

German-English Tales Study

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June 24th

Attendees: Robin, Paula, James, Ekant, Vanya, Sandy, Bobbie, Frieda, Stuart

Sandy: p145 about 'Sekronoolanzaknian-state'... can become own sacred individuals that have their own sacred law of sacred Triamazikamno – who do we need our own?

Ekant: Understand as the expression of a being who can do – my own force of initiative and not dependent exclusively on forces outside of me.

Sandy: And how to reconcile with man cannot do?

Ekant: When you have this – that is when you can do.

Sandy: Always been troubled by 'man cannot do' – lets me off the hook. Even if I haven't acquired my own sense of Triamazikamno.

Ekant: When we have not yet actualised ... doesn't mean we have to be passive. Means to do something we need something from the outside. When there is pressure is what I need – for instance for a project. I understand that I miss one or two of these forces.

Frieda: I also understand that there is external motivation or internal – because I am interested.

PS: "Procrastination is the mother of invention."

RB: What would happen during Summer Week every year – be divided into teams and have to put on a performance and there would be a theme ... everyone had to create an entertainment and they would have to stand up and entertain them. What happened is that everybody is busy and you have no time to organise it.

Vanya: Germany philosopher, Dürrenmatt, said you have to make the problem bigger in order to solve it.

RB: Lateral thinking guy – streets were dirty and not getting cleaned so that everybody would feel obliged to go and make them cleaner.

Frieda: Listened to Ekant and Vanya over the past 10 years and picked up things about The Work.

Vanya: Asterix and Obelix – preparing a liquid and fell into it ...

PS: Asterix the Gaul

Ekant: When the emanations of realised beings were spread out and beings received them. Also movements will enable Frieda to receive something energetically.

RB: No real verbal teaching in the movements, so the intellect can't have words.

Sandy: Makes me think of Toddy Smith who grew up in The Work. An advantage to having that youthful exposure.

James: Being-impulsakri is happening to Frieda.

Frieda: I hope I can include aspects of the Work when I am teaching – will be a primary teacher.

Vanya: Small differences in the first sentence between German and English. Common presence and three brains in German is drei Seins-Gehirne. Three holy forces and die drei heiligen Prinzipien. Three centers of their common presence and in German just three centers.

RB: People ignore 'common presence' because they don't assign a meaning to it. G uses term 'common' as an adjective in ways that nobody else does. Logically – regards human beings as being fragmented so they only have a common presence. In German do you not have the genitive expression – the process of? In English the process 'owns' Djartklom and in German it is the Djartklom process.

Ekant: It is common in German to combine the words.

RB: Makes sense – noun adjunct

James: Instead of favourites he says lieblich.

Sandy: Some humour in calling the lieblich.

PS: Same with favourites.

Unglück instead of terror.

Sandy: Beating their wings in vain?

Vanya: translates to stirs the wings in vain in them. Seems like an English expression.

James: Arnold said of Shelley – this beautiful ... angel ... beating his wings in vain. "a beautiful and ineffectual angel, beating in the void his luminous wings in vain"

Ekant: Not same in German – almost not visible.

RB: Probably came from Orage.

RB: Terror – word not used lightly – no meanings that are anything that is anything other than extreme dread, fear, panic – more severe than Unglück

Ekant: große Unglück – is more extreme – like if there is a flood – a disaster. Not really terror.

Bobbie: Terror is emotional. Catastrophe just happens ...

RB: The terror of the situation – that phrase is a literary coup. It describes the situation that human beings are in ... and yet when described doesn't seem that bad.

James: The emotional center beings located in different areas of the solar plexus – does it mean has been taken away from where the heart is – great nature spread it about the body?

RB: Looked at acupuncture to try to understand. Emotions isn't intellectual so difficult to know about it. In acupuncture map of the body – emotions are associated with the organs. Fear – kidneys, grief – lungs ... In Chinese acupuncture they treat it like that. If you have fear, they will treat the kidneys by sticking a needle in you.

James: Solar plexus – Greek – network and Latin – braid – look like rays of the Sun.

RB: Does anybody know any connection between solar plexus and wandering nerve. Vagus nerve – appears to go all over the body – mechanism by which the bacteria of the gut can communicate ... G talks about the wandering nerves.

