evolved and never happened again.

RD: In SE Asia where there is one group of animals on one island ... close to pacific rim – electrical?

RB: Wouldn't have been a credible idea ... now it is. Recent evidence that earthquakes are electrical and a kind of underground lightning – correlates with sunspots. If the sun can directly affect that level of substance on the planet – should be no surprise that affects higher levels.

RD: Forcefield that repels animals. Some people electrically allergic. Not rational. Theory – hunch.

RB: Rationality is an assumption.

RD: Might take it personally.

RD: The mirror – internal representation you have. Formatory – telephone lady. Vanity – walking around in town. Girls.

RD: Walking in front of the car – not embodied. Servant – like Ahoon.

PS: 'taxi' in quotation marks. So not a real taxi?

RB: Describing association-driven events in a normal life.

RD: G always sending out vibrations ... we just do things ... walk in front of the car.

RB: Taxi comes from taximeter. Time that is metered. Latin – tax or charge.

RD: Like the spring that can't be lengthened or shortened.

GM: How does that relate to the carriage – of horse and carriage.

RD: Modern association of that image.

GM: Carrying passengers ...

Ronald: Directions given to taxi driver - ... other people around – loss of control.

RD: If you meet someone with a lot of money – give them attention.

“You go nearer, and in the middle of the crowd you see a man lying unconscious on the pavement. A policeman, with the help of some of the, as they are called, ‘idlers’ who have collected, puts the man into a ‘taxi’ to take him to the hospital

GM: Process – linked to man who wakes up – cracks mirror

RD: Doesn't actually wake up ... has a bad dream.

GM: Will. What is driving the will. Desire, will and high degree of being. I think electric is connected with vagus nerve and to electric system that is the channel for real will. Interruption in that system ... hard Being.

PS: Can't attain high degree of will without Being.

RB: Normal situation – if real will active and pursuing course of action. I, or awareness pursuing action is not going to be dislodged, deflected. Even mowing the lawn – trivial – can be deflected.

GM: Finishing processes in each of us daily is very important – when we don't finish smallest of tasks – signal to us that our intention and will are not aligned. For instance if I am triggered at a sensory/feeling level by something that distracts me from finishing and go back and finish – real will drives me back to the finishing line.

PS: At times can just be an emotional attachment.

GM: It is only in the collected state you can have real will.

RB: We need to know how to do and in order to know how to do have to know how an octave unrolls. What G could do and what people who manifest in a way – organise for the octave to be filled. Nothing to do with the task in hand. In order to do it, may need to go and make yourself a cup of coffee. Regime of working in factory situations – find ways of filling the intervals. Might be a five minute break for a cigarette. It works.

PS: Is that real will?

RB: Every cosmos consists of a mechanism that has 3 inputs and are organised to fill intervals and that is how life happens. Absolute designed this mechanism and because of that it just runs. All the life forms we know much about have no will whatsoever – tiger in the jungle just fulfilling his mechanism in a predictable way.

RB: That is not will. Focus of intention. Why there are tasks/ideas/exercises in the Work. e.g. make an appointment with yourself.

RB: I think there is a similar story elsewhere that describes a person's day. If nobody had told me I would have had no idea. Would be running into frustrations but now have explanation of why life is so hard.

GM: Value of just the simplest part of the Work – self-observation. Being aware of themselves being aware – how many want to?

People in the Work who are very intelligent and aware of their intelligence ... that is it. They analyse their self-observation.

I didn't learn the opposite of that until old age.

RB: Requires years and years.

Certain things had a really deep impact on me that aren't logical explanation of anything ... you have to recognise your own nothingness – doesn't relate to anything else. You have the antidote to the formatory apparatus taking over your life. You have to understand the meaning of it and he doesn't tell you.

RD: Cracked the mirror while brushing his hair – to do with conscience. To do with past, childhood. Dream = deeper sleep. Subconscious.

Sasa: This talk from G. is from Views from the Real World p 55. It is different. No idlers, no 'taxi' ...

Your attention is attracted to a crowd that has gathered around a man lying unconscious on the pavement. With the help of the onlookers the porter puts him into a cab and he is driven off to the hospital. Notice how the strangely familiar face of the driver is connected in your associations and reminds you of the accident you had last year. You were returning home from a gay birthday party. What a delicious cake they had there! This servant of yours who forgot your morning paper ruined your breakfast. Why not make up for it now? After all, cake and coffee are extremely important! Here is the fashionable cafe you sometimes go to with your friends. But why have you remembered about the accident? You had surely almost forgotten about the morning's unpleasantness. . . . And now, do your cake and coffee really taste so good?

