

GER Meeting #Bk2 - 06

Transcript

Attendees: Robin, Ekant, Vanya, Bobbie, ++

Barbara Pennock: You might know, Robin, is vodka widely used in England?

Robin Bloor: Vodka.

Barbara Pennock: Yeah.

Robin Bloor: Uh, well, no, because of Scotch. I mean, it's not a favorite spirit, so...

Robin Bloor: You know, it's just like you drink brandy in France, you drink scotch in England, you drink vodka in Russia, and pretty much most of Eastern Europe.

Robin Bloor: Because that's all they grow out there is potatoes.

Barbara Pennock: So...

Barbara Pennock: What does this mean? How does this state to us how this sport vodka?

Barbara Pennock: was taken up by the English.

Robin Bloor: I don't know what that means. I mean, um, I'll think about it. I'm afraid I'm going to have to use the bobbing candlenose of my thinking center or not.

Barbara Pennock: Okay.

Barbara Pennock: AI won't help, will it?

Frieda: But I don't think he says that England takes up vodka. He says England takes up sport like Russia takes up vodka. So he just compares the two. He says in Russia, the power.

Frieda: The beans with power did everything they could to make the normal beans consume a lot of vodka. And in England, the beans with power did and do everything they can.

Frieda: to promote the transmission of sport.

Vanya & Ekant: #NAME?

Barbara Pennock: Oh, that's good. Yes.

Robin Bloor: It also means that I don't have to use up any of my bobbing candle moss at the Thinking Centre because it's been done by Frida.

Barbara Pennock: It has done it.

Paul: And so do we do we take that as a, as a way of saying alcoholism is the problem. Mass alcoholism.

Vanya & Ekant: When we take just

Robin Bloor: You know, the reality is, if you know anything about Russia, the reality is that vodka

has been a problem in Russia probably since Russia came into existence.

Robin Bloor: You know it's not the.

Robin Bloor: I like, for instance, I've been to Moscow, you know, and I was warned that you shouldn't really take.

Robin Bloor: Um, Russian...

Robin Bloor: uh, airplanes, because the pilots will have... will be high on vodka.

Robin Bloor: And there's absolutely no testing that they'll do to try and stop.

Robin Bloor: pilots flying while they're drunk, because that's Russia.

Robin Bloor: That's what they do.

Robin Bloor: There was, um...

Robin Bloor: a, um... at the beginning of the Ukraine war, there was a...

Robin Bloor: A pipeline discovered.

Robin Bloor: And the pipeline came from Transnistria, which was the area of Moldova that the Russian forces were occupying and still occupying.

Robin Bloor: into Ukraine, and it was piping vodka.

Robin Bloor: like it was a plumbing system. Well, it was a plumbing system. It's piping vodka into the Ukraine. The.

Robin Bloor: The Ukraine guys discovered it and stopped it.

Robin Bloor: But it's that whole area. You know what they do. They live on. They live on vodka. That's just their thing.

Robin Bloor: If you look at, um...

Robin Bloor: America, you see that America has a bigger alcohol problem than.

Robin Bloor: a lot of other countries, in actual fact, and that was the reason why prohibition was introduced, because alcohol was doing so much damage in America, but of course.

Robin Bloor: Prohibition was a stupid idea.

Robin Bloor: You know, but it, um, that's why it was introduced in an attempt to make, uh, America less, um, alcoholic.

Stefon☺: I kind of picked up the same connotation, Paul, was that America took up the sport.

Stefon☺: of drinking.

Stefon☺: And I'll tell you from my experience, and I haven't tipped the glass in quite a while, was after the third drink, vodka, wine, uh, maybe not wine so much, but rum, it all takes you to the same address.

Stefon☺: called inebriated.

Stefon☺: So, and I did hear the thing about Russians drinking some, and it showed that there's never a justification, but the weather was severe.

Stefon☺: and life was very hard, and the vodka gave them a little... and it's nice you pointing out, Robin, that we have a big problem here, but we don't elaborate on.

Stefon☺: As we did about Russia.

Stefon☺: you know, they drink, they drink, they drink the pipeline, you know, and we had a thing through Prohibition where they were actually piping booze through the streets, too. You know, it's, uh...

Stefon☺: It's all the same, but I don't think it does any good when you overdo it.

Stefon☺: And so many people do.

Frieda: I would find interesting to talk about, uh, the Iransom Keep, and what exactly that could mean, because he says that this is the regulator that can.

Frieda: um, extend your duration of existence, and he says it's, uh...

Frieda: Not to give oneself up to those of one's associations resulting from the functioning of only one or another of one's brains. And I have an idea what that... what it means to have only associations from one brain.

Frieda: But also, that is not very clear, but I have no idea what the better way, what the solution could be, so what it would be like to have associations.

Frieda: from all three brains simultaneously. So I would find that very interesting.

Robin Bloor: So Iran Samki, the word means I keep myself.

Stefon☺: Could you put some clothes on that, Robin? I keep myself.

Robin Bloor: I live in a collected state.

Stefon☺: Ah, okay. Collective. Meaning the three centers, four centers?

Robin Bloor: Three centers that are know each other's existence and try to work together.

Stefon☺: Ah, that caught me too, Frida, the thing about perceives by thought only.

Stefon☺: And then one or another parts of being seems to imply a lopsidedness.

Frieda: Yes, I think the concept is...

Frieda: intellectually clear, so with one brain, but I think it would be helpful to have, like, very, um, just, like, examples, very, uh.

Frieda: Yeah, examples of what could be a situation where.

Frieda: All my three brains are active together.

Paul: Well, when we were reading through that part with when he's specifically when he's talking about how.

Paul: There's a third of people die, you know, in thirds with having one, this imbalance.

Paul: You know, because one of their bobbin candlenauts dies, like, one center dies, and the other two centers go on, and he's talking about this imbalance. I thought about, um, from a work point of view, um, the movements.

Paul: We often talk about the movements in terms of that's like getting all of the centers kind of like going, you know, at the same time in a way in which.

Paul: my thinking center can't ruin it, because the thinking center really... I can sit here with my thinking center and play games and say, oh yeah, I'm getting my emotion... winding up my emotions, or I'm gonna get my... you know, but I don't really know what I'm doing, and if I just go exercise, you know, that doesn't, like, really get the...

Paul: Um, the moving instinctive necessarily going, but, um, something like the movements kind of attempts to, like, in this sort of meta way, kind of, like, bring this harmony in between, uh.

Paul: the centers.

Robin Bloor: And the reader, if you read the beginning of the book.

Robin Bloor: The second page, I think it is, he tells you how to read the tales.

Robin Bloor: And he says, the second way of reading, to read it as if out loud to someone else.

Robin Bloor: When you actually read something out loud and you pay pay attention to the audience you're reading to.

Robin Bloor: Three centres work together.

Robin Bloor: You have the moving center. The moving center governs not just the breath, but also the movement of breath across the vocal cords.

