

Gurdjieff Oskiano

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The Food Diagram by Robin Bloor

Attendees: Robin, Paula, Kelly C, Marnie H, Ekant, Rob D, Stephen F, Jason, Sandy, Bobbie P, Jill F, Daniel M, Charles A, Stewart. John A.

Jason: G placed emphasis on air in an active manner for coating of kesdjan body.

RB: Coating of kesdjan body is through sensation. Various ways of breathing that have an effect on air. In Rina Hands group we were told not to go anywhere near breathing. Quite clear you can breathe actively. Instinctive center knows how to breathe and why G insisted that people don't do breathing exercises. Intellect will take over breathing function and instinctive center will let it go and you will be stuck. Also, tendency of Indian yogis not to tell the truth. If you do the preparation in the morning in the way I do, you actively breathe – not forcing but aware of the breathing process – you can feel the circulation of the blood after it leaves the lungs. Also something I have never understood – on the in-breath to be aware of something rising up from power center in the gut (tan tien) and something descending from above the head to meet at the solar plexus. I try to envisage that happening ... that might be active breathing. Haven't read a reasonably reliable description ...

Jason: So could be said it is augmenting H384 and bringing in other harmonic ... each of those food categories represent a gravity vibration and degrees of fineness. Can have nutritious food or not and brings out active elements along with air and impressions. To work with active elements in the air is fortification of food and air.

RB: Food diagram is law of three in action. When taking in air, taking in oxygen in ionic form – what we would call H192. There is other stuff that can be absorbed by the air. Information somewhere that suggests exposure of blood stream in nasal passages and may be able to absorb stuff from there. Not in the food diagram because following food diagram.

There are a lot of things that are happening in the body that medicine only describes in terms of cause and effect that is not the law of three. As far as we are concerned nothing happens other than by law of three. Every one of those interactions can be one of 6 processes. Can be normal digestion, or healing, or evolution – moves higher. Or could be destructive or growth ... there are 6 processes to consider at each point and only 3 will take it up to the next level.

I have a much bigger chart than this that I am trying to make sense of. Don't think I am going to make sense of what you are saying because not happening through normal digestion. Wim Hof breathing shows that you can make things happen through breathing but not clear how ...

SF: Go from Do48 to Re24 without any effort and also from Sol48 to La24 ... Re24 and La24 seem to be in emotional realm – do we know any more about them?

RB: Diagram of the great accumulator – resides between the chest and the head – spans both – and are small accumulators that are provided to all of the centers. The reality is that certain things attract our attention. You can feel that the first hour of the morning nothing happened and then had a cup of coffee and that got my interest ... if you ask at the end of the day what happened – all happens with energy of H24. In ISOM – G says only super efforts count and makes it clear that certain kinds of effort will give direct connection to the large accumulator and can have minutes or 10s of minutes to self-remembering. Most of our living – trying to

work on ourselves – when something starts to happen we just run out of energy. Same of remote control to the TV running out of energy – doesn't function any more.

Have to take into account this intermittent nature. Maybe should have included the large accumulator in this.

MH: Digestion of impressions – in terms of the Work it seems we aren't told to avoid impressions that have negative affect on me. Would I be better served to avoid those impressions or would be better to expose myself and working on building up impartial response. Feel it is an intermediary step to avoid those impressions. Work on developing an impartiality?

RB: There are certain habits you have that produce poor outcomes and haven't been able to determine why you have that habit. Might be best to walk away from it. There may be some parts you need to see and haven't understood yet why a negative impression has a particular effect on you. Only way is to see it. General progress of the Work is the bad habits you acquired from moment you were born are replaced with habits that are better. Not trying to transform yourself – not a self-help movement. Trying to not waste energy – only have so much in a day. If you have a habit that always loses energy, try to stop doing it. A number of negative habits – one is expression of negative emotion. Incidents that are going to have to be addressed – you shouted at a person who took your parking space, and they key your car when you go into the supermarket. That is karma – if you weren't expressing negative emotion, wouldn't have happened. Things to avoid that are obvious. Another thing to avoid is obvious – a lot of people have negative imagination and express it in various ways – worrying about events that are unlikely to occur. Wasting energy that could be used for the Work. Other great waste of energy is formatory apparatus – behave in a way by habit and are a waste of energy. Warning about fighting dragons before you are ready.

PS: And avoid nasty things online or people who always provoke negativity.

RB: Bad areas of town and you shouldn't be going there.

Remember Orage saying perfect defense is silence. Goes with you can always walk away. You can't always walk away if the person is physically violent, but you can in other circumstances. The moving center being silent.

BP: Try to protect myself from movies about murder. In a group where everyone has a similar aim trying to remember myself. If there is someone in a group that I find difficult it is positive to engage with them in a Work relationship. Try in these groups for honesty and sincerity.

RB: Situation in Work groups is very different from normal life. Have to ponder situation in a Work group before you decide what is to be done. Difference between organic dislike and a person that is a bad actor – that does things that should never be done. Should never share confidences outside the group, for instance. Up to the leader of the group ... I know of two situations that occurred with groups where one of the people leading was seducing new females that joined – should never be allowed and wasn't when it was found out, but the bad behaviour had gone on.

Sandy: Fascinated that we ended up on same topic as last night – negative emotions. Transformation of negative emotions to positive – require that you recognise it and ... Last night came away with my work is to observe my negative emotions rather than kick to the kerb immediately – and to transform them. Have to take each situation and look at from different points of view. Like the differentiation between negative emotion, negative imagination and bad habits.

