

Meeting 121: 06-Mar-2024

— From 1214 - p1219 —

EU Session

Attendees: Robin, Paula, Carole O, Ronald, Aaron S, Michelle F, Sasa, Gwynne M, Robert D
RB [Presentation: Earth, Water, Air and Fire – Ray of Creation, atoms and substances]

GM: p1218 Even though he is putting in order of associations, attention and memory – all recorded in electric system of the body. In hypnosis – when they unwind this memory – I don't think hypnosis is when not conscious – taking brain to a different level. May not be conscious of the memory when in hypnosis. When people have traumas, such as somebody who witnessed an accident and a child was killed ... nobody witnessed who caused the accident. Person can in hypnosis remember the license plate ... know this stuff is trapped in the system.

What amazes me can divide ourselves into philosophy, astronomy ... that is it – all it. The wheels – imprinting on the wheels – from or before birth – associated with wheels of chakra system. How the nervous system effects ... death of a loved one, heart affected by death of that loved one. Have to find a way, because the shock went into the electric system and the heart responding, but damage is in nervous system.

Brilliant, because he is showing how we perceive – all happens at one time.

Negates staying with philosophy ... met them – loaded, stuck in that category.

Always gobsmacked by G's writing. Uncovers things gently ... and then ... how can you not get the message.

RB: This chapter contains nearly all the keys to the kingdom. Strange to me – have read a number of times – every time hear something you didn't hear before. Different person? We have read this six pages and he has made various statements about how associations work. As each of the words comes out of my mouth ... you believe you understand what I am saying and automatic translator going on ... how you are receiving internally. All subconscious.

When he talks about consonance – that is what is happening at the speed that we can't keep pace with. We have to intervene. Have to square away the formatory apparatus ... interesting. Want everybody's mind working on this. At one point you received the first idea from the work and it hit you ... doesn't matter when – first idea went straight into the formatory apparatus.

You receive a piece of information and it is recorded in at least 3 ways: intellectual, emotional, moving – records are identical – recorded in those places and the formatory apparatus classifies it. Starts to build a web of associations ... So you read something about inner considering and registers in lower part of centers and now have a label. Next time you hear something ... might misinterpret ... eventually builds up a web of this stuff.

PS: And associated with what else was going on at the time – like self-remembering and smell of burning toast.

RB: Had no words at some time in your life. As soon as you have words starts labelling what is coming in. Formatory apparatus also uses to communicate with the centers that it serves. Gets the signal first.

GM: Important – developmental psychology. Cognition in child development doesn't start at 3. Development of formatory apparatus and conditioning that goes on is interfering with essence. Important in developmental work. G stuff when I first came across it – pile of intel-

lectual bullshit. How could it affect someone so emotionally. Formatory ... like what you are saying. First time I have understood what you are saying. Never seen in a developmental way. Interference in formatory apparatus, formatory thinking. Go back to conditioning and how to get above that level to higher centers?

RB: To higher parts of lower centers first.

First thing to understand about formatory apparatus – automatic classification machine from influences from day 1 and earlier. Inanimate structure – like an intelligent telephone system. Something happens – now – receiving information from noise that is coming out of me and you are classifying and throwing to various parts of centers via this. Something said that provokes you to think! When you were talking before about thinking – not thinking – formatory apparatus doesn't think.

Ronald: Rather than efforts you put in at the moment you are trying to think – form and sequence – at the moment you are awake – impressions can go to your essence ...

RB: Eliminate essence from conversation until it is possible to include it. First understand centers – centers are organs. Relationship between essence and centers is a big question. Deal with inner organs – intellectual center, moving center, emotional center.

Sasa: Formatory apparatus explained like secretary – exchanging messages – labels between centers. No direct connections between centers. Essence is something that should be real connection between centers – not secretary which is sometimes lazy. Seven qualities of vibrations we receive is received in all three centers. Seems emotional center receives sound from body or images from brain. All three centers receive all 7, not only 5. Strange. Possibility we can listen with head brain, heart and body. Vibration we are not aware of. And memory of it that are not obvious. G movements makes connections between centers – not formatory. Practice direct connection between centers.

GM: Instead of essence ... vibration – in electrical system of body and vibration. Essence is a term of building the higher being body. What association would you make to essence – what word.