Robin Bloor: And it's necessary, of course, for you to be making, uh, well, for you to be reading out loud, you're making noise, um, in a structured way over the vocal cords.

Robin Bloor: At the same time, you actually have to, in one way or another, consider the audience. So you're trying to give a tone of voice to the reading.

Robin Bloor: that is...

Robin Bloor: maximizes, let's say, the emotional impact of the reading. At the same time, your thinking center, it's necessary for it to parse the words that are on the page.

Robin Bloor: So the thinking center is working.

Robin Bloor: And it's passing information to the moving center for the sake of the vocal cords, and the emotional center is intervening to make it sound.

Robin Bloor: Um, as though Vanya's reading it.

Frieda: Thank you, that's a good example.

StefonⓈ: Recently I remembered from somewhere an exercise to call remembering the self is where every hour.

StefonⓈ: To put on your, uh, clock or, you know, phone, that...

StefonⓈ: to be notified every hour and it's an appointment.

StefonⓈ: And the appointment is, is when that hour is up, for whatever amount of time the capacity can hold, I brought it up to five minutes and then six minutes to punish myself 'cause I wasn't focusing, you know, clearly.

StefonⓈ: Every hour, to stop everything.

StefonⓈ: Stop everything I'm doing.

StefonⓈ: Just pause right there.

StefonⓈ: And just be.

StefonⓈ: And somehow, what we're talking about in the question you asked, Rita, it's an amazing experience that happens, and the more I do it.

StefonⓈ: I've really experienced, though I'm in a different place.

StefonⓈ: It's just amazing. I'm still here, I'm still in the garden, whatever I'm doing, but just letting it go.

StefonⓈ: and taking that pause, and it's called remembering the self, just centering the self, it is amazing to where, after a while, I would be setting it for 3 hours or 4 hours, you know, in a row, and I would be like.

StefonⓈ: Well, why isn't it time yet? I started to long for the experience of stopping everything and simply being.

StefonⓈ: And let it resonate.

StefonⓈ: and experience.

StefonⓈ: Resonating from within, without associating.

StefonⓈ: With this or that.

Paul: And I think, Stefan, you know, I heard somewhere that Gurdjieff used to say that you have to make an appointment with yourself.

StefonⓈ: Yep.

Paul: You know, it's not... sometimes it's not enough to just say, okay, I'm gonna try and remember myself whenever, you know, today. It's like, set an appointment for yourself. If not set an alarm like that.

Paul: You decide on the time, you decide on a certain time, and then your mind, just because

you...

Paul: Uh, in my experience, I've tried this, where I just say, okay, 7 p.m. tonight, and then just because I've made that commitment to myself, 7 p.m.

Paul: It'll come back to me. Maybe not at the exact time, but a little bit before or a little bit after. I'll remember. Oh, yeah, I said 7 p.m. That's my cue to to come back.

Paul: So another, another passage that stood out to me, which maybe this is related to the Bob and Candlenoss, it is. He also says.

Paul: Um, this is in...

Paul: The passage 29, 179.

Paul: Where he says, the bobbin candlesticks formed in their separate.

Paul: Being brains are not used up as they are among the other beings there, but their common presence acquires the possibility of existing.

Paul: much longer than the other three brained.

Paul: beings there.

Paul: And... and I thought of the things that we do in the work that...

Paul: have the effect of slowing things down, like just, um, the act of trying to remember.

Paul: remember myself. There's sort of a slowing and a stopping of everything that's... that's going on. You know, if you practice meditation, it's a total slowing, slowing of the breath, slowing of the, uh, you know, the... the heart... heart rate and everything, and...

Paul: And, and the various things that we do that, that literally, it literally just physically slows down the unwinding of the, the bobbin candle, the bobbin candle moss.

Paul: Like, like a watch. I think about this a lot because I recently.

Paul: I found an old watch.

Paul: from my father, right? And so this watch is, like, from the... it was an old Timex from the 70s.

Paul: And, um, it didn't work at all, and, like, the hand had fallen off on it. And eventually, I took it into a... a watchmaker to ask them if they could...

Paul: if they could fix it and get it running again, and get the hands back, like, the minute hand had fallen off inside. They got the minute hand on it, and she said, but we usually don't go inside and work on these, because there's not much you can do at that point, but she wound the thing up, and it started going again.

Paul: I was like, wow, it takes a licking, it keeps on ticking.

Stefon☺: I have to hear it.

Stefon☺: It reminds me of a, from a movie, the candle that burns twice as bright burns half as long.

Stefon☺: You know, we burn ourselves out sometimes.

Paul: What, is that, is that movie, uh, Battle Beyond the Stars?

Stefon☺: No, I think it was, I'm not sure. I think it was way before all those, you know, all those sci-fis, you know, heavy duty.

Paul: Okay.

Stefon☺: there.

Stefon☺: It makes perfect sense.

Paul: It's a good saying.

Stefon☺: The turtle lives longer. The turtle lives, like, 200 years sometimes. I mean, Darwin's turtle just died 180-something years later.

Stefon☺: So I'd rather be a turtle than a fox.

Stefon☺: It's like you go slower and you perceive more, you experience more, and that's the whole idea with the appointment. It just makes you... it's a dedicated time.

Stefon☺: to stop doing and experience being.

Stefon☺: It is phenomenal.

Stefon☺: And accumulatively, it starts adding up.

Stefon☺: To where sometime in between the appointment.

Stefon☺: I have this sense of presence in where I am, and I'm not where I'm going, which I never get where I'm going.

Stefon☺: But I always am where I am.

Stefon☺: But seldom do I experience it.

Stefon☺: So seldom do I embrace it like when I just set a dedicated appointment.

Stefon☺: to let go of what I think I'm thinking or thinking I'm doing.

Vanya & Ekant: I was thinking that...

Vanya & Ekant: He gives basically very precisely.

Vanya & Ekant: certain things which.

Vanya & Ekant: we should not do. Basically, he's not, like, saying, uh, do this and that. He's, uh, giving examples what uses up.

Vanya & Ekant: The Roland Kandelnost, like reading newspapers and magazines. Books. And

books. Except of Robin's books. Except of Robin's books, of course. And of course of his books. But like, but like.

Stefon☺: Yeah.

Vanya & Ekant: Romano, you know, like stories or novels or whatever.

Vanya & Ekant: And that uses up the syncing.

Vanya & Ekant: Part.

Vanya & Ekant: And about the feeling.

Vanya & Ekant: center he's also giving.

Vanya & Ekant: I think so in the next chapter he's saying more about art.

Vanya & Ekant: But, um...

Vanya & Ekant: He's giving also...

Vanya & Ekant: A hint with a psycho. How do you say psychopathy?

Vanya & Ekant: that...

Vanya & Ekant: Basically, in all this, which we can also basically see in, um, psychotherapy, that people go years and years and years, and they go through all the same feelings again and again and again.

Vanya & Ekant: So, that...

Vanya & Ekant: Not only there, but...