RD: Idlers – when law of accident happens.

GM: Shows how much work he put into this. How many times did he rewrite to get to the depth of what he wanted to impart.

RB: Length to which he has gone to make it possible to tell someone something. You can introduce someone to looking at the second hand on a watch and being aware of yourself at the same time. Brings some people to The Work but flies over some people's heads. Sold maybe 1million copies but didn't bring 1 million people to the Work.

GM: How often we have to dumb down in order to communicate with people around us and be stupid in order to get along.

PS: We have personas.

GM: G didn't dumb down.

Ronald: Reading many times over to note the impact to different people.

RB: Task he undertook is pretty much impossible. Man is partly man 1,2,3,4 and possibly occasionally man 5. Has to find different ways to deliver to at least those 5. ISOM really only addresses man number 3. There are parts in it that appeal to other people. Some will skip the page if there is a diagram.

G created movements to teach the body – talking directly to the moving center. Has to learn things and can't get to it without intellectual center. Also in the music.

Knows there are only a few people who will ever make the effort. Had around 100 people around at various points and only able to teach some people certain things. Orage – things he taught that were wrong.

GM: How does that happen? The understanding of the man you are talking to – many have understood at level number 4 and his takeaway is man number 3. How many times do you read

something over and over and then eventually get 'aha' – understanding and speaking in dimensions.

Ronald: Don't jump completely from level 3 to 4. Orage goes to America and doesn't have contact with G ... G sees what he is doing and tells him he is wrong ... maybe see that he can move upwards.

After that incident – Orage at a higher level, according to someone who I read.

GM: G says that to Bennett – over and over – come back when you understand.

RB: Whatever is presented takes time to digest. Three body diagram – created by Willem Nyland's people – it is wrong. Willem Nyland spoke about it and said things that were incorrect. Transmission ... There are Jewish sects that are hidden that do nothing but copy out the Torah, letter by letter. Goal to create a copy that is correct. Similar efforts that go on with the Koran.

Nobody does that with the Work.

GM: Makes me want to go back through Nyland's work and check – not to believe you but to check. Good example of someone stopping short and not understanding what he said.

RB: Theory of Work Nyland flaky – in other ways, exceptional.

Ronald: Have the 3 story diagram – could you go into it ..?

RB: Measurements of the octave are incorrect. Becomes a matter of forced geometry. May be other things that are valuable ... Oragean method.

RD: Ratios of stopinders?

RB: Yes. Quite wrong.

GM: Errors in Keith Buzzell's work?

RB: There are errors – but don't think they are serious. Haven't studied all of it.

[RB shared GO Research 'Go Notes Master.pdf'] Robin explained the structure.

If people want to make suggestions, I will add them if it makes sense.

GM: How would it be used practically?

MF: Can deepen a topic – can serve for deeper understanding.

RD: If you immediately have a thought and go 'that's right', is that the emotional part of your intellectual center?

RB: If you have a thought about something and something in you says "that's right"

We have organs of understanding. Uses words as major weapon for understanding. Another uses emotions for understanding. Moving center uses movement and image as means of understanding. If you observe yourself saying 'that's right' one of your organs agreed with the thought you had. You will know it by its taste, but nobody else can tell you.

Something Peter Ouspensky said – understanding is a matter of making connections – this is a connection machine. Every explanation that appears will be linked to other things and other things. When there is something missing – someone will point it out and we can add.

RB: Mentation isn't only work of intellectual center.

GM: Useful for therapists. We are trying to determine which center is interrupting another.

Study of children with emotional problems have problem with mathematics – go into anxiety attack – severe emotion at that level.

RB: There will be 2 of these eventually. This is going to be all the knowledge of the Work – what to know. The next will be what to do. Interesting situation you talk about – something disharmonising around the idea of mathematics – cannot be what is disharmonising it on its own. Intellectual center on its own deals with concepts ...

GM: 15 yr old taking algebra ... can create nervous breakdowns – logical mathematics, equations, relativity, statistics.

RB: Nothing going on with use of intellectual center for mathematics that isn't going on with language. Idea of having 'what to do' would be how does deductive logic manifest – do some and watch it.

GM: That is what we do.

