

Gurdjieff Oskiano

October 10, 2024

Gurdjieff Exercises by John Amaral

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.

JA: Forming Twos is one of Gurdjieff's movements. Some movements have words and other movements that have musical notes – singing. What is usually not known is all the movements have inner exercises that were known to only a few people like J Howarth. The movements are not simple/easy and involve three centers.

Sandy: Do you recommend we create our own exercise using exactness and improvisation?

JA: Yes. I haven't strayed too far from what I have encountered in groups.

Sandy: I have done various versions of four prophets and I am in groups. I like your version. Keith Buzzell, Ch11, book?

JA: I think Perspectives.

He goes into the hydrogens in depth and uses that material through the other books. The books were developed in a steady way, but no attempt to organise them into a curriculum – have to pick and choose.

Nobody in the world like Bob Cooley. The Genius of Flexibility. The meridians. Stretched by the poses.

SF: At the end of doing these exercises had an inner experience that was different from my normal state and don't have the experience to know if it is significant or not. Is part of faith believing that we are going in the right direction when we have these experiences, even though we can't know for sure?

JA: You do have a magnetic center which is leading you to make choices. If you observe that a lot of your repetitive behaviour gets in the way of flexibility it would be good to explore the flexibilities of other people. If you find yourself in the spectrum of personality as differentiated by Bob Cooley you would be motivated to have those other experiences and finding out what works for you. The Gurdjieff Work is high up – abstract. They say we live in world 48. Keith Buzzell brought ... medical doctor and lecturer of physiology and knew what he was talking about and said G also knew. He was bringing science – objective science – to the modern age.

I have all the perspectives from Ouspensky and Keith.

First page of the Tales is sign of the cross and Toulousites. Toulouse – went overnight on a train from Paris and went looking for the ancient Toulousites and found them. They were oppressed by the Catholic church, and they had music. My question was where is the music and someone told me and I found it in a record store.

Sandy: Medical practice ... what Buzzell knew about ... did he prescribe medications as an ordinary doctor would?

JA: He did. He was an Osteopath. They manipulate the body – more than ordinary doctors do. Keith didn't do any laying on of hands but he understood ... he was reading science all the time. He was a student of Mrs Popoff and would drive from Maine to Long Island every week.

Sandy: How long did it take Robin to get to Rina's meetings?

RB: Used to take me 5 hours to get there on weekends. There was also a woman who flew in from Paris every week.

JA: Some of those parts of exercises I learned from the Bennetts. Camp Caravan - Good thing to do.

AI Meeting Summary Oct 10, 2024

Quick recap

John discussed the significance of movements and music in exercises, emphasizing the importance of intention, attention, and perfection in practice. He also explored various religious and cultural concepts, including the concept of life energy and its representation across different cultures and disciplines. Lastly, he led a ritual involving specific gestures and recitations, introduced the Meridian Flexibility System by Bob Cooley, and shared his involvement in a Gurdjieff-related cult.

Next steps

1. All attendees to practice the 4 Ideals exercise as demonstrated by John.
2. All attendees to review Joseph's book for additional insights on the 4 Ideals exercise.
3. All attendees to study Keith Buzzell's book "Perspectives," particularly Chapter 11 on hydrogens.
4. All attendees to explore Bob Cooley's work on meridian flexibility at geniusofflexibility.com.
5. All attendees to reflect on their inner experiences during the exercises and consider how they relate to their personal development.
6. Robin to resend the email attachment with John's exercise notes to anyone who didn't receive it.
7. All attendees to consider creating their own personalized version of the exercise, incorporating elements from various sources.
8. All attendees to study the diagrams and charts provided by John, particularly the meridian flexibility system and triads.
9. All attendees to explore the connection between Gurdjieff's teachings and modern physiology as explained in Keith Buzzell's works.
10. All attendees to practice the breathing and relaxation techniques demonstrated at the beginning of the exercise.

Summary

Exploring Movements, Music, and Exercises

John discussed the significance of movements and music in exercises, referencing Joseph's book for further understanding. He suggested that understanding one's personality can help in choosing the right instrument or exercise, and emphasized the need for perfection in practice before moving to improvisation.

John also highlighted the importance of intention and attention in exercises, suggesting varying tempos and experimenting with different approaches. He mentioned the idea of exercises being cumulative, like in music, and the importance of using the voice and hands.

John's personal practice is based on the Catholic mass, but he encouraged others to create their own inspired by their experiences. He also touched on the concept of a 'magnetic center' and the idea of a 'body of reason'. John emphasized the importance of voice and hand gestures in human communication, suggesting that these tools can be used to convey emotions and meaning. He also touched on the potential for hands to emit heat and other energies, although he admitted

he was not skilled in discussing this further.

Exploring Religious Concepts and Life Energy

John discussed various religious and cultural concepts, including the significance of the "laying on of hands" and the symbolism of the sign of the cross. He also explored the concept of life energy, its representation across different cultures and disciplines, and its biological basis. John emphasized the importance of understanding the progression of the enneagram and its interrelationships, and recommended studying how nature bridges the gap between solid and plasma states. He used the analogy of a nerve impulse moving along a stationary nerve to explain how information is passed in this single nature.

Exploring Chinese Medicine Concepts and Exercises

John introduced various concepts related to Chinese medicine and guided participants through exercises focusing on posture, relaxation, and body awareness. He discussed the microcosmic orbit, meridians, chakras, and concepts like the triad of impulses, images, and attention. The exercises were based on religious figures and aimed to strengthen different aspects of the body and mind, leaving participants with a sense of accomplishment.

Exploring Rituals, Exercises, and Energy Accumulation

John led a ritual involving specific gestures and recitations referencing religious figures. Some participants expressed confusion, but John provided guidance. He emphasized the importance of holding a collected state to accumulate and disperse energy, and recommended reading materials on ideals and practices.

John mentioned higher substances at certain locations, speculating about previous epochs and civilizations. He discussed exercises from Joseph's book, including the "4 Prophets" and "Prayer of the Heart" exercises, which he has adapted.

Sandy clarified that John's exercise was his own construction, suggesting a cumulative learning process.

John introduced the Meridian Flexibility System by Bob Cooley, connecting traditional medicine, yoga, and psychology, and highlighted Bob's expertise in treating people and athletes. He also mentioned the work of Keith Buzzell on physiology and objective time, named Perspectives, and his own involvement in a Gurdjieff-related cult, which he eventually left to gain a deeper understanding of Gurdjieff's work.