Vanya & Ekant: I can also see that very strongly in myself, that certain things just get triggered, and the same old song goes on in my feeling center, and I feel alone, and I feel this, and I feel that.

Vanya & Ekant: And it's really abnormal. There's nothing.

Vanya & Ekant: There's nothing which.

Vanya & Ekant: It doesn't make sense at all. It's...

Vanya & Ekant: Yeah, and, and, and...

Vanya & Ekant: the only thing that helps me is to get the other two centers stronger, so that this, in this abnormal way, when it... when my feeling center works in that abnormal way, that the other two centers are stronger, so I have a two against one situation that can bring me back, or I have a kind of.

Vanya & Ekant: Of course, it brings me back always.

Vanya & Ekant: But this is something which is really difficult, I find. But he's giving, he's saying it so clearly, so it's...

Vanya & Ekant: it's sometimes much harder to drop something than... I'm always asking, what

should I do, what should I do? But it's not what should I do, it's basically what I should not do.

Vanya & Ekant: What I can leave, what I can drop.

Stefon☺: I'll share my first commandment with you. Thou shalt not dwell in that which is not swell.

Stefon☺: Do you know, you get it in German too?

Vanya & Ekant: Hello. Say it again. Say it again.

Stefon☺: Okay, to dwell on... to dwell on something is to think about it a lot, to... to get... like you said, you get sad, and then you just get buried, right? Okay, so there's... thou shalt not... so I'm making it like a Bible, you know, a commandment.

Vanya & Ekant: Yes.

Stefon☺: Thou shalt not dwell, right, brood in something.

Stefon☺: that is not swell. And swell comes from this kid in Dennis the Menace. Swell means just great. Everything is nice. He used to make everybody crazy, and he always used to say, gee, that's swell.

Vanya & Ekant: Yeah.

Stefon☺: And that's what, you know, it means everything is good. Wow. So thou shalt not dwell in that which is not.

Stefon☺: as well. So when I catch myself, I say, well, let me step out of this mud. You know, these are just little things. They help with the work.

Vanya & Ekant: Okay.

Stefon☺: But one thing I noticed, too, is that I call it an undercurrent. Like you say, it just pops up.

Stefon☺: you know, it just comes up. It seems like it went away, but then it pops up. Robin brought up a good point in one meeting, which brings up a lot of good points, is to... there's open loop and closed loop. It means that it's something I haven't processed yet.

Stefon☺: Because I moved so fast, I didn't... so it's there always. So, for me, I'm trying to look at it. Not to be sad, but to examine, why am I thinking like this, and it's an imprint from my childhood, usually.

Stefon☺: You know, through something that was happening to me and it's still alive. And every once in a while it jumps up and takes over. If I don't, unless I don't let it.

Vanya & Ekant: Mm-hmm.

Vanya & Ekant: Yeah, I guess that's why these sensation exercises which Kurdiv gives us are very...

Vanya & Ekant: Meaningful also to to bring something in.

Vanya & Ekant: The perception which is real and which we can access everywhere, no matter where we are.

Vanya & Ekant: So this is also something which is.

Vanya & Ekant: Which is helpful. No, it brings the body in without doing. Yes. Yeah, the question of Frida is really a very central question. Yeah, how we... how can we...

Vanya & Ekant: Beside it, understanding the concept, how can we really in...

Vanya & Ekant: almost every moment be more more harmonized in our.

Vanya & Ekant: actions and in our being. Yeah. And.

Vanya & Ekant: When we do...

Vanya & Ekant: Then the body is there. Yeah. Then we could say, okay, when I do something, I have just to be mindful that the intellect is also active. So I have to watch and to see and to think maybe and to plan and to observe what I do.

Vanya & Ekant: And of course there has to be a certain emotional quality. Yeah. Not.

Vanya & Ekant: just excitement or joy or soul. No, a certain intensity, a certain meaning. Whenever I have the feeling that what I do has meaning in this sense, my emotional center is somehow there.

Vanya & Ekant: Yeah. So when we do, it's not, it's, it's a little bit easier. Yeah. But also the problem is usually that in doing, we are so much, so easily identified and then lost and then.

Vanya & Ekant: there is nothing, and no one who has has at least the idea of regulating something. Yeah. And the other thing is when there is no doing, then this sensing, this keeping a connection.

Vanya & Ekant: the body, or what Robin gave as example, to the sound of my voice, or to my... to my bodily attitude, which I just have, to the body tension, which I have now when I...

Vanya & Ekant: Leaning a little bit forward to be closer to you, knowing that you are so far away.

Vanya & Ekant: Yeah, and of course, always... Okay, Paul.

Vanya & Ekant: See you, see you later.

Vanya & Ekant: Yeah, and with everything to have a certain emotional quality in it, and I think this is one of the most difficult because usually we assign to emotional quality.

Vanya & Ekant: a certain... Like or dislike. Yeah, like or dislike, or a certain emotion, yeah. But it is not always a strongly...

Vanya & Ekant: identified emotion, it is more a certain kind of... of engagement, a certain kind of being behind what I'm saying, and what I said to... to have the feeling that what I...

Vanya & Ekant: at the moment do, or say, or think, it has meaning to me. This is, for me, a key to...

Vanya & Ekant: Yeah, to realize that I'm also emotionally there.

Vanya & Ekant: So this is a very good and basic question, and I think we can talk a long time about it to get more clues and more ideas, and everyone, I expect, has his own.

Vanya & Ekant: means to try to do this and also experiences which are partly on the positive side to say, ah, in this moment there I had it. Or on the negative side, very many things to say, oh, I realize very easily.

Vanya & Ekant: That there, this quality was missing very, very clearly.

Stefon☺: Hmm.

Frieda: I just thought about choir singing.

Frieda: that I do believe there, I can get there, because I'm bodily active, like Robin described, through singing, and standing, and breathing, uh, rightly, and holding the tension.

Frieda: And I'm also, uh, intellectually engaged, because I have to sing the right notes, I have to count, I have to think about when do I... when do I breathe, and so on, but if I'm not...

Frieda: singing with emotion, then, yeah, it's also, uh, not so enjoyable, I think. Not for me, and not for, uh.

Frieda: listeners, so I thought maybe that can be... Hello, Eva!

Frieda: Maybe that can be an example where I can practice this to harmonize the three centers.

Stefon☺: Do you feel the Spirit?

Stefon☺: Frida in the gospel, you know, when you're singing it, you know, the spirit of it.

Stefon☺: That's one thing that's associated to gospel music.

Frieda: I'm not singing gospel, I'm singing in a choir, but it's not... no gospel choir.

Stefon☺: A choir. Oh, it's just a regular choir. Oh, okay. But you can still feel the, uh... you know, the spirit of it. A part of us that has nothing to do with the mind is...

Stefon☺: do you know what I mean when I say the spirit of it? You know, it's like, ah, it's when all the centers, I think, are connected, I think then the spirit can be...

Stefon☺: um, experienced.

Robin Bloor: That's very good, Frieda.