RB: It appears according to the Tales that when a new being arises it happens in whatever way ... an egg got fertilized. Something that goes by name of okidanokh – creates possibility of kesdjan body – all of that is essence. What G describes as djartklom happens to egg – divides to a certain size – can split up to a point until cell mass gets to a size – has a unity. Then splits into 3 parts – when cells become headbrain, enteric and gut. Stem cells. Differentiation allows you to have 2 kidneys, spleen, heart ... once you get to a certain age – stem cells in liver don't do anything else. Liver cells can't do kidney at that point. I regard the essence as that structure. From that structure a kesdjan body can crystallise. Our first individuality. Essence only second body. Body of reason doesn't come from that part of okidanokh that body kesdjan develops. Part of you that can become eternal comes from Reason.

Right now want to understand formatory apparatus in terms of impact on lower centers. And first intellectual center.

First thing we understand from formatory ... 7 levels of input – I think what happens is all the input – noise, smells, touch, weight and balance of body, seeing, hearing – think it is an octave and seven levels of vibration.

GM: Recording that in those wheels?

RB: In those three centers. Good reference to movements ... try to do with formatory apparatus – won't be able to do them. Formatory apparatus can't divide attention. Can capture attention

you have ... first route around formatory apparatus is to go to intellectual center and use 2 higher parts – intellectual and emotional. Work has to enter intellectual center first. Only way to make decisions. Via emotional part of intellectual center – interested in mystical part.

Once the ideas of the Work get into the intellectual center it is able to act upon them but doesn't have easy ability to communicate with other centers. Only way is by resonance. Explains why all centers have intellectual part, emotional part and moving part. All of our states are their postures stitched together. They communicate by resonance – a particular vibration will reach the other centers. That's how the formatory apparatus can be circumvented.

GM: Can't be circumvented if you are in a state of identification.

RB: If you are in a state of identification at the lower part of the center ... if at level of emotional center – reading an Ouspensky book and identified with that – evoking higher part of emotional center. Identification is a pull.

GM: Invocation process – people who operate mechanically – invocation of how to get them ... as an educator ... I taught kids to think. Not memory work, not rote. Wanted to teach kids to think. Socratic. Question, interrogation. Don't have answers. Try to process into a continuum – not linear, circular.

RB: Process – can be spiral as well. 3 dimensional.

Start to use higher part of intellectual center. Sasa is correct, movements is one of those. Bring some presence to point of receipt of impressions so we can struggle with formatory apparatus. So in social situation, someone says something I find insulting – natural formatory response is to manifest however ... reality is if going to use energy we are going to have to bring energy to consideration of what was said. Going to question, ponder, create questions, enter a dialog with normal response formatory apparatus. Can go deeper into intellectual center. Intellectual center because words are used.

PS: If someone insults you in another language ...

RD: In England technique to insult you without people being insulted.

RB: People deduce things from tone of voice and that is the emotional center that is doing that. Emotional center is of the air – sound comes through the air. Didn't need to understand the insult – could hear in the voice. Psychological experiments – what a person says is interpreted by emotional part first.

Nothing for intellect to calculate with if it doesn't have words or numbers. Is this horse more beautiful than the other? The intellect will answer the question. Emotional center will identify with the freedom expressed. Intellect will say 'Arabic horse is best'. People vote with emotions and intellectual center does the actual voting.

GM: Have to have IQ to read the ballot. Most people don't read or listen.

PS: Not sure how much those people matter to us in reality.

GM: Matters to me. Took civics and constitution out of the curriculum. Kids know nothing when they graduate. Have people who are building ideas around emotion and emotional contemplation and no intelligence whatsoever.

RB: Take in another direction. It is the people who were taught civics voting for Trump. Doesn't look good for next 20 or 30 years – civics looks like something worth teaching. Can't become a citizen without learning about ... newly appointed citizens ...

GM: Take ballot system of government and take to formatory apparatus – analogy – legislative

exec and supreme court. Legislative is formatory at this point. Correlate things going on with the country going to just formatory behaviours.

RB: That is what it always was.

We are trying to escape from it. Escape the formatory apparatus. To worry about what it does to other people - don't have the energy for that. Can have opinions about politics in US. What can you expect of any governmental system - particularly based on a document that is treated like it was a god thing ...

Always wondered - if women were considered 3/5 of a person - in a document that was considered sexist ... Presidents that didn't keep slaves?

GM: Have to start learning to think.

RB: Yes. Have to do other things. Formatory apparatus built in us with words by their consonance - except those we know about in a practical way. Cooking is practical and can be proved by doing. Knowledge treated to experimentation leads to increase in being - to be a cook. When don't understand any of the words to do with philosophy, psychology ...