RB: Second document – might inform you on 'why can't I remember myself'?

RD: Major emotional trauma associated with maths ...

RB: Emotional center linked to association in intellectual center. Needs to be unhooked.

RD: Usually humiliation.

RB: In school, yes. Could be you were doing a math problem when you got the news your mother had died ...

GM: Let's say I have a person teaching algebra – want them to be safe – take away that and make them intellectual – kid goes crazy.

RB: Thing that makes math interesting here – foundation of scientific world – language of abstraction. Anyone that has trauma around mathematics needs it removed.

GM: Computer – kids don't have to go through every step – removed need to think.

RB: Peter Ouspensky made a hilarious comment: I am old enough in my life to have experienced pounds, shillings and pence. 1 pound = 20 shillings, 12 pennies to a shilling. Three different multiplication factors. Also had guineas – 21 shillings. Coins that were half a crown – 2 shillings and sixpence. One of the major reasons British are strongly intellectual race – because of their currency. Not a trivial thing to learn. Around 1970 decided to go decimal.

Triumph of metric system – dumbing down.

'Man is a being who can do,' and 'to do' means to act consciously and by one's own initiative."

PS: Very powerful sentence. Seemingly simple, but not.

Ronald: Prior to the anecdote was clear and concise.

Man is a transforming machine, a kind of transmitting station of forces.

RB: From earliest time never known what you are and never considered that you were a transmitting station.

RD: Peasants wouldn't have dealt with pounds in the past – before inflation.

RB: Role of money and development of societies. When you have a lack of monetary instrument have to live by barter. Families that depend on you and all have a bit of land ... Lord of

the Manor manipulates all the money. Creates a friction in any system – loads of things can't be traded – only through a barter system. They had money at the level of citizens of Rome throughout Roman Empire. If lowest unit – cent or penny – if something worth 100th of a cent, can't trade it. Money has an impact on how people live but doesn't affect their ability to be.

Economics of man can be described in terms of tools, money and creation of value.

GM: G valued money – would equate value with money.

RB: G's value of money – something we will get to - referred to as enabling factor. Third force in a lot of things in life.

GM: Painting sparrows, rugs, tricks – to survive. Money related to the way you value yourself.

RB: Money is a manifestation – quite high in hydrogens – gets all the way to H768, because it is physical. Can be at the level of an idea. Money is no use for certain things.

PS: Checks with lots of zeros.

RB: Spiritual money.

## US Session

Attendees: Robin, Paula, Sandra, Robert P, Jeff, Stephen F, Bobbie P, James O'D

SF: Hard say anything serious ... all I can think about is a lemon cookie I am going to have after dinner.

Always laugh when I read this passage – and then stop laughing because it is exactly how I am. It is so accurate. Instant change in emotional climate changes everything else – relationship to your body and the thoughts that come into your head.

RB: One of the difficulties that Mr G suffered from was the same for anybody who tried to do what he did. In ISOM read we are just mechanical and thought at the time yes, but not fully mechanical. That was what he was faced with – no-one would believe they were mechanical. Insulting thing to tell a normal human being ... Nothing self-determined about you – meat puppet, robot. Has been through the whole of The Tales and makes the point here – you are 100% a robot. You are in a position having got to the end of the Tales to understand what he is talking about.

PS: And that we can't 'do' anything.

RB: We are not particularly surprised about this. Have seen a great deal of our limitations – enough to know that when it says 'man cannot do' – one of the reasons is we don't know how to. Because of our nature life consists of things happening to us. Look back on your life and thought you were doing something – no, that was just stuff happening.

SF: Have had chronic philosophical problem with G Work vs Buddhism. Buddhism – just need to meditate long enough ... read this passage and see that I am this being – how can I have any illusions about aspiring to God – seeking spiritual truth?

RB: A bit of an enigma. All that Buddhist stuff – wonderful philosophical religious movement – so passive – let some more dreams happen to me. Put all my effort into making myself someone that stuff happens to.

Goes from that to making a statement about will.

RP: Looked at Reality of Being, P38 Opening to Presence.

– nothing belongs to us – here to transmit forces and transform them if we understand how ... able to be. She seems to say we are transmitting stations, transforming stations. Transforming and act of doing or being?