Stefon☺: Maria Khan.

Robin Bloor: To have had that thought because it's.

Robin Bloor: It's one of the things that's disappeared from life. It's not many people singing choirs anymore.

Robin Bloor: It's, um...

Robin Bloor: It used to be...

Robin Bloor: I mean, maybe 100 years ago, maybe even longer, but it used to be that everybody went to church, even if you wouldn't really believe in anything.

Robin Bloor: And one of the things was that people would sing in church and they would sing.

Robin Bloor: And, um...

Robin Bloor: In England, in the west of England.

Robin Bloor: Uh, about 800 years ago, they had a perpetual choir, one that sang all the time. People would come and go and...

Robin Bloor: 24 hours a day.

Robin Bloor: Every day of the week, every week of the year.

Stefon☺: Wow.

Robin Bloor: And the choir was just supported by the local community, and people would just come and go during the day, so it never stopped.

Vanya & Ekant: Yeah, I also, I even remember my, my grandma's telling.

Vanya & Ekant: stories from their childhood, when the work was over, or it was weekend, and they had free time. They gathered around the family and friends, then when they were wandering around, so to keep the body, and singing. Yeah, they were making music, singing in the evening.

Vanya & Ekant: to having... having a kind of... kind of... of party, and... and... there was no radio, there was no television, there was no...

Vanya & Ekant: YouTube, whatever. Yeah, they were just making music by themselves. I think this is a big loss.

Stefon☺: Yeah.

Vanya & Ekant: Not just in organized choirs, but also at home.

Vanya & Ekant: And I realize how hard it is. We try it sometimes to introduce a little bit of it, but it is, it's really not so easy to, to bring it back to life.

Stefon☺: Yeah, we've gone so far from it. And maybe not spirit, maybe if I use the word joy.

Stefon☺: Yeah, there was a thing I saw, a very interesting documentary, where they said that the, uh, the state of the Catholic Church.

Stefon☺: in the United States was very flat. People didn't feel anything, they just read the book, and he actually saw that it was the people from down south.

Stefon☺: in the churches that they had, that they sang gospel. And when they sang.

Stefon☺: They brought emotion.

Stefon☺: to it. And he said that this was saved.

Stefon☺: the Catholic religion, literally. And I could see that. Because if I go to a church, and I don't hear any music, and I don't feel any uplifting joy.

Stefon☺: it's just like going through a book, and it's fire and brimstone, you know, ***** through the Bible and knowing all the verses.

Stefon☺: But not experiencing.

Stefon☺: The joy. And when you say emotion, Eckhart, I'm just spot on with that, because I think that's what makes me unbalanced. Whenever I don't have emotion.

Stefon☺: In my experience. I don't mean emotional feelings, I like this, I don't... just is grabbing with a different set of hands.

Stefon☺: and holding and caressing, caressing up with my being, like my heart, with the hands of the heart, I might say.

Robin Bloor: So, from now on, instead of people giving their opinions, people have to sing their opinions.

Stefon☺: It's very easy to confuse somebody sharing their experience.

Robin Bloor: Sing it! Sing it!

Stefon☺: Okay, it's very easy for somebody to confuse somebody stating their opinion when they're actually stating their experience.

Vanya & Ekant: This was beautiful. Beautiful.

Stefon☺: Two different things. One is music and the other one is plot.

Sandy W: And yet, is there a difference between experience and opinion? There must be, but I don't always see it. And I must say, you won't always like to hear me singing.

Sandy W: I think I've told this story before. When my father was dying, I was singing some hymn to him.

Sandy W: And he roused up enough to say, Sandy, shut up!

Stefon☺: Let me die in peace.

Sandy W: That's true!

Sandy W: And I tried it again at his funeral when they were laying him in the ground, and all my brothers and sisters got up and said, Sandy, shut up!

Stefon☺: Wow.

Barbara Pennock: You made an impression.

Sandy W: Yes, I did.

Vanya & Ekant: Traumatic impression.

Vanya & Ekant: Yes.

Stefon☺: I have it, girl.

Sandy W: You know, there... there are people who stutter, who don't stutter when they sing, and some very famous singers, uh, that I recall that do that, so singing really does do something.

Vanya & Ekant: Mm-hmm.

Stefon☺: Oh, yeah.

Sandy W: In thought and emotion.

Vanya & Ekant: Yeah, it's very amazing. Just a few attempts of ours. It's very...

Vanya & Ekant: very emotional quality.

Stefon☺: I had a girlfriend once, and one day she told me.

Stefon☺: you're not singing anymore. Because, you know, when the music would be playing, and I was sad, I was going through something in my life, and it registered.

Stefon☺: But she noticed it. She said, you don't sing anymore.

Stefon☺: the joy. I was caught up in things and, you know, submerging myself. It's very... this is an interesting thing, because it's giving us something.

Stefon☺: to put clothes on emotion. You know, we know what the mind is, intellectual, but emotion.

Stefon☺: Not emotions and feelings, but that part of us that senses instinctive and intuitively.

Stefon☺: That's connected in a way that's deeper.

Stefon☺: than just when the mind got it all figured out.

Barbara Pennock: Can any of us whistle?

Barbara Pennock: Oh, Sandy, let me hear you whistle.

Sandy W: Okay, can I whistle? Well, I whistle to red all the time, you know, it's...

Stefon☺: Uh-uh. I'm not hearing it. No, no, Frank.

Vanya & Ekant: I think Zoom cut it out. Zoom is filtering out. It was also whistling just now. Yeah, we can't hear it.

Barbara Pennock: Yes.

Sandy W: It's much better outdoors. And, and I can, I mean, uh, I can really get going, like, at night, and, uh, whistling, uh.

Sandy W: Uh, show tones, hymns, and uh...

Sandy W: Classical music. So that's really kind of fun going through the neighborhood and doing that and wondering if anybody's being disturbed. And I hope they are.

Barbara Pennock: That's inspiring. I really like that.

Vanya & Ekant: Yep.

Barbara Pennock: Not many people whistle these days.

Sandy W: Well, my sister used to tell me something about, or my mother used to say something about, uh...

Sandy W: A whistling woman is a bad thing, so not encouraged.

Vanya & Ekant: Whoa.

Sandy W: By the way, Stefan, I really like that, thou shalt not dwell on that which is not swell. I'm trying to memorize it, my memory's not that good, and I did write it down, but that's a good one. It's a keeper.

Stefon☺: Yeah.

Stefon☺: It's funny, something's going on, I see it, and then something formulates, like you're talking about, Vanya, you know, well, what do we don't do?

Stefon☺: If I don't do what I'm not supposed to be doing, I'm closer to what I should be doing. But I'm never one to say, this is the right way, go this way, do this. I never did that. So I went the backwards. I found out the don'ts.

Stefon☺: And didn't do the don'ts.

Stefon☺: Which is very helpful.

Stefon☺: Thank you.

Stefon☺: But it's nice, just talking about this, you notice how something in us is uplifted?