Certain people who are concerned about meaning and started to look up and take note of them.

MF: To learn another language - most important to have competence in your own language. Learning Russian - Russian word can mean so many different things not sure if you are using correctly. In English - need context to understand.

Sasa: More complicated - some words I understand in English and can't translate into Serbian. Common - have multiple words.

GM: Tone and accent - how do they affect the meaning.

Sasa: When Ronin said we hear through air - connected with 7 qualities ... to plasma and stared thinking 7 qualities of vibrations are how we perceive 7 different material states. When you connect air - can receive air with ears and touch, taste - impossible without liquid. Smell connected with Earth - first quality of material. Plasma - some kind of perception not aware - receive but don't recognise.

GM: We are recording all those things in formatory apparatus.

Sasa: No, we receive in all three centers and formatory interprets and makes labels. Doesn't do anything.

PS: Formatory center also serves up to other centers - sometimes incorrectly.

MF: If I try to understand Robert when he is speaking - if my formatory apparatus tries - will have to deny it because will not be clear.

RD: A bit like reading - intelligent guessing.

RB: There is a relationship to reading. Necessary - if you don't understand the words won't understand what you read. Intellect has to parse the sentence to understand the structure and translate into a form that the intellect can digest. Has given structure to the sentences that makes it difficult for the intellect to digest. Remember breaking up a paragraph ... 19 or 20 things being referred to - by breaking down into sentences. Later when started to wonder what he meant by 'the grammar of associations' very clear. I get here and associate to this and here associate to that. When you are reading the Tales ... the consequences of the properties of the organ kundabuffer - made many associations with it. Many ways to understand the concept. Same with many things in The Tales. If able to reduce the Tales to all the concepts and draw

line would see clusters of meaning – objective view of the world.

Sasa: Interesting – read a part and then listen to recording of Anthony Blake perfectly reading – totally different impression. Helpful to hear in different voices.

PS: The way the reader interprets and delivers may make a difference to the meaning imparted.

Sasa: Think all the different readings have value.

RB: [Reading from “The Intellectual Center”]

GM: Caught up in my own pondering of the magnetic center.

RB: Established by formatory apparatus in respect of information that it links together because intellect and emotions assign importance to it. Naturally becomes an attracting force for B influence. You read the papers or email – something in the world of psychology – becomes part of your thinking about it – useful piece of data or not. Have books on your shelves ... can read about The Work. Grows the magnetic center and becomes more attractive.

PS: Magnetic center – thought it was emotional

RB: Some people accumulate from intellectual center and others more emotional. Can grow in emotional or intellectual and also can be moving.

RD: Jung’s idea of synchronicity.

RB: In the work is resonance. Might be miraculous ... don’t understand how the resonance occurred but doesn’t matter.

GM: In synchronicity would be... like you pull off books and motivated to do that all the time. Cohesive with something that is driving me – don’t sit and ponder what – just do it. Collating information. Doesn’t have some sort of answer – your explanation hits the point.

RB: A question is a beautiful thing. Michelle has mechanisms in her that are poorly developed in me and she is sincere.

Let’s bolt down the intellectual center. Errors I have made can be corrected. After that will do emotional, moving, sex center. Then will bolt down the psyche. What happens when we receive information ...?

GM: Books – don’t read from cover to cover – wonder what people read Robin’s book?

Sasa: H48 is formatory – we need to have H12 – quality of attention. Same level as sex energy?

RB: H12 in sex center is sexual and in emotional is higher emotional. In intellectual center is higher part. Requires attention to acquire H12.

Sasa: You put H48, so you should add other hydrogens.

RB: No way to deal with formatory apparatus other than to bring H12. In order to deal with H48, have to bring H12 and create H24. Intention, if you look at what I am doing. Very ambitious.

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US Session

Attendees: Robin, Paula, Robert P, Sandra W, Jeff, James O’D, Bobbie P, Stephen F, John A

SW: Objective science on gravity

RB: Tenikdoa. Death of a human being. Kesdjan body rises up to ionosphere because of gravity. Not about apples fall from trees. Settling of matters into their naturel layers – solids is surface and liquid on surface of planet and gaseous atmosphere and plasma is ionosphere.

Balloon floats upwards – act of gravity. In the Tales is redefining gravity.

Also think of things inside things inside things – inside us, aside from flesh, is liquid and in that is gaseous and amongst that is ionic. Know the reason all of those lighter substances are on the ground is because of our body – keeping them there.