James: Nodes of ranvia – way of communication between nerves.

Ekant:

Emotional and Spiritual Aspects: In traditional healing systems like Ayurveda and yoga, the solar plexus is often associated with the Manipura chakra, the third chakra, linked to personal power, self-esteem, and vitality. The vagus nerve's role in regulating emotions and the gut-brain connection further reinforces the idea that an imbalance in this area can impact both physical and emotional well-being. Practices like deep breathing and meditation, which activate the vagus nerve, are believed to have a positive impact on both the nervous system and the solar plexus/ Manipura chakra.

Also understand that our emotional life isn't a unity – dispersed – can work as it is meant to but is an effort required to bring unity. Nyland's comment: one important step for inner development is to separate the centers. So mechanically interdependent that every center can't work with its own energy. The emotional center isn't where it should be and is spread around the body and gets an impulse ...

Sandy: And emphasises that this is not normal and is different from others in the universe.

James: Orage calls it the lunatic asylum of the universe.

Sandy: How I respond to criticism. Something to keep an eye on ... automatic reaction.

PS: When someone treads on your corns.

Vanya: Strong impact – third force – holy reconciling – solar plexus is the center for the reconciling force. My association for emotions isn't reconciling. Emotional part to be neutral. Have to think of the Christian cross and the reconciling part.

James: You have decided to do something and your body is tired and – maybe not – and along comes an emotion of guilt or something – and you do the job.

Ekant: Helpful not to put too much value on reconciling in a romantic way – to see third force as connecting and the vision of the first force and capability of materialising of the third force and connecting as the fuel.

RB: Most people do not have emotional center behaving in a reconciling way. Public media not trying to inform – trying to influence through identification – advertising. When you get an election in a democratic country – majority of voters following emotional center. Which is why the world is in such a terrible mess.

Vanya: Great nature had to change the localisation because of this – is it the other way around?

RB: Think it is because human beings weren't motivated by Parktdolg duty.

James: Do the other three brained beings have their emotional center in the heart?

RB: Still pondering – seems that there is an emotional aspect to the instinctive center and in circumstances will pull you or push you towards things. Instinctive center's action in situation of dangerous predator is to move away – in the most identified fashion. So a series of emotions enacted by instinctive center and then emotions that animals can't have. Positive emotions associated with self-perfection – not available to animal world. Animals don't suffer remorse.

Ekant: I find it helpful to think about emotions and feelings. Animal-like direction – immediate moving quality. Feelings are more perceptions of the emotional center that don't have the power to bring us into movement. Feelings may be the more sensitive

Emotions are mechanical in a way. The analysis in us that considers if something is dangerous or not ... reacts inappropriately.

Sandy: Which word to use. In therapy – therapist led me to believe that emotions are the source of feelings and are disposable.

Bobbie: Don't know where he ever says emotions in the text – talks about feeling center.

P146 regenerate

Ekant: Redesign, reshape, reconfigure ...

Vanya: Spinal column translated as 'Rückgrat'

James: Spinal cord is a thick column of nerves – sends information through brain and body. Bone marrow creates white, red cells and platelets.

In last couple of days watched the most recent Oskiano – discovering electrical impulses going on in the body -must be same as what is going on in space.

Ekant: Only about 8 places where uses the word 'emotion'

Sandy: Makes me believe that the emphasis based on emotions is a social one as opposed to feelings.

Ekant: Haven't made it really clear. Useful to differentiate between emotions and feelings. It would be helpful to consider what we mean by these two words.

James: Are emotions louder and feelings quieter?

RB: I think it is a problem with the English language. Have association of sensation with feeling.

Vanya: Same in German. Fühlen and spüren – try to teach our children. When we talk about the workings of the emotional center – find it useful to distinguish between instinctive and other feelings.

RB: Have a list. Is this something that an animal can feel? Complacency?

Theory that every animal represents the embodiment of emotions that human beings are capable of ...

Sharon: I long thought feelings are higher and emotions are lower and then I learned that Nyland had it the other way around. It is semantics.

RB: Emotion is established in etymology – initiator of you doing something.

PS: Hence the word ‘emote’

Ekant: There is some feeling process which I would distinguish – inside. There is mechanical reactional and the silent, subtle, receptive.