Stefon☺: Just talking about it. Imagine incorporating it on a deeper sense.

Stefon☺: You know, within ourselves. If I'm not enjoying the work, if I'm not enjoying life, something's wrong, you know? So, a byproduct of it should be enjoyment.

Stefon☺: I mean, I know everybody say, I'm not here to become a better person. Well, please, you know, stay like you want, but enjoy.

Stefon☺: That's the... you know, that makes you slow down, too, when you're enjoying, you don't want to rush it. You want to enjoy it, savor it.

Stefon☺: I call it the eternal moment.

Stefon☺: When you stop and live for a while.

Stefon☺: The eternal moment.

Barbara Pennock: That's good.

Sandy W: Well, I do wanna ask a question, maybe one or two, but, and you've kind of talked about it earlier, but in 29182, I'm wondering.

Sandy W: The mine shop England is mentioned here, but it's not mentioned in the English version. It's just implied.

Sandy W: England. I thought that was, uh...

Vanya & Ekant: Mm-hmm.

Sandy W: That might have led to, like, Bobby's first question of, uh...

Vanya & Ekant: Mm-hmm. Yep.

Sandy W: English vodka, Russian vodka.

Vanya & Ekant: Yeah, it's in the German version. It's more clear than in the English version. I also found it.

Sandy W: No.

Sandy W: And there were a couple other things, too. I thought, uh... it says an awful lot about Bob and Candle Noss that just made me think of, uh, Ekon's, uh, exercise this week, and, uh...

Sandy W: Frida's very excellent beginnings with the Iran SAM.

Sandy W: What's the ransom again? Oh, yeah, the ransom key.

Sandy W: You're on some palt

Sandy W: And the definition of it, not to give oneself up to those of one's associations resulting from the functioning of only one or another of one's brains.

Sandy W: When he does those little dashes between sentences, I do tend to make them a little sing song. Does anybody else?

Vanya & Ekant: I didn't get the rest of what you said. When he makes the statue?

Sandy W: It's 29 174. Anytime he's using dashes between words.

Vanya & Ekant: Yeah. Mm-hmm. Yeah.

Sandy W: I tend to run them together almost, uh...

Sandy W: Not like one great big long word, but almost as a kind of a sing song.

Vanya & Ekant: Mm-hmm. Mm-hmm.

Sandy W: And I also, uh...

Sandy W: was curious about what to make about the ringers, the wrestlers who, uh, wore themselves out so they couldn't exist more than 49 years up around 29161.

Vanya & Ekant: Mm-hmm.

Vanya & Ekant: Yeah, this 49 also fell into my eyes. We had this number a few times before. I think people using atropine also die before they are 49, and I think even another.

Vanya & Ekant: Another part also uses this number.

Frieda: And I mean, it's 7 squared.

Sandy W: Oh!

Sandy W: Yes, indeed. I wouldn't have thought of that. Thank you, Rita.

Vanya & Ekant: And not even the half of 100. Yeah. Not just the half

Sandy W: And Sam, 7 is the, uh...

Sandy W: Magic number in Richa.

Sandy W: So seven squared, that's really significant. I think, Freed, that's something.

Sandy W: my mathematical brain is not up to, but I will certainly think of it as something pretty special and kindness.

Stefon☺: In the company, if you have 49%, the person that has 51 has the controlling interest.

Stefon☺: So that one point makes all the difference.

Vanya & Ekant: Robin, as you are our

Vanya & Ekant: source of

Vanya & Ekant: Knowing everything is in mechanical watches something like what he calls regulator is that I'm not really very familiar with mechanical watches or is this something which he invents to

Robin Bloor: Yeah, and there's a regulator in terms of the ability... see, what you can do... well, what you have to do with a mechanical watch, mechanical clocks.

Robin Bloor: Is you absolutely have to you're putting an attention in.

Robin Bloor: Uh, and the tension is going to gradually unwind, so there's normally a cog.

Robin Bloor: Which goes like this.

Robin Bloor: And the resistance of that cog determines how fast something unwinds.

Robin Bloor: And it's called the regulator.

Vanya & Ekant: I saw it in the mechanics, but I did not know about this concept, because he says when we change this regulator with the same tension of the spring, we can.

Vanya & Ekant: multiply or prolong the period, or even use it up much, much, much faster. This I was not aware of.

Robin Bloor: Yep.

Vanya & Ekant: So what would be that regulator in our inner?

Vanya & Ekant: The eye.

Frieda: Now, wouldn't it be this, that you start, uh, not having, not giving yourself to associations that stem from only one brain, but start having more harmonized associations? Because if you do it like all normal people do, you use up one.

Vanya & Ekant: Oh, yeah. Yeah.

Frieda: Bob in Candlemoss, and then you die.

Vanya & Ekant: It's basically this Iran Samhalt, no? Iran Samkhi PFC. So, no sport, no vodka.

Frieda: Yes, I would say.

Frieda: We're reading.

Vanya & Ekant: What else? No newspapers, no reading meaningless books.

Frieda: No books?

Sandy W: No reading, no altruism.

Sandy W: No altruism.

Vanya & Ekant: No altruism? Yes.

Frieda: I also found that interesting that he explicitly names altruism.

Sandy W: Right.

Sandy W: I'm not handing out dollars to the beggars at the stop signs anymore, are you?

Vanya & Ekant: Yeah.

Vanya & Ekant: What is the meaning of altruism?

Vanya & Ekant: I mean, I know what it means, but...

Frieda: Yep.

Frieda: Rebtslosig keit, dass man alles noch fur Andertut.

Vanya & Ekant: Yeah, that's why I think we're going to add two more logos.

Sandy W: Good question. Go to our Bobby.

Sandy W: Altruism, Bobby.

Stefon☺: You got that Robin look at the beginning of the meeting. That's the only time I see Rob. He's downfounded, working with the computer. You just had that look, Barbara, when he asked you that.

Barbara Pennock: So you care for someone... you care for someone selfish, concerned for another, but then you put yourself in a secondary...

Stefon☺: Out to it.

Barbara Pennock: Position.

Stefon☺: Did you mean selfless?

Barbara Pennock: Yes.

Stefon☺: I didn't hear it. Selfless. Right, right.

Barbara Pennock: Yes.

Vanya & Ekant: And this is also the etymology.

Vanya & Ekant: of altruism.

Barbara Pennock: I think it did come from the etymology.

Vanya & Ekant: Etymology. Okay. Etymology.

Robin Bloor: It comes from alter. It's from the Latin word for other.

Barbara Pennock: Mm-hmm.

Vanya & Ekant: Mmhm.

Robin Bloor: It's to care for the other rather than to care for yourself, but the problem with altruism.

Robin Bloor: is, um...

Robin Bloor: In one way or another, it's normally false. You don't really care for the other person. You need to.

Robin Bloor: Make yourself look good. It's like Bill Gates, having become the richest person in the world, decides that he's going to give all his money away. Well, you know.

Robin Bloor: He didn't give any to me.