RB: Kurt Vonnegut conversation about 2 particles of yeast discussing the meaning of their existence ... neither gets around to understanding that what they are doing is making champagne. That is our situation. Rub out the ego from any one of us – what did that person achieve – born, transformed substances until they died. Didn't realise that. Gave special names to all the activities of transforming stuff – preparing food, cooking, eating. Breathing ... never suggested all that activity was transformation.

Isn't that the first payment we had to make. Given a life and the whole purpose is to do this transformation and no idea of the significance ... some space in our life where we can do otherwise. We have been hypnotised into believing there is no space at all for us to do that.

Ideas of 'doing' 'being' 'learning' – discuss. Act like mending a bicycle tyre that has a puncture. First have to know how to fix the tyre, then to fix the tyre, once we have, we have some being in tyre fixing. Have understanding we didn't have before – become part of us.

So now I have the ability to transform into a huge being ...

SW: C Daly King – critical of Gurdjieff – but acknowledge his Being. What is Being and how is it related to our mechanical nature and will. Can't make it – wake up and it is there sometimes.

RB: Not that difficult to find an example of something that relates to a word and that is not the word. Say you come across a dog and someone tells you that is a dog – you don't know all dogs ... you know nothing about 'dog', except this one dog.

Same with the word 'Being' – can demonstrate experience of Being. Need to have a good idea of the meaning of this word.

SF: Never understood it clearly. End a sitting with the words 'I am' – sometimes I think to myself 'is the point here that I exist separate from my functions and at the moment I say 'I am' – is that being. Different from Robin's description and what C Daly King said.

SW: Something different from my mechanicality. Trying to wrap around that and incorporate into my mechanicality. Hidden teaching/learning – why do we pursue what we pursue. Maybe don't know what I am looking for – not just hidden learning, essence, being. What am I looking for in my life and Work. Is that part of my mechanical nature? Or is that magnetic center, searching?

RP: Mortal coil – tumult. We all die.

SF: Person described in this reason is short on Being. No master in the carriage.

SW: Would use the word 'mundane' – charming, entertaining. Remember this story from the first time I read this book. Don't think I can make an allegory out of it.

PS: "You go nearer, and in the middle of the crowd you see a man lying unconscious on the pavement. A policeman, with the help of some of the, as they are called, 'idlers' who have collected, puts the man into a 'taxi' to take him to the hospital.

A lot of symbolism in this passage.

RP: And a chauffeur and servant.

RB: Taxi – from the word ‘tax’ – original was taximeter – paying by time. If somebody is put into a taxi, their time is measured.

RP: A taxi idles ...

PS: Also a kind of carriage.

RB: Quite a lot there can tinker around with. Just living your life with whatever is required at the moment and observe things and see them for what they are. Can suppress any association that comes up because more thoroughly identified with something else. How often look at the world and thing ‘that could be me’.

Distinction between normal buffering and imagining it is me. One of the things that rises up – I could imagine how I could have such a life. Not about being a great basketball player – top of the tree of skill that makes you well-known. Walking through the airport see that individual greedily eating a doughnut – that could be me. I’ve noticed that thought creates a kind of feeling and relates to what I think I am.

SW: If they are at the top of the skill tree must be something less mechanical about them.

RB: Trying to avoid idea of anything special in people. Those people who have got themselves into a ‘happy life’. Idea of 15 minutes of fame – most people in the media only have 15 minutes of fame. There are skilled people like Michael Jordan – extraordinary basketball player. Can’t imagine being that obsessive.

SW: Talking to the salesman I was talking to and having been in sales and having a FIL who was in sales ... him being mechanical and going through this process of negotiation. Gets interesting sometimes – don’t know where Being is in it. Also imagining Jeanne de Salzman – can’t imagine being her. Don’t have to be live people at times.

RP: Transmits as a feeling to me.

RB: Frequency emotional part runs our life greater than we acknowledge. Normal people ... trying to put myself in their shoes and the effort yields a certain feeling. Selling is something I have only done accidentally – when I try to put myself in position of a salesman, feel why I am not that. A comment on my mechanicality. Very happy for somebody who is happily making a living as a salesperson. A way into a situation that is not entirely mechanical.

BP: Salesmanship is very poor quality now. Bought something online and took it back to the store to exchange it – they were too busy to show me something so I got my money back.

RB: Examples of people who were very good salesman – value selling.

BP: Mechanicalness – I am a machine and can verify it. Can I use the machine – program something that will work – maybe one day not be a machine any more. In the meantime a positive approach.

PS: There are levels of Being. Not one thing.