GR: Density?

RB: Scientific density. Aggregation that leads to an average center of gravity to any substance – that is the density. Density of copper or gold ... not changing that.

RP: Constate on p1216 – new way. Almost sounds like fall into place. Relay into the three centers, almost like concentrate.

When the associations begin to act

anew, that is to say, when the repetition of corresponding impressions appears, they begin to constate, under the influence of some inner or outer accidental shock, that in another localization the homogeneous impressions evoked by them begin to be repeated.

RB: There is an English meaning and a French meaning. French is more to do with proving something. Every time we hear that word should breathe in a little and think about it.

RP: Con means together and state, I think place. In my feeling center of moving center could be the same but in a different center. Felt like concentrate.

RB: 7 different impressions ... don't perceive that way at all. When talking about impressions it isn't what happens – don't sit here and receive impressions between eyes, skin ... we experience a mass of stuff and G making the point it is an octave and those octaves go to different centers. Each memory is stored in 7 parts. No way I can deal with that and accept it. Octave is an octave ... shouldn't be surprised.

JA: Knowledge of understanding? My sense of constate is too limited?

RP: My concept of understanding is too limited.

RB: Mentation by form and thought.

JA: Knowledge vs understanding.

RB: Complex and part of the stuff we have to comb our way through. Easy to describe difference between knowledge and understanding. Knowledge is information about stuff and if you apply – doing – now have some being in it because you have learned about it. It is more complex than that. I gave you an intellectual centered explanation and it is a three centered process.

RP: Can you use the word constate for understanding.

RB: When something has been constated to the right level in all three centers ...

BP: Possibly constated in 2 centers in this passage. Automatised contact.

RP: ... drop in through repetition and seek own feelings and words go to intellect.

JA: When was this written with respect to The Tales?

RB: Not possible to say. Reality is G put a lot of attention on the first chapter and put a lot of attention on this chapter and wrote them together. My assumption is the last thing he messed with was the first chapter – at least 13 times. Don't think the 1931 version had 'from the author' in it at all. Very close to final versions had appeared by 1935/6 ... haven't got copies.

JA: Way more like Life is Real. Goes through so many perspectives – have to consider it all over again. More about what does it mean inside a person. Between people. Haven't penetrated much of the esoteric meaning ...

SF: In 5 paragraphs starting on p1216 – summaries the whole process of my mechanism for impressions. How do I verify that? Would not be able to attain inner separation to really observe impartially with precision how my brain worked. Is he talking about something I can't verify in this state of consciousness at all?

Goes on to say if we were working properly would remember everything ... exactly what happens in higher state of consciousness. Any empirical testing that would support his description? I don't know.

I don't know if I am supposed to verify this or what I am supposed to do.

RP: Talked about focusing being a kind of hypnosis. Can remember everything but in order to live have to filter stuff out. When we concentrate are we filtering things out that can be recalled during hypnosis.

JA: Timing. Information is coming into my different functional brains and being digested at different tempos. I might have a dream and wake in the morning and make sense of something that happened the day before. That alone seems like a way to look at a filtering of impressions. Fastest has to be anything coming from outside – baseball coming at your head. Can remember being hit at maybe 12 years old – slow motion – could recall even now. Tempo of digestion. Not expected to digest all at once. Takes time for the filtering. Tempo of emotional world – takes longer. Intellectual – pattern recognition – things that have happened before. What takes more time for me is emotional world. Maybe would be preferable to have conscience that evaluates in real time. Even now can feel remorse for something that happened a long time ago and digested a different way because of maturity. Activity of brain ... 10 x per second – RAS – reticular activation system.

SW: If I can't remember myself is it remembered collectively somehow and subconsciously. This is repeated in 1931 edition also. Every impression scribed on every reel unchanged. RAS tied to memory.

JA: With experience have more ability to compare. Not 7 years old any more. See if it fits your conscience.

SW: Conscience and memory different things. Wish I could remember things. How coming back and why. Most significant is back on p1216. Have to take it in in 3 places and where the real man has to come in.

SF: Not sure. Am sure it is crucial to understand. He is describing the intake of impressions by average man. Not digesting much at all and not serving as food they need to serve for me. The way I am taking in now as mechanical ... just going to take them in this way. PoV of self-observation. Difficult.

JA: From the Author in 1933 same?

SW: It is here. P1216 and 1217 on 962/3. Not confirmed exactly the same.

BP: Instinctive brain that takes in impressions in mother's womb? Emotional, intellectual?