Barbara Pennock: Is it a form of inner consideration?

Robin Bloor: Yeah.

Frieda: I also thought of inner and outer consideration.

Frieda: But that's ... I do think ...

Frieda: to do outer consideration, you, um, cannot be identified with yourself, and I would say if you practice altruism, you are identified either with yourself or with.

Frieda: the supposed good you are doing.

Vanya & Ekant: It was an idea. Mm-hmm.

Stefon☺: As in the Orient, they say the receiver of the gift.

Stefon☺: For them not to know who gave it.

Stefon☺: It's to do something and not put your name on the building. It's to do it with no recognition, just for the doing. This is... everything else is something else. You know, when you're telling people, I did this, or I did that.

Stefon☺: No, it's almost like it's a secret.

Stefon☺: It just came from heaven to the person that received it.

Stefon☺: They don't know. That's the branch of altruism, I would say.

Stefon☺: The tree.

Stefon☺: That's what grows from it.

Vanya & Ekant: I find it not so easy when we assign this concept of altruism to what we just said, to being very identified or doing something to be recognized. Then it's clear, but I think.

Vanya & Ekant: It is not just this, yeah, and somehow many things which are.

Vanya & Ekant: visible in altruism are.

Vanya & Ekant: actually values which Godiv assigns to being a good human, somehow. So it's not just black and white, yeah? So it is also a little bit of provocation to think, really, about.

Vanya & Ekant: What is meant here, not just to say our altruism is meaningless or so. Yeah, I remember good the saying to be a good

Vanya & Ekant: Altruist, you have first to be a good egoist here, but this means the final goal is to be an altruist. But somehow it's something we have to be careful with.

Frieda: Maybe the difference is just that if you practice altruism.

Frieda: before working on yourself.

Frieda: You lose yourself in it. You're not there. You're.

Frieda: identified with something, be it your own. It doesn't have, because I do think there are people who are very altruistic without wanting praise for it, but it's more like they can't care for themselves.

Frieda: they are not able to care for themselves, so they care for other people, but then they neglect this themselves. So, and I would say maybe that's the difference, that if you have worked on yourself, and you reached a certain stage where you have an eye, or where you.

Vanya & Ekant: #NAME?

Vanya & Ekant: #NAME?

Frieda: Do, have some.

Frieda: Some part of you that's always, um...

Frieda: there to watch everything, then you can be altruistic, and then it wouldn't be...

Frieda: Bad because you're not losing yourself through it.

Sandy W: That's a really good point.

Stefon☺: In America, they have a bunch of issues that's called codependent.

Stefon☺: is when you're depending on somebody that's depending on you. So you find somebody that has a lot of problems, so they need you. They don't need you, they need you. So when you're taking care of them, it gives you your role.

Stefon☺: that you're taking care of somebody, but you gotta have somebody that's worse off than you. This is... these are other things. I think altruism is just on its own self, is what the meaning said. You know, caring for others before the self.

Stefon☺: At a certain point. Um, you know, I experience it sometimes, just walking down the street in the city. You see somebody, an old person, and they look like they're having a hard time, and just, uh, just do something for them. You know, and just say, hello, something's telling me to do this, is it okay?

Stefon☺: And then they look at you and they smile, and that's it.

Stefon☺: That's it, you don't know them, they don't know you, but something happened.

Stefon☺: That didn't happen in their life before that minute, that second. That somebody not only thought of them, but lent themselves to their situation.

Stefon☺: In passing.

Stefon☺: And there's plenty of... plenty of opportunity... helping somebody on the bus, you know, cat... it's just... oh, it's so many people, and I pray...

Stefon☺: To be able to always be on time.

Stefon☺: And I think about it later. Why didn't I extend the hand?

Stefon☺: It's a whole different... it takes you out of yourself, and it doesn't make me feel any better, but at that instant, something happens, almost like when you're singing in the choir.

Stefon☺: or your singing period. Something happens when we do things for other people just for doing it.

Stefon☺: Nothing attached to it. It makes my arms longer.

Stefon☺: Makes my heart...

Stefon☺: Feel.

Stefon☺: with a stronger beat.

Stefon☺: It's phenomenal.

Robin Bloor: The paragraph here.

Robin Bloor: Here, by the way, it is very interesting also to notice that the one-third death.

Robin Bloor: through the feeling center occurs among your favourites, also thanks to one very peculiar form of psychopathy.

Robin Bloor: called their altruism. So how is it a psychic disease?

Robin Bloor: Is the question

Vanya & Ekant: Hmm

Robin Bloor: Uh, and the answer to you, you aren't in a position to help someone else unless you are already, uh, already you have a command of yourself, so...

Robin Bloor: The identification with the plight of others.

Robin Bloor: It's just, it's just that it's just a straight identification.

Robin Bloor: And, um...

Robin Bloor: It's not that healthy. I know various people in one way or another have.

Robin Bloor: Let let's say.

Robin Bloor: Thought it was necessary for them to be part of some kind of charitable something or other, you know.

Robin Bloor: But I don't think that makes any sense at all. I think it's... I mean, I think Stefan's right. If you can do something for someone.

Robin Bloor: That's actually genuine altruism if you're in the position and have the power.

Robin Bloor: To do something that's genuine altruism because.

Robin Bloor: You are capable of doing it, and there's nothing false about it, and you're not creating expectations of dependency. You're just addressing a specific need.

Sandy W: He's also right about, uh, that let not your right hand know what your left hand is doing in those situations. He ref... Stefan referred to an older Eastern saying, but that's the one I recognize from, uh, the Christian tradition is, uh.

Vanya & Ekant: I thought

Sandy W: when you do altruism, charitable acts, let not your right hand know what your left hand is doing. I know, Robin, you have given us another interpretation of that phrase, but that was one that always, uh...

Sandy W: Stood behind.

Sandy W: My intents were that they were, well, they always were sincere, my altruistic attempts, I think.

Stefon☺: Hmm.

Sandy W: If sometimes misplaced.

Vanya & Ekant: I thought even to apply or to think about the law of three in this circumstances could be helpful. I remember when I...

Sandy W: No.

Vanya & Ekant: started working with what Osho was saying. He said always, before you can, in a relationship, you can give something, you have to become.

Vanya & Ekant: He always distinguished between to be a beggar or, in Kaiser, an emperor.

Vanya & Ekant: Yeah. So he say, if two beggars wanting to give something to each other, there is nothing to share. Yeah. So before you can really give something in a relationship, you have to become an emperor. So you have to have something. And when I try to express it now with the law of.

Vanya & Ekant: tree whenever I feel somehow the urge or the need to help someone. So I have to be observant if I really have something which is somehow higher and could raise this situation.

Vanya & Ekant: And not expecting just to do something that something happens because then it just goes somehow or other down.

Sandy W: Really good point.

Frieda: And maybe also, because I think we talked about it, considering the third force, that Rudyev says we are blind to the third force, and in such a situation, I would say, principally, the one who gives is the active force, and the one who receives would be.

