

Gurdjieff Oskiano

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The Work of Health by Robin Bloor

Attendees: Robin, Paula, Robert P, Bobbie P, Kelly C, Matt Z, David Avery, Gwynne M, Jill F, Robert D, Marnie H, Sandra W, Michelle F, Sasa, James, Stephen F, Charles A

The first talk:

GM: Essay you mentioned?

RB: Hormones. Will add to the notes.

Hormones by Gurdjieff (20/09/22)

The work of human centres, the speed of which is so different and which are SO easily influenced by extraneous matters introduced into the organism, is controlled and governed in the organism itself, under normal conditions of existence, not only by currents passing through the nerves to the brain, but also by a certain chemical action inside the organism.

The theory of hormones in modern physiology is a fairly close illustration of the state of affairs in our organism.

It was thought for a long time that psychic centres communicate with one another and with external organs by means of nerve-ducts. This is to a certain extent true, but it does not exhaust everything that can be said about the relationship of centres to one another and to the external organs of perception, as well as to the periphery of the body in general.

The theory of communication through nerves failed to explain many facts, among them the extraordinary speed of communications inside the organism, because transmission by means of nervous ducts everywhere requires a certain time, however short.

And a transmission in all directions and a total subjugation of the whole organism to some one emotion, some one feeling would require a certain length of time, easily recorded and calculated, if the period of time was as long as seconds.

Observations show, however, that these transmissions and subjugations take place instantaneously, without any possibility of establishing the interval of time between the impact and the result

This is the result of the activity of hormones.

[Note Gurdjieff does not use the word hormone in the medical sense (i.e. organic compound produced in animal bodies to regulate activity and behavior, but etymologically from the Greek *hormon* "that which sets in motion,"]

Hormones are clouds of fine matter, finer than the gaseous matter known to us which is given off by various organs of our body.

These clouds permeate our whole organism with incredible rapidity and, intermingling, are the cause of the state in which the organism finds itself at a given moment.

Moreover, they also constitute the atmosphere of emanations which envelops a human organism for a certain distance and which under certain conditions can even be seen.

These emanations or radiations of the organism, connect it with the fine atmosphere which surrounds it and which penetrates the atmosphere in which we move and breathe.

The radiations of the human body, or rather, the network of radiations which forms the emanations, is of two kinds:

First, the absorption, the sucking into the organism of certain substances from the surrounding atmosphere and second, the throwing out of certain matters from the organism.

If the activity of radiations of the second kind is too intense, the organism uselessly loses its energy. If the activity of radiations of the first kind predominates, the organism gets stronger and healthier.

Certain forms of nervous diseases and disorders, for instance, contusions, falls and bruises when there is no definite traumatic injury—depend on the violation of the right radiations.

A strong shock may break off radiations, but such a breaking off is possible only with a very strong and quick shock. The slow movement taking place around us does not break off radiations because the vibrations of radiations are so quick that slow movement cannot affect them.

As regards people influencing one another there is a great deal that has remained unknown to Western European science.

But experimental investigations in esoteric schools have established the fact that there are people who, by their emanations, have a good or a bad influence on others.

There are people who give to others and take from them and thus, as it were, counterbalance one another. But there are other people who give too much and take nothing in return; and yet others who seem to take energy from other people. One or another state of the emanations of our body determines the state of our health.

Right and healthy emanations make a man completely or almost immune from infectious diseases, for many microbes perish in the atmosphere of man's healthy emanations.

In the same way, inside the organism, hormones may neutralize any origin of disease, any poison, even one capable of killing a man. Not only do healthy emanations affect microbes, they also act on certain insects, especially on the grubs of certain insects, which perish in the atmosphere of strong and healthy emanations.

It is known that in time of war, or generally in the conditions of difficult camp life, parasites which live on the human body do not trouble all men equally. There are people who are literally devoured by those parasites, and side by side with them are others who, in exactly the same conditions, do not suffer from them at all, or suffer very little.

It is also known that people living in the most ideal conditions, when suffering from some diseases, diabetes, for instance—may have parasites on their body, for in their case their atmosphere is very healthy for parasites.

GM: How does the electric field affect the magnetic centers and going between centers and our own understanding.

RB: Only been in last 10 years that the whole idea of structure in plasma has been investigated. Extremely likely ... the way structure is formed in plasma is in double layers. I suspect that all the centers are like organs – not physical – surrounded by double layers of plasma and correspond to the way the nerve system works. That is speculation. Can take some of these therapies and use them.