SW: Embryo takes in impressions. Intellectual, emotional, physical?

BP: They hear sounds.

SW: From stuff I have read – French scientist said each cell carrying a load of material he has found that is essentially a collection of grouping we carry with us. Identify places on cells.

SF: Talking about digestion of impressions ... if a form of food comes in and is activated from outside and there is nothing to resist, nothing is going to appear. If I don't stop and say wait – do I want to be conscious about it? These impressions begin to constate under the action of accidental shock. Present to impression or allow automatised process to happen. Don't know what it would be like to be present – be really present to what is coming in at the moment.

SW: Could you live with that? How conscious are we with Trogoautoegocrat?

JA: Every annoyed when you are interrupted?

SF: Very good question. Probably yes in most cases.

JA: Used to watch Keith deal with interruption. What comes in the door? mi/fa interval and using the interruption to continue to digest. He didn't mind being interrupted. Welcomed being interrupted. Things would be random – the comet coming in randomly – now way to predict. I notice myself with interruption how I have reaction. Probably better than I used to be. He was devoid of being annoyed.

JA: Babies who grow up in the ghetto have bigger heads.

GR: Interruption – stray bullet.

Always think the comet was a stray bullet.

BP: Independent personality – p1189. What the order was in his mind?

Lecture number one – first of these four independent personalities.

The first of these four independent personalities is nothing else than the totality of that automatic functioning which is proper to man as well as to all animals, the data for which are composed in them firstly of the sum total of the results of impressions previously perceived from all the surrounding reality as well as from everything intentionally artificially implanted in them from outside, and, secondly, from the result of the process also inherent in every animal called “daydreaming.” And this totality of automatic functioning most people ignorantly name “consciousness,” or, at best, “mentation.”

The second of the four personalities, functioning in

most cases independently of the first, consists of the sum of the results of the data deposited and fixed in the presence of man, like that of all animals, through its six organs called “receivers-of-the-varied-qualified-vibrations,” which organs function in accordance with newly perceived impressions and the sensitiveness of which depends upon transmitted heredity and on the conditions of the preparatory formation of the given individual for responsible existence.

The third independent part of the whole being is the prime functioning of his organism as well as what are called the “motor-reflex-reciprocally-affecting-manifestations-proceeding-in-it,” and the quality of these manifestations also depends on those aforesaid results of heredity and of the circumstances during his preparatory formation. And the fourth, which should also be a separate part of the whole individual, is none other than the manifestation of the totality of the results of the already automatized functioning of all the three enumerated personalities separately formed and independently educated in him, that is to say, it is that part which is called, in a being, “I.”

RP: Heredity – affects first and second personality. Affects sense organs and motor apparatus.

Jeff: Description of the mind in Hinduism. Four parts ... typically human being functioning from automatic way and referring to that. Have to intervene consciously when the impressions come in and according to yoga philosophy access the higher.

PS: What do we think heredity is?

RB: Current biological evidence is very little transmitted by DNA. Program for creating a physical body. Since discovery of DNA – wanted to make it the explanation for everything.

SW: Electrons and atoms – carrying genetically – will try to find. Might be something that goes on ... is DNA simply the physical pattern or is something else carried on – knowledge and understanding stored in human cells.

RB: G uses heredity in a way not related to DNA. Means according to its etymology. Evidence that by repetition what you have passed is through DNA. Birds that can recognise the shape of a hawk. Programming on DNA.

RP: Gramophone at the beginning – came through the window.

BP: etymology of heredity ... genetics.

RB: Inheritance or legacy. Nothing to do with genetics in 1530s – couldn't have. Transmission from parents to offspring in 1853 ...

SW: The apply doesn't fall far from the tree – how far back does that go?

Jeff: Transmitted heredity for G – social?

RB: Worse than that – uses language in The Tales – inheriting from ancestors – you when 2 years old, 5 years old ... Matters with kundabuffer. Was it implanted in you or in humanity a long time ago. The answer in The Tales – got to be 'I don't know'.

BP: Really don't have to know. Have to realise the consequences as they proceed every day.

RB: The consequences --- all the 7 deadly sins. In the reaction of the body to having implanted in it something that made them see reality upside down. Assertion that if you in the womb understood the situation in which you had been put, you would kill yourself. Not might, would. Things I found out about the book long after I had first read it. Does he really mean that? If that's what he wrote, that's what he meant.