Frieda: the, the passive force, but where is, uh, um, the third force, and to consider that.

Frieda: Because, yeah, it has to be somewhere.

Frieda: Um, and maybe that, uh, could also help, not just to do something just for the sake of doing.

Frieda: Yes.

Sandy W: Oh, that's great for you to observe it while you're doing it and see if you can see where the forces are placed. I love that.

Vanya & Ekant: Yeah, they were.

Sandy W: Especially that, especially that third, fourth, blind, and uh...

Sandy W: Where is it?

Sandy W: uh, in an act of what I think is altruism, and I think I am the active force, and that person who is receiving is the passive force. That's almost an automatic, uh, expression of it for me, and uh...

Sandy W: I don't think that's necessarily right or true. I need to start observing it and see where it really is. So, very good observation, Freda.

Sandy W: Helpful to me.

Stefon☺: Hmm.

Stefon☺: Is it not the giver?

Stefon☺: Who receives the gift of giving.

Stefon☺: The other person receives the gift, but the gift of giving comes to they that give. So that's the third, you know, there's a thing, a giver, a receiver, but then something makes a full circle.

Sandy W: True.

Stefon☺: Because it's a joy.

Stefon☺: It's something very powerful that it's not just about me.

Stefon☺: It's not all about me.

Sandy W: And you gotta watch out for that, because it can become addictive, and it can become narcissistic and self-serving, too. And, uh, if you're not real careful, I think we see that.

Sandy W: in all kinds of, uh, situations. Maybe, maybe we'll say Bill Gates has that one.

Sandy W: Too much of it.

Stefon☺: When you're losing yourself for a long time and realizing you have to get over this whole idea of me, me, me.

Stefon☺: Right? One day I was on a bus, there was a lady waiting at the stop, an older woman.

Stefon☺: the bus driver stopped, and I saw her lips move, and she didn't get on the bus. And he looked at her, and her lips were moving, and he said.

Stefon☺: Go home.

Stefon☺: Go home. And I felt it, and the bus driver kept going.

Stefon☺: I, I felt terrible.

Stefon☺: Because I didn't get off that bus, because she probably forgot where she was. So, I'm tormented by more... not that I'm not a good person, or I want to be this or that.

Stefon☺: But when I lose an opportunity that something in the world is saying.

Stefon☺: that it needs something, and it's not a lot. It's just to be there. I'm sure if I got off that bus, she probably had IDs. She didn't know where she was.

Stefon☺: And she was just... she lost herself. Not like we say, losing ourselves. She was, you know... and... but we need to be there for them, because when we're not there for them, when I'm not there for them, I'm not there for myself.

Stefon☺: And I don't pay attention to what's happening with me. And what do I really need? Do I need to face myself and deal with an ouch?

Stefon☺: Or should I always be complacent with awe, how great I am, and how much I know?

Stefon☺: But it's more significant what I don't know and what I need to work on.

Stefon☺: Because that's accomplishing something. The other one is just...

Stefon☺: Blowing my own horn, as they say.

Vanya & Ekant: When we were at the beach today.

Vanya & Ekant: We had our two children with us, and from the neighbor of our caravan, there were also two children, so there were four children.

Vanya & Ekant: And I was a little bit concerned at the beach with the waves, and I was always going around the kids.

Vanya & Ekant: Saying, ah, take care here, take care there.

Vanya & Ekant: And.

Vanya & Ekant: Then Ekan said, no, don't worry, it's all fine, and he... and I said, okay, I go for a swim, and will you look for them? And what he did...

Vanya & Ekant: He was sitting down, just...

Vanya & Ekant: at the end of the beach just sitting there just being there and after.

Vanya & Ekant: Let's say 2, 3 min, all of the kids.

Vanya & Ekant: really, all four of them were sitting next to him at the beach, just being with the water, very, very quiet. It didn't take such a long time, then they, again, they were playing, but I was in the water watching them, and I thought.

Vanya & Ekant: So beautiful, if you don't do all the time, if it's just be there with them. That's what I thought, it's like the third force being there.

Stefon☺: Yeah.

Vanya & Ekant: Yeah, thank you.

Sandy W: By the way, Vanya, why is it so sunny behind you? I know it must be nighttime.

Vanya & Ekant: That wasn't...

Vanya & Ekant: We are in Portugal! It's not night time.

Sandy W: Oh, okay.

Stefon☺: Wow.

Sandy W: Nighttime for Frida, but not for you.

Stefon☺: Wow, nice.

Vanya & Ekant: Yeah, about altruism and helping others, I learned something very deeply from listening to one discourse of Bennett. He says once a sentence, he speaks about it, and he says.

Vanya & Ekant: To do good is something we have to pay for.

Vanya & Ekant: And this did make me wonder for quite a while. I understood it emotionally, but I had really to observe it.

Vanya & Ekant: This is one of my...

Vanya & Ekant: proving points, when I somehow expect to be recognized, or expect something, then it is not really doing something good. And also to accept that if I make really the attempt to do something good, which I intend.

Vanya & Ekant: to do then that it can cause some trouble to me and then not to be disappointed or make problems or so then to accept this. This is something which I learned from this.

StefonⓈ: The part where he's saying about don't associate yourself with people of one center or another that don't have their balance. And that's what reminds me just what you said. And then we also have a saying to put people in balance.

StefonⓈ: No good deed goes unpunished. Sometimes you do something for people, and they resent you for it. But if you're dealing with people as strangers, the hello, goodbye.

StefonⓈ: But if it's an ongoing relationship, sometimes you extend yourself to people, and they begin to resent you, because they think you think you're better than them. It's just all kind of... but they're not balanced, in other words. They're not three-centered beings. You understand that? They could just see it for what it is.

StefonⓈ: It is. Something in the ego messes up things in me and messes them up as I interact.

StefonⓈ: That's why I gotta go inside and clean. I'm cleaning out the garage, I'm cleaning out the closet. It's amazing how much junk I got. And then I think, how much junk do I have in my mind, in my heart?

StefonⓈ: let me put a little time into that. Let me get some very special garbage bags. But you see it. Every once in a while, I can see.

StefonⓈ: it, and that's the time to grab it. Not to, not to go, you know, to see it, and like Robin said, see and do.

Vanya & Ekant: I wanted to know, is England really famous for sports?

Vanya & Ekant: It's a provoking question, Robin.

Vanya & Ekant: No, I don't know this. Even more provocation.

Robin Bloor: It was the case, you know, historically it was the case that England.

Robin Bloor: In one way or another.

Robin Bloor: initiated an awful lot of the creation of sports bodies for the world.

Vanya & Ekant: Okay.

Robin Bloor: When the, um...

Robin Bloor: At the end of the Second World War, while the American.

Robin Bloor: Truths.

Robin Bloor: um or special.

Robin Bloor: A special, I know, division or whatever, special.

Robin Bloor: body of American troops went to capture all of the scientists in Germany that had worked on rockets.