GM: Fascia between muscle and organ – in rolfing working to open it up. Could be done dif-

ferently with electrical charges.

RB: Is a semiconductor.

GM: Element of metal – stores the electrical charge when working with acupuncture?

RB: Those 5 points are storage points and trying to create a surplus in one place and the arrow will help a deficiency in the next one. There is more that can be learned from what Tennant is doing. Not using needles, has an electronic device.

GM: Wonder if G did that through foods.

RB: Possibly can. Certain substances we eat can heal us, breathe, impressions – can heal us. No understanding in medical world of breath. Oxygen therapies – get oxygen to different parts of the body and it heals things. Hit and miss.

GM: If I do a 3 day fast I am eliminating a lot of things from my body. Have to be very aware of my environment when I do that. If can do that and drink lots of water and eliminate the toxins the body will know how to correct itself. Has tapped into what the body already knows.

RB: A lot of ailments people have clear up because the body knows stuff.

RD: Have to be careful fasting especially a woman of a certain age – calcium.

Microbiome helps us to take in impressions?

RB: Difficult. Gwynne interested in vagus nerve. Vagus nerve using microbiome to communicate with the brain. Bacteria and viruses all over the human body.

RD: Part of your electrical self?

RB: Nothing that is cellular that doesn't depend on electricity. No part that isn't dependent on electricity – can't do anything without ATP – magical molecule in the cell capable of donating up to 3 electrons. Everything you are doing depends on ATP – foundation of living things.

What Dr Tennant is suggesting – a lot of things work in series. Liver has its own stem cells – semi-independent – solves problems by repairing itself.

Can have 85% of your liver removed and it will regenerate. Only organ that can do that.

GM: Parallel processes. Electrical system in heart. In vagus nerve if you have disruption in the electricity. Negative emotions – disrupts in the vagus nerve – trauma, negative emotion, anxiety. Has parallel effect on

RB: Vampire rips off bits of your aura. G teaches ladies of the rope to seal themselves. Going to be H24 that they are taking. We would need a map of the centers and when G says no real center for negative emotions – we have a mechanism that allow us to manifest negative emotions – where is that?

SW: Where is the place where all emotions are manifest?

RB: When you feel certain emotions, where do they manifest? Chinese map of the body associates particular emotions with particular organs. Those organs are places where energy is stored. Grief happens in the lungs – they are not breathing properly. Anger seems to happen in the kidneys. One way of dealing with anger according to Chinese is massage the kidneys.

GM: Lymphatic drainage.

SW: Vampires – manifestation about energy, plasma, electricity – how it is stored and how we give it out. There are people who seem to want to steal. How much do we desire it – negative

movies, news programs ... how it robs us of this energy?

PS: And people who pick fights and arguments.

RB: False morals – things that people enjoy are allowed to exist but there are verbal condemnations that is not allowed to work.

SW: ATP able to donate up to 3 electrons.

RB: Question that has to be asked about oxygen. Story that oxygen would combine with sugars to give energy in the body – but oxygen is required to create ATP. Get oxygen in the vicinity of the cell to get through the pores and connect with ATP. Details that were not told. Cell has wall and nothing can get through that wall, but it has holes that will let stuff through that has guards on them – it is a self-contained living thing and can consume oxygen and it will create ATP which is a strongly negatively charged molecule. Can lose one of its charges and still be a donor. When used up will go back to where it can be recharged.

GM: Sol – octave of choice?

RB: Harnel-Aoot. Third octave – first starts at Do, second shocks Mi to reach Fa and third happens around note Sol, but no interval there. At that point at Sol, it can either happen exclusively from inside – say you have an issue in your family you are thinking about – or can happen from the outside – someone says something that makes you think of a solution. Another solution when an impression comes in and you ponder it – that only happens at Sol – nowhere else. For it to happen at Sol going to need a shock from the outside. Created that the Mi of the impressions octave lines up with Sol of air octave.

GM: Jerry Tennant's diagram –

RB: Creates and destroys. Every one of those 5 points – arrow going out that will strengthen what it is pointed to. The acupuncture treatment – if weakness in wood, treat metal to strengthen wood.

GM: Dotted line to water – over x? Insult toward fire.

RB: Answer to this – get a book on acupuncture – because I don't know.