Also interesting notion that it is transubstantiated only the denying force alone.

Vanya: Bejahung – good word for denying

James: Yes, no and ‘let’s go’

Ekant: What could it mean if only the denying force Is transubstantiated in us.

Vanya: Only build a planetary body and will all go to nothing.

Ekant: For the higher body the other two sources are needed – too simple to say denying is planetary ... too simple

Vanya: That is how he describes it ...

RB: One of statements by G not pondered by people is that all of the three brains are means of knowing things. An even occurs and you experience it – you have learned something about that. Maybe you react, maybe you don’t – you see something going on and you react in a particular way – that is knowledge.

Positive emotions: Appreciation, Thanks, Thankfulness, Recognition, Regard, Realization, Awe, Wonder, Wonderment, Astonishment, Amazement, Surprise, Stupefaction, Speechlessness, Fascination, Attraction, Interest, Intrigued, Passion, Admiration, Reverence, Respect, Esteem, Pride, Dignity, Honor, Self-respect, Self-worth, Self-regard, Calm, Calmness, Serene, Tranquil, Relaxed, Unruffled, Unperturbed, Unflustered, Untroubled, Equable, Placid, Unexcitable, Unemotional, Phlegmatic, Composed, Cool, Coolheaded, Pacified, Placated, Mollified, Appeased, Conciliated, Quiet, Soothed, Unflappable, Unfazed, Self-possessed, Still, Charmed, Affection, Respect Blessedness, Amazement, Patriotism, Wakefulness Courage, Courtesy, Cleanliness, Determination Ambition, Commitment Enthusiasm, Excitement, Sympathy, Empathy, Curiosity, Contentment, Fulfillment, Confidence, Awareness, Clarity, Certainty, Empowerment, Energetic, Being, Perfection, Attentiveness, Responsible, Caring, Desire, relief, Aspiration, Inspiration, Adoration, Revelation, Grounded, Awe-inspiring, Enlightened, Luckiness, Grace, empathetic, enchanted, enthralled, enraptured, encouraged, Enamored, Valour, Satisfaction, Amusement, Attractedness, Familial love, Brotherly love, Sexual love, Objective love, Entertained, Wisdom, Hope Faith Nurture, Belief, Acceptance, Mercy, Pity, Eager

RB: This is one of several lists we spent about 90 minutes writing these words for emotions. Interesting thing. Difference between displeasure and dislike? Not the same thing. ,

PS: It is difficult – emotions don’t have words.

RB: A poem that has meaning is different from just the words. Using words, emotion has been evoked. But there isn’t anything in the poetry that tells you this or that.

Ekant: Probably different people feel differently. Objective art – everybody feels the same about it?

RB: Objective art doesn't exist for most people and can't. You have to digest it. You see a statue, but not experiencing it in a way that you are able to be impacted. Easiest and best objective art is the Movements. Same for others who have that experience.

James: I was in Luxor in Egypt at the time of the revolution and there were no tourists there. In the temple and there are huge carved columns with Egyptian hieroglyphs. I started to hear voices and began to remember myself and it lasted for several minutes – approximation of objective art.

RB: Not many things on the planet where someone has invested so much time and effort – Luxor – biggest temple on the planet.

James: That list of emotions – associations with beat poets ...

RB: If you read these words and pause – will raise an association.

Verbannung – exile.

Exercise

James: Noticed when my attention was caught by the situation going on on the planet and identified with finding out more. Remembered the exercise and realised I was soiling the brain. What to do? Do I stop and avoid the news – can't – so powerful. Killing each other again. What Mr G talks about. Take 2 minutes every morning to check out what is going on and try not to be identified and to have a distance. Very helpful – not to get upset or identified. I don't like radio – maybe because don't have control and my wife loves the radio. Knowing this is something that is soiling my brains because of the dislike – I put myself in my wife's shoes and tried to understand her relationship with the radio more. Started not to bother me. Have been things happening on the streets in Berlin – tension with atmospheres of others and this was also a source of identification – would instantly judge. All the years I have lived in Berlin, nothing negative has happened and that has also become more controllable.