SF: Kundabuffer. Comet was a stray bullet. Unforeseen. Not lawful. As a result of something that wasn't supposed to happen ... had to have implanted in us. Link between accident and kundabuffer.

RB: I remember thinking "the world is a big place and I am not a big thing". What am I? Look down from top of mountain ...

SW: Next 5 pages – terrifying.

SF: Wonder sometimes if the experience of the higher and lower happens all the time. Sometimes look up at the stars and feel it is incredibly vast ... sometimes not a good feeling and other times feel it is magnificent. Seems like sometimes feel the current going up as feeling nothingness.

RB: The statistics are bewildering. G presents one side of the picture and then the other and doesn't say it is one or the other – leaves you hanging in the middle. Something short of 8bn people and they are required to feed the Moon. A few could have a different profession if they could achieve things very difficult to achieve ... most of them ... they are all machines. If you have ever poured a kettle of boiling water on an ant hill ... see them running away like that – we are like that.

SW: Or all your friends are lettuce.

JOD: Glad Robert brought that up earlier. Does describe automatised contact. Seems to be describing downstream of having accumulated the impressions. Have 2-3 series of associations previously received ... associations begin to act anew. Doesn't say they evoke them ... constate that they are being evoked.

PS: Isn't that what happens ... become aware of impressions coming up.

RB: Law of accident. Embedded ... and up comes – see a squirrel and reminds you of a squirrel that attacks you when they were 9 years old. My fault for sticking my hand in a tree. That's the law of accident! An awful lot of your associations rise up because of resonance. When he mentions the word 'homogeneous' important word. When people started to try to investigate where memory was stored ... couldn't figure it out. Appears that as far as they could ... with animals – chopping bits of the brain out and give the animal the experience again and look to see where it was stored ... and they don't know where. All came to the conclusion don't know where mem-

ory is stored. We do know that something can happen in the next 5 minutes and you will get a memory and it was from associations. What we are trying to do is to organise them.

SW: Opposite of automatism.

RB: We do not have the attention to view the world as if it was entirely new. As life goes by we automatise ... may not all be great drivers but can automatically drive. Otherwise would be dangerous.

BP: Had to recently relearn acceleration. Due to heel pain.

PS: Had to learn to walk again.

SF: Parts that have to be automatised. A couple of weeks ago – trying to do a sitting and my brain wouldn't – firing off things to do. Random. Notice my brain creates images and scenes nothing to do with the room I am in. Purposeless. If my instinctive center behaved like that ... That is how my brain functions a lot of the time. Function – notion of being suitable – suiting the purpose.

JA: You heard me read that brains emerged to image the world. Hard to realise we are processing images. We don't touch anything and we think we do. Function of the brain to observe changes and react to changes. One of the examples of the brain shutting down is Zoom. Viewing through a glass darkly and Plato too. Limiting the changes we can observe ... monotonous voices – nothing alerting. Have to synthesise. Not only taking in images and process – to make up the difference. Takes a lot of energy to be attuned. We happen to be interested in the subject ... good to observe in various situations that not only processing the situation, creating images – these are real people ... well moving pictures of people in boxes. Same with voices – brain has to add more to stay interested.

Schools developed to train kids to sit still so they could work in factories.

Reminded of G's admonition to stop reading newspapers for 3 months. Today's equivalent is internet. Body is sitting around getting worse for all of this.

SW: Memory and hypnotism and RAS?

JA: Separate. RAS is natural biological function. Clock – 10 times a second. Starts at top of brain going through biologically historical parts of the brain waking them up – I am still here. If don't have that are a vegetable. 10 Hertz. Hypnosis is a narrowing of attention. Can't speak intelligently about relationship between RAS and attention. Put more energy into this expenditure of this material called attention. Will can direct it and keep it on something. Process of hypnosis tend to thin of differently. Must be a mechanistic relationship. Hypnosis is a filtering out – narrowing of attention. Gets subtly filtered by each brain in turn. First brain says not interested, second brain says not now, third brain recognises all things – gestures, recognising sound of words, tone of voice, etc.

SW: Consonance and definition of worlds ...

JA: Opposite of hypnosis is increased perspectives – digestion of increased perspectives.

SW: Can hypnotise each of the 3 centers?

JA: I believe so. If you tell yourself to sit still – energy put into that. Tell yourself to invoke filters of one kind or another – part of survival. If I attract your attention in one way or another, you have to process that if you want to understand it at all. Stitch together words into phrases and meaning – repetitive ...

RB: [Reading from "The Intellectual Center"]