SW: In The Lost Herald – video on light from all the cells. Did not do biochemical treatment and in another 50 years will do treatment with light.

RB: I agree that we will have better therapies in 200 years. Pharmaceuticals will be dead because they don't work well.

SF: You identified Mi12 with impartiality and Sol12 Harnel-Aoot. True impartiality connected with rarified hydrogen – not just intellectual – can feel it? Not quite emotional – different state, positive, freer. Own distinct flavour. Experienced as a sense as well as intellectual. Harnel-Aoot – experience with Mi12, similarly Sol12 – not identified but there.

RB: In an area where there is a level of uncertainty. Identification happens with H24. If you became enthusiastic about something – reality is identified with it. May be a good thing – may encourage you to put a lot of energy into it. The energy above – H12 – doesn't have opposites. Doesn't attempt to suppress anything. Feel nervous that I may be talking about H6 – higher hydrogen. Something happens and your response is you find it emotionally painful but don't do anything other than experience pain. Initial reaction with a bereavement – don't feel guilt ... just the pain. If you can persist, the same energy attaches to joy. Appear like opposites but only opposites at a lower level where things oppose each other. Probably – at Sol – acting through conscience.

SW: Think of Harnel-Aoot as a state of indecision. Don't think that is right.

BP: What goes on in UK Parliament? Fight.

RD: The benches are 2 sword lengths apart.

BP: Present as actors.

SW: Cultural. Not all personal psychology. In the cosmos of the Earth. How do I weigh those?

RB: Need to think of yourself as a cell in the body of a living thing called humanity. We have a limited life span. All these cultural things are formatory apparatus in the body of humanity. All equally crazy.

DA: Full digestion of oxygen? How does second being food coat our higher being body? What can I do through breathing to help coat the higher being body?

RB: Body kesdjan through octave of breath. In the general sense you need to make the work emotional. Happens gradually with people who join the work – information given to them – there is a necessity to learn what the work is about but first place it establishes itself is in the Formatory apparatus – because no other way. Higher part of emotional center is attracted to the ideas of the work and need transfer of ideas to higher intellectual. Need to feel joyousness of self-remembering ... need to feel in those ways. Acquired – either give up and go. Either continues to rise or people leave. Needs to get to the point it becomes emotional. Accept I am a servant, but a joyful servant. Had delusions about how important I am, how clever, how attractive – but not – just a servant. Can act on someone else's behalf and act with conscience.

RD: Awareness of breath and breathing but not disrupting functioning.

RB: In the way the work taught to me never try to be active force. Mustn't use active force to direct breathing. Preparation – become aware of breath passively.

RD: Difficult to get formatory mind out of the way.

RB: If you hold your breath, your thoughts stop – not your associations. Trying to inculcate idea of I Am and I is in breath and Am is outbreath. Very difficult.

RD: Had childhood asthma and breathing is something I get identified with. Still have asthma. Been ill for past year and going downhill for past 18 months and had fever and took time off work. Eventually hit positive note and recovering now – more psychologically robust. Used to cry in meetings when I was reading. Emotional.

GM: Grief in the lungs.

RD: My fever was quite demonic. Something from my schizophrenic past.

SW: Glad to see everybody here.

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The second talk:

The Tibetan Book of the Dead by KhenPo

RP: Bardo. Stages of death. How things fall apart in human bodies.

Interval idea – understand what it is and whether we need this idea of bardo.

[Reading by Robert]

KhenPo spoke:

6 categories of Bardo. Cannot talk about all of them today. Talk of general statement of bardo.

Bardo means between life and death, or after death and will get reincarnation.

No matter whether you believe or not. Everybody is going to die. Need to go through bardo before reincarnation.

When I die will need to go through bardo. Some don't need to – can get direct. Some go to hell right after dying – they don't have bardo.

Need to go through bardo if need to balance good or bad. Good activities pure light – no need to go through bardo. Great negative no bardo – direct to hell.

Bardo has 6 categories – can't talk of all today.

There are five light. Form will dissolve. No form, shape, colour – can't see with your eyes – form dissolves through sound. Sound dissolve through smell. You cannot hear any sound at that time. Your sound dissolved through the smell. Smell is going to dissolve through taste. Can't taste any food. Have no consciousness of eyes, nose, tongue and feeling. Mind or soul or consciousness. Consciousness dissolved through space.