Vanya: I avoid watching TV and never listen to the radio and almost never listen to the news. I hear at work stories of what is going on in the world and have trouble letting it go again. Identification – suffering – responding and a good chance ... very tired mood and no motivation – price for yesterday's identification with this topic. Impression that it helped me today.

Stuart: Extraordinary week – my parents have given up their independence and also one of my children – a young adult who is going through some problems. Where is my center of gravity? What force am I? If working to repair things with my son ... where is my work? As a parent tended not to be involved until something upset me. This time more relaxation and my son is sharing more. Tensions in my centers more relaxed. Often a venmo transfer involved when we help – motivation – working towards a future reward? When I show up to serve a role, it doesn't matter what they do. Attractions and aversions and denials ... being neutralised – center of gravity in myself and seems to draw a higher reconciling force. Just happening. Life is providing me shocks ...

Ekant: Difficult to guard against things that may soil the purity ... and at the same time to put buffers. Started with Corona crisis and choose – even when I don't watch movies, still have images in my head – violent. This is clear – soils the purity of my brain. Just images, not real. Many people tell cruel and strange things and not a real report or attempt to exchange – perverted lust to enjoy strange things. Also not good for me. There are some things where I am not clear – avoiding to face reality or not to take in something difficult to digest. Still an open question. In many things clear and in others not clear enough.

RB: At university there was a book in the library that had pictures of various operations taken from life and had many pages of people who had been badly damaged and interesting thing about the book is you could see where people had spent time looking at. That intrigued me. If someone hadn't told me I wouldn't have known about its existence. Something dramatic happened with the advent of the internet – pornography. Almost all men were spending time on pornographic sites and in couple of years females were also attracted. People seek out things to soil themselves with. Act of restraint to avoid. Average age a child first encounters pornography is 9. In order to make a difference you can avoid most of this – what in the past has soiled the purity of your mind. Difficult going to see rock music – too loud. Open air concert OK, but if down by the stage probably destroying eardrums.

Things I have read that I wished I hadn't and things I have seen ...

Ekant: Some music that is very technical – instead of taking in live things. Same as food for the body.

RB: Introducing stuff into yourself – food – unhealthy or poisonous.

Ekant: Some things that I know are not good for my body, but have difficulty avoiding.

James: I am vegetarian and eat a piece of steak every 6 weeks.

Ekant: Important to ponder this commandment.

Bobbie: In not soiling your brain you might be doing something other – what do we do instead.

PS: have to feed it.

Sandy: Have a really bad TV habit and worse sometimes than others and show up in my dreams. Do my sitting in the morning and in the afternoon do it again.

James: Remember some series you watch all the time ...

AI Summary

Quick recap

The meeting covered a range of topics, including the concept of three-brained beings and their potential for self-perfection, as well as discussions on motivation, procrastination, and translation challenges between German and English texts. The group explored the nature of emotions and feelings, their connection to different parts of the body, and strategies for managing emotional reactions to news and world events. Additionally, they delved into the impact of media consumption on emotional well-being and the challenges of avoiding harmful content in the digital age.

Next steps

- All participants: Work on maintaining center of gravity within oneself when dealing with challenging relationships or situations
- All participants: Practice being mindful of media consumption and its effects on mental well-being
- All participants: Continue working on distinguishing between emotions and feelings in daily life
- All participants: Guard against perceptions that may soil the purity of the brain, as discussed in the meeting
- James: Maintain the practice of limiting news consumption to 2 minutes each morning while staying unidentified with the content
- Ekant: Further explore and clarify the distinction between necessary exposure to reality versus avoiding harmful content that soils the brain
- Robin: Continue organizing and analyzing the collected lists of emotions for further study
- Sandy: Work on reducing television watching habits, particularly in the evenings, as it affects dreams and mental state
- Sharon: Continue maintaining center of gravity and personal work while dealing with family situations

Summary

Three-Brained Beings and Self-Perfection

The summary discusses the concept of three-brained beings and their potential for self-perfection. It explains that these beings have three centers or brains in their presence, which correspond to the three holy forces of the sacred Triamazikamno. The summary notes that these beings can utilize these forces for their own self-perfection through conscious and intentional fulfillment of their being-duty. However, it also mentions that due to irregular conditions of existence, most beings fail to take advantage of this potential, leading to their eventual destruction. The discussion touches on the localization of these brains in the body and their specific functions.