Microbiome – what is an archaea?

RB: Bacteria became active and archaea were passive.

Sandy: What are the substances in the air other than oxygen?

RB: Aside from food, breath and impressions other things affect us. Influence of the planets is one. Two need to be noted – first is that those who have been influenced by the planets – can be positive or negative and is nothing to do with your actions. Wider influence is solioonensius and all humanity are affected and brought about by some being affected directly and all others imitating them. Situation where ... idea of war in people and suddenly everyone is interested in war. Not direct – indirect because of imitation of behaviour of others (but was direct effect on some). Ekant referring to person's atmosphere interfering with your atmosphere – when someone walks into the room and the room changes. Either the atmosphere they brought or the reaction of everyone in the room. If someone comes in with a bad mood and that affects – we know it is atmosphere.

Sandy: Intervals in food diagram – struck by gall bladder and pancreas between mouth, oesophagus and stomach – what happens when removed from an individual. When an interval is removed by medical treatment.

RB: Interference will make a difference. If you remove the pancreas and bile duct, person will die. Situation where whole area is interfered with and they take medication ... When food goes the wrong way ... get heartburn – if you take a mouthful of bicarbonate of soda will neutralise. Whole digestion of food depends on change of PH level – all of it – pancreas pumps bicarbonate of soda in at that point and can't digest without.

This is the beginning of my work for the 2nd volume of G's Hydrogens ... going to go into all the sources ... a real jigsaw puzzle to do. Is hydrochloric acid H192? Don't know. Medicine doesn't care about the law of three, but we are. Wouldn't it be nice if H768 was just food and not broken down ... discover food is carbohydrates and fats and protein – but not just that. Also water ... needs to be soluble enough. A lot of food can come in ... raw vitamins in a pill. Your bone health is never going to be OK unless you get sufficient calcium – food, like cheese or milk, or ... supplements.

Part of the answer about air is ... trying to understand what those substances are. Argon is in the atmosphere and don't know what the body does with it.

PS: Could test the air going in and out and check if it is used.

RB: Inert gas – so science not interested.

DM: Wondered ... spend time looking for active elements. Not necessarily that something is invisible ... active elements in coffee, chocolate, alcohol. Active elements in air like temple essence, odours – would have an effect on you as well.

RB: My experience is that when I consume coffee it has a psychological effect. I know it has other effects but wouldn't be as popular if it wasn't a stimulant – same with coca cola. Alcohol perhaps too complex. Opium also quite obvious. Alcohol goes through blood brain barrier and not processed the way food is. Whole series of substances ... psychotropic drugs don't seem to get processed until they hit the brain and make reality different. Maybe for better or worse, don't know. If somebody gives you a milkshake and drops something like that in it ... or something in the air that could do that ... Incense – has an effect on me. Some find sickly and want to walk away, others are pleasant. Don't know what it is influencing. Analysis has to be done? We are interested in making psychological changes and our knowledge is quite slim. I would be experimental – but not stupid. No idea about the influence of cocaine because I never came in contact with it. Did come in contact with morphine, but didn't want to inject myself ... so don't know what the influence is.

Sandy: Never considered substance come in through breathing such as incense. Also drugs –

take in more impressions. Smell – reaction against unpleasant odours.

DM: As a young man looked on stuff as a sliding scale. New area of study – consuming amino acids directly – particularly as an elderly person. Building blocks of protein. Higher aspects – remember trying to formulate temple incense from Jewish tradition and Rabbi said stop doing that. Other off the wall stuff – breathing exercise and going out and running and differences on how I could run ... runs a gamut from subtle to mass of food on a dinner plate.

PS: All smells, pleasant and unpleasant in air. Don't know how they impact, but they do.

RB: Nature of Trogoautoegocrat is everything occupies a space in some octave. So you come across a plant and it has a particular smell and you ask why? What is it doing with that smell. All plants want in general is pollen to reproduce. If they have purple petals and people want them in their houses – irrelevant ... vast amount of pollination done by bees. Got to the situation that the narrator got to the South Pole is growing green things and various plants have occurred but no flowering plants because no bees. Only continent that doesn't have bees. Reality is that if you were able to destroy all the bees, humanity would last about two years ... It is a note in the octave. Only real wild card is human beings – everything else has its place.

Under the sea – coral reefs – beautiful. Were beautiful 100M years ago and we only started looking at them 150 years ago. Why so beautiful if we can't look at it?

PS: Perhaps not for humanity.

RB: Another living thing.

Sandy: Human beings fill one of the intervals?

RB: Yes – filling side octave from the Sun. Fa one brained, Sol two brained ... also soil – filled by bacteria and plants. Interval, Fa, Sol, La. We are the crowning glory and we are quite disappointing. That is our place. If we were to acknowledge that is our place, we would do nothing other than be gardeners of the planet. Is it a crime that the Sahara Desert exists? Why is it a desert?

BP: Doesn't have adequate water supply.

RB: Not so. Sits over a lake, so vast amount of water under the desert. 5K years ago was green and fertile and whoever was looking after it didn't look after it. Got there by neglect. Atacama Desert has lowest amount of moisture in the air. In Sahara there is sufficient moisture in the air for there to be oasis created and would need soil ... nobody cares to do it. Wouldn't be such a desert if people didn't insist on keeping herds on the edge of it that tear up the grass.