If you die 5 elements. Air, water, fire/warm, wind. Not die yet. Alive and have all of them right now. At time of death earth dissolve through water and you fall down from high place and drop to low. Water dissolve through the fire. You have no saliva or water from the mouth and nose. Your water dissolved through the fire. Fire dissolves through wind. Become icy – no heat in body – become cold. Wind dissolved through mind (or heart) or soul.

You will have soul or mind is going to dissolve through ? You have desires are stopped because your mind is not there anymore. Mind already? Will get two different sense – feeling like moon [?] is coming out – looks like smoke, grey. You have no desires dissolved to the ? Very bright – like butterfly with tiny light. Like fire. Inner and outer.

Snake, pig, rooster – sign is rooster -desire, snake - jealous, pig – ignorance. After that you will get enlightenment. You are a buddha. Buddha is here – in your mind – no need to look outside. Only you can look in the mind. Buddha is not only for Buddhism or Buddhism. All creatures have buddha nature, but we cannot see it – cannot see nature of the mind – is buddha. If you cannot get enlightenment need to go through the bardo. If you have enlightenment no need to go through bardo – no choice.

Buddha found out and try to tell us what he found out. Buddhism isn't made by Buddha – he never made; he can't make. Just researched the reality of the phenomena. He tried to share what he found out.

If you are going through bardo after you die you don't know you are dying – think you are still alive – you talk to your family, but they cannot see you. You can see them and hear them, but they do not try to give you food because they cannot see you. They cannot respond to you because they don't see you. Then you think you are dying, and you try to check whether you are alive or dead. How to check? Shadow of your body – you are alive – after you die you have no shadow. You go to the beach and try to walk on the sand and don't have footprints. Then you know you are dying.

After you die your soul/mind goes to the bardo, not your body. Already burned in the fire or in the water or give to the birds – in Tibet give to the birds, not in the ground, water, fire. Birds are always hungry.

You try to get reborn, reincarnated. Then you see a couple make a life and ...? You will have sensations – if you are reborn in animal: cat, dog, horse, cow – you will have feeling. Or you will

rebirth in human being – has 2 categories: man or woman. If you get a man's body will hate your father and love your mother. Then get in mother's womb. If you are born in woman's body will love your father and hate your mother.

SW: Can understand you. Not the whole concept. Complicated.

Chance person doesn't have to go through bardo if have good balance of good and bad?

If you have positive without any negative. Don't need to go through bardo can get enlightenment at that time. Not only this lifetime. Enlightenment means we will know 100% reality of the mind. We cannot see what it is. Now we have very tiny knowledge which is part of enlightenment. Wider becomes full enlightenment.

SW: See with young women and their children. Floating around and looking for a body ...

Desire to get reincarnated and to have desire to get new body. You will become a baby boy you love your mum and hate your father, but without your parents can't get into mother's womb.

If you are girl baby, you love your father more than mother but you need both parents. Without both you cannot become a baby. May be human or cow or sheep. Sometimes can't choose. Not hungry ghost, animal. Lower than human, lower than God. Everybody likes cat or dog but try to talk to them – looks like listening to you but can't give you response. Animals are different and are not capable like human beings.

SW: If you come back as an animal would slow you down.

You can be six: hell, hungry ghost, animal, human being, demon god and God. Buddhist believes human being is better. Sometimes get happy, sad, suffering. When you get suffering try to remove it. Animals get suffering too but don't know how to remove their suffering. Human beings more intelligent, smart.

SF: When I was a child there was a period of time when I would be terrified to go to sleep because I felt that falling asleep was same as dying – would cease to exist and not having any experience. Notion of non-existence was terrifying to me. Now I still don't have a clear way to think about death that is different to being asleep. Last night I was asleep and today I am alive. Here I am awake and having experience and behind that is consciousness that is always there. Through attention can bring things into consciousness – sense my body. Hard to conceive of death other than losing consciousness, attention, everything – black. If experience of enlightenment is permanent light that is devoid of anything that I can call self – what is difference between that and endarkenment?

When you are sleeping like small die. If somebody comes into your room you cannot see or hear them. Looks like die. But you are still alive. Eye and ear consciousness are dissolved to the mind when you are sleeping. Mind still exists. Get enlightenment – means into the mind, not into the body. Body is just form. Becomes waste. Now you can see me can hear my sound, smell ... your consciousness coming from the mind.