Initiative, Motivation, and Creative Problem-Solving

The group discussed the nature of initiative and motivation, with Frieda sharing insights about how both external and internal motivations can influence action, leading to a broader discussion about procrastination and creative problem-solving. They referenced philosophical concepts including Dürrenmatt's idea that problems need to be made bigger to be solved, and Robin shared a story about summer performances where procrastination led to creative invention. The conversation concluded with Sandy comparing Frieda to Toddy Smith, a respected figure in their community, and expressing hope that Frieda would incorporate modern educational approaches when teaching young children.

Translation Challenges in Text Analysis

The group discussed differences between the German and English versions of a text, focusing on translations of terms like "common presence," "three brains," and "process." Robin noted that the term "common presence" is frequently used but not clearly defined, suggesting it might be a term unique to the author. The group also examined the translation of "labeling effort" to "favorites," with some members interpreting it as sarcastic. Barbara and others compared the German term "unglück" (disaster) to the English "terror," noting that the German version conveys a sense of bad luck or misfortune rather than terror.

Translation and Body-Emotion Connections

The group discussed the translation of phrases from English to German, focusing on expressions like "the terror of the situation" and "beating their wings in vain." James explained that the phrase "beating their wings in vain" originated from Matthew Arnold's criticism of Shelley's poetry. They also explored the concept of emotions being associated with different organs in the body, as mentioned in acupuncture practices. The discussion touched on the connection between the solar plexus, the vagus nerve, and the gut microbiome, with Paula noting that modern medicine has recognized the communication between the gut and the brain through the vagus nerve.

Understanding Emotions and Feelings

The group discussed the nature of emotions and feelings, with Robin noting that public media primarily influences emotions rather than intellect and suggesting that this explains why the world is in a mess. They explored the distinction between animal-like instinctual emotions and more profound feelings, with Paula and Sandy suggesting that emotions might be more necessary for survival while feelings are more connected to imagination and identification. The discussion also touched on the concept of the third force in emotional development and its connection to reconciling opposing forces, though there was some debate about whether emotions or feelings are more fundamental.

Neuroscience and Emotion Terminology

The group discussed the translation of terms related to the brain and spine, with Vanya and others exploring the nuances of German words like "Rückgrat" and their equivalents in English. James provided an in-depth explanation of the human spinal cord's structure and function, including its role in producing blood cells. The conversation then shifted to the distinction between emotions and feelings, with Robin and others noting the confusion caused by overlapping meanings in English. Ekant shared a tool he developed to analyze emotions in texts, and the group discussed the potential psychological and cultural aspects of emotions versus feelings.

Transubstantiation and Consciousness Forces

The group discussed the concept of transubstantiation and its translation into German, focusing on the three forces: affirming, denying, and reconciling. They explored how these forces relate to

different aspects of the human body and consciousness. Robin shared his work on categorizing emotions, which led to a discussion about the challenges of defining and listing emotions. James shared a personal experience in Luxor, Egypt, where he felt a connection to the ancient art and architecture, which Robin compared to the concept of objective art.

Emotional Strategies for News Management

The group discussed strategies for managing emotional reactions to news and world events. James shared his experience of setting aside time each morning to check the news while maintaining emotional distance, and Vanya described avoiding media entirely but struggling when accidentally exposed to news. Sharon explored her approach to balancing multiple family relationships, particularly with her parents and adult son, by focusing on personal work rather than seeking rewards or fixing problems directly. Ekant reflected on his decision 20 years ago to limit media consumption, particularly during crises, and found it helpful to actively choose when to engage with news rather than being constantly exposed to it.

Media's Mental Health Impact

The group discussed the impact of violent and disturbing media content on the mind, with Ekant expressing concerns about its effect on his emotional well-being. Robin shared an experience with a medical book containing graphic images, which led to a discussion about how easy access to pornography has increased its consumption, particularly among children. The conversation touched on the concept of "soiling" one's mind through exposure to harmful content, and the group explored ways to avoid such influences. They also discussed the importance of replacing negative experiences with positive ones and the challenges of overcoming habits like excessive television watching.