SW: Are we talking about man 1,2,3 – coating the kesdjan body?

RB: Being of man 1,2,3 – making a generalisation but there is also a truth to it. Man number 1 life consists of moving center things. Salesman knows how to oil certain things to achieve the outcome he needs. Has to have the being of a salesman ... I don’t have the being of a salesman. Could possibly have the being of a salesman if I had the history of the activity – might have no



skill, or maybe do have some skill. Would have solved the issue of being in that area and would be able to be as mechanical as that salesman. Being of man no 1,2,3,4. I remember at a certain time of my life taking decision to not take easy choices – inspired by something I read before I encountered the Gurdjieff Work. Could have been a computer programmer, but chose not to because I could do it. Not doing things because knew you could, so what is the point. Later when came into contact with The Work – G if he ever encountered anything he couldn't do, would learn to do it. Think that is a way of improving your being. You have torn your shirt – find a woman who can sew it up – I have never done it but can learn.

SW: Sold Life Insurance for 3.5 years. Stopped because it seemed immoral to me. Doing things that are hard – if you can't then push through it. Relates to learning ... not sure about coating kesdjan body or creating being.

JOD: Any time put yourself in position to have beginners mind – good.

Thing I got from Buddhists is anything that will arise will pass away. Man 1,2,3 – states or associated with states. Happen, arise and pass. Practice to increase frequency and duration of these states. Will is available to us and sometimes encounter it and have to practice. Don't think at any point a state is permanent – has to constantly be renewed and connected to the source.

BP: Associate to my interpretations of the actions of soul – must always be new, willing. What do Buddhists say about will?

JOD: Bennett talks about it a lot. Our will is linked to the will of the Absolute – if we recognise can experience more. Our will really not ours.

PS: Sounds obvious – but attempting to do something that is difficult will create will.

GR: Curious about when he writes The Arousing of Thought – if you read this book, will learn how to make an omelette. I love making omelettes – maybe that is what it is about – loving what you are doing. Fixing the tyre – love fixing the tyre. Examples of being – Yoyoma – plays the cello. Beelzebub loves his grandson – really impressive.

SW: Idea of loving what you are doing – tend to forget a lot. Impartiality – being impartial about what I think I don't like.

PS: Can't change the situation, can change your attitude to it.

RB: Rina used to preserve or extend the enigmatic way to express herself in the work. Nothing you can change about yourself, nothing whatsoever, except attitude. But if you can change attitude, everything can change. If something happened in my life and felt some sort of inadequacy – I thought maybe I have the wrong attitude here. Thing that people do in their lives – isn't me who cleans the kitchen – need to hire somebody. Why change my attitude – pay someone to do it. Nobody knows how to do anything any more. If the way humanity operates were disrupted nobody would survive ... there is a possibility that there will be a general world mess.

SF: I think we feel it – Being. This fictional person – instructive – demonstrating details of mechanical life. My reaction to it – a fool – contempt – felt superior. Same as my feeling towards Donald Trump – I can see that in myself. In MWRM – G's father lost his whole herd of sheep and not perturbed by it. Self-pity not an option. Had something in him that transcended that – would call that 'being'.

Jeff: Madame de Salzman – Being is what you can bear.

JOD: Find him contemptible, but see myself in him at times.

RB: Trump an unusual figure to introduce – away from the norm – distorted individual. Certain things that he does that we also do. Vanity – not that I don't have any. He doesn't look good – not a happy existence. Living in hell. All the hells we live in are of our own making.

SW: If he is living in hell he doesn't know it. Not in the Work.

SW: If Being is what you can bear, is there anything you can't bear.

PS: I think there is.

RB: What you are attracted to in your life and you aren't given anything you can't bear. Given things on the edge of what you can manage.

SF: Van Gogh – always doing what I can't do yet in order to do what I can't do.

RB: That period of painting extraordinary – camera – how are you going to express yourself. Tried to represent things and did so in ways that were impressive.

SW: Every time you start drawing don't know what is going to come out. Judgement is made and anybody who creates ...

JOD: What G said – if a man can make a cup of coffee, can teach him to do anything. Flow – know how to do something – a bit challenging – once you start doing it there is a risk. Hazard – risk that makes it worth doing. If you know enough to keep going get into that flow.

[RB showed GO Notes pdf] Explained what he is doing and going to do.

No stupid questions. People invited to submit links from anywhere in the Work. Will know where anything came from and I will curate.