SW: Idea here is when you go into sleep go into unconsciousness. Unconscious mind in Buddhism?

What is Buddhism? Buddhism didn't create a religion. Is like science. Consciousness is what Buddha found out and tried to share with us. Other religions/science don't talk about bardo. It is the nature of the phenomena.

RD: Question about light. When you die don't have a body but can still see. How can you see? After you die there is a light? You have no form, but your mind is still there. It has a body but

not like ours – meat, blood, bones. It is a mental body not like this body. You cannot touch it. Mind has become light.

Light in bardo difficult to say. Different – some have more light, some not much.

RD: Is everywhere filled with consciousness? God?

Two different – there are 6 categories. Don't believe in creation by the God. Buddhism says this world is just natural – not created. There is God. The world not created by God. There is no creation – just natural. If there is somebody like God why he create some nice and some dusty and some ugly. No grass, no water.

GM: Is light a vibration?

Yes light have different vibrations. Not all the same.

GM: When a child comes into a couple before into the womb are they assessing vibration?

Before baby comes into the womb looking for mother – many people, animals, Gods – this soul try to go sentient beings.

GM: Astrology – conception charts – how line up geometrically. Choose aspect.

Some souls have chosen, some have no choice. Karma.

RD: Conception happens 2 weeks after parents have sex? What happens to the soul between copulation and fertilisation?

Every week the baby changes – grows.

Soul is in the mother's womb can't get out.

RD: I read there are a number of visions after death.

If you cannot get enlightenment, then you are still in bardo. 99% can get reincarnated after 49 days. Very few people cannot find reincarnation and become monsters. Many don't believe in monsters but there is history in west too. Ghosts come from where – from bardo when couldn't find reincarnation. Wandering.

Peaceful and wrathful deities. They try to help you but you don't know that. You try to run away from them. If you do not run away, then take you to pure light – like a test. Wrathful and peaceful deities don't come from somewhere – in your body now. We do not know now. We cannot see them.

RD: If you have lived an unbalanced life will try to balance you afterwards.

Will try to help you. If you don't recognise them and are afraid will try to run away.

Try to do good things.

RD: How you deal with snake and rooster and pig. Snake is jealousy or anger?

Bird = Desire, Snake = anger/jealousy (how much different), Pig = ignorance.

RB: How to live in order to die well?

All religions say do positive things, don't do negative things. If you do positive things will get good karma. Then you will die well.

RB: In the Tibetan book of the dead – great book of wisdom – when you go through bardos, bright light continues to appear to you, and you run away from it. Why run away?

Because dead don't know who they are. They are afraid. They don't know they are dead. Clear light if you do positive things.

Light is part of the mind – wisdom, intelligence, knowledge. Mind is light. Sign is always light but sometimes we can't see – too much cloud. Our mind is always light, doesn't have darkness but now we cannot see it because we have obscurations – cloud cover the mind. Everybody will die. After 3.5 days – you still think you are alive.

James: After 3.5 days

Mind and body go in different directions. Mind left your body – you die. If mind doesn't leave the body you are alive. Your body is not you, your mind is not you, where are you? I point to myself and say it is me – it is my body, not me. Mind is my mind, it is not me. My body and my mind – where is me? Emptiness, not clinging, not attachment. No me – nowhere I am, nowhere you are. I am nowhere – nowhere can find me. You are empty. Empty and emptiness are different. Nothing in the cup – it is empty. Mind is different from emptiness – has clarity. Union of clarity and emptiness. Cup is empty, not emptiness.

I cannot get to your place [where you are physically] because mind is not me.

Body and mind get together and are a union – that is you. Strong union.

Before mind and body get together is bardo. Soul is there but body isn't in bardo. Body get from parents.

Accepting emptiness is not difficult. It is nature. It is still empty.

Not difficult to find out. No need to go out. Just search your mind. Where is your mind, how is it, what colour, how big?

All creatures have mind. Mind is in the head or in the heart?

RD: Head

Westerners think mind is in the head. Mind is part of the brain. If you ask Tibetan people mind is in the heart. Mind is both in the brain and in the heart. Some people tell you bad things, get hurt in the heart, not in the head. If you think about something hard you get hurt in your head. At that time mind is in the head. Also mind is in whole body. If I touch you on your head, you can feel it and if I touch your feet you can feel it. Arm, leg – you can feel it. Your mind is all over the body.