Robin Bloor: The British had a special, uh, special troop to go and.

Robin Bloor: capture the record of the 1936 Olympics so that we could own the film.

Vanya & Ekant: Oh.

Robin Bloor: That really happened.

Stefon☺: Wow.

Robin Bloor: Stupid ***** Brits.

Vanya & Ekant: Okay.

Vanya & Ekant: Mmhm.

Vanya & Ekant: I have a question about paragraph 168.

Vanya & Ekant: where he mentions the cosmic law called.

Vanya & Ekant: Equalization of many sourced vibrations.

Vanya & Ekant: This is an interesting term, and I wonder if it is in relation to... we had it already a few times, that... I don't remember the exact name, but that...

Vanya & Ekant: vibrations of the same rate somehow collect to each other or form in the atmosphere different spheres so some somehow like this.

Stefon☺: I think it's called a collective.

Stefon☺: It's when everything collective.

Vanya & Ekant: No, no, no, it's called differently, but I don't remember how.

Stefon☺: Yes. Hmm.

Sandy W: Well, this is really an important thing. I've got a double headline on that one, because it says, all of our misfortunes, shortening the duration of our existence, and many other consequences.

Vanya & Ekant: something.

Sandy W: occur because we've not yet learned the existence of that cosmic law. And it's like, what is it? Equalization of many sourced vibrations. Uh, is he talking about the things that are coming

from the absolute?

Sandy W: from, uh, the other suns, from, uh, astrology, from other beings. So, uh, what is...

Sandy W: I guess I have to admit I don't know the equalization of many source vibrations.

Robin Bloor: Yeah, I don't know what it means. I've been thinking about it and I can't think of what it actually means.

Robin Bloor: Because it doesn't say...

Robin Bloor: What the word equalization means. Equalized in what way?

Stefon☉: It brings to mind Harmonize.

Stefon☉: Perhaps.

Robin Bloor: Well, if it was harmonized, he would probably say harmonized, but he's not, he's saying equalized.

Vanya & Ekant: Ecolite.

Stefon☉: Right.

Robin Bloor: And he's normally very specific about these things. And that would be okay, but what are you equalizing? Are you equalizing the frequency?

Robin Bloor: I mean, I'm guessing that that's what it's referring to, but it it doesn't.

Robin Bloor: It doesn't specifically state that.

Frieda: I thought it could be connected to this harmonizing of the associations of all three centers because.

Frieda: Maybe they are, like, they are, like, three different sources that send out impressions to us, and normally we just, uh, recognize one.

Frieda: at a time, or they are, like, out of balance, and if we equalize them, then we, uh...

Frieda: do what we said, then we have these associations from all three brains.

Frieda: I don't know, I somehow connected it to that.

Sandy W: Well, as you say that, I'm wondering, have we ever...

Sandy W: considered or talked about the idea of impressions as vibrations or slash vibrations. Are impressions vibrations? They're not a substance, are they? When we talk about.

Sandy W: forces and substances, and I always think of vibrations as, like, forces.

Sandy W: Energy.

Sandy W: Maybe I'm wrong.

Robin Bloor: Well, I mean, that itself is something that, in one way or another, actually has to be

studied, at least I think it has to be studied. It's...

Robin Bloor: In In Search of the Miraculous.

Robin Bloor: Good, you've talked about substances having a given density and a given vibration, and all different substances have their own level... their own density, measurable density, measurable level of vibration.

Robin Bloor: So the equalization.

Robin Bloor: of many source vibrations, one presumes is in in one way. It's like.

Robin Bloor: We have this, um...

Robin Bloor: Phenomenon in music between two notes, you get a beat, right?

Robin Bloor: Two notes that are close together get to beat because they're trying to equalize.

Vanya & Ekant: You must think about a technical acoustic equalizer. There you have a kind of.

Vanya & Ekant: I don't know if you ever used it. I use it quite often when I produce music. You have a kind of...

Vanya & Ekant: filter for several frequencies, so you can put up the level of every single frequency, or raise it down to harmonize, innovate the whole sound. Yeah, this is the musical, and.

Robin Bloor: Yes.

Vanya & Ekant: Maybe it has a little bit of this, or maybe the basic idea

Vanya & Ekant: What Frida says that we usually

Vanya & Ekant: put our attention just to one

Barbara Pennock: A lot of attention to that one.

Vanya & Ekant: of the sources of

Vanya & Ekant: impressions and equalization would mean we take down the level of this one source and raise the level of the others to have a more whole picture of of

Vanya & Ekant: What happens at the moment

Stefon☺: Maybe synthesized, but um.

Stefon☺: And what it's stirring within me right now is to see everything interconnected, to seeing the whole picture, as Sridhar pointed out, the three beings, applying that to it.

Barbara Pennock: The name of it is...

Stefon☺: And not just focusing on one corner.

Barbara Pennock: Yes.

Stefon☺: seeing how everything is interrelated, and everything is vibrations. I remember in the

hippie days, it was all about vibrations and aura, you know, people took a lot of LSD in those days, and they were like, you know, everything was like vibrations. That person has negative vibrations.

Stefon☺: And these things still exist. We affected by them, but we're not cognizant of it.

Stefon☺: that somebody's toxic, or somebody's being obnoxious. We're just like, I don't like... I'm not... I'm not comfortable with it, right? But to see the whole picture, this is what would happen to me, you know, coming to the groups here, is seeing the whole picture and not being affected as much.

Stefon☺: But still being able to hear the symphony.

Stefon☺: And not just the one instrument, but how all the instruments together.

Stefon☺: Make the symphony that has the, uh, the movements, or the, uh, the particular, you know, sonata, or whatever.

Vanya & Ekant: yeah he he gives somehow a clue when he says uh.

Vanya & Ekant: I gave you already the idea about this regulator of the clock. Yeah, I mean the regulator somehow.

Vanya & Ekant: regulates how intense the... this source of whatever of a force is working. And before he said, the only problem with the clock is that it has just one of these regulators, and we have.

Vanya & Ekant: three of them so in this sense we could expect that he means somehow to.

Vanya & Ekant: To make all the tree...

Vanya & Ekant: sources of impressions or of, of, uh, yeah, more, more equal.

Vanya & Ekant: Hmm. Yeah.

Stefon☺: Hey, great.

Stefon☺: Right.

Stefon☺: Fine tune our receptor.

Stefon☺: as we receive them, to be able to experience them on a deep level.

Stefon☺: That's where the emotion, like you said, it comes back in. The emotion almost helps the brain in a way to not to have overactivity.

Stefon☺: Without the emotion, the brain thinks they got everything.

Vanya & Ekant: It's very funny that he says it's so simple and obvious. It's so simple and obvious and we are not getting it.

Stefon☺: Yes.

Sandy W: Well, and we discovered it long ago, and often employ it practically, which is pretty odd. And then it gives us that mechanical watch again. We're back to the mechanical watch and the

regulators, and...

Vanya & Ekant: Thank you.

Sandy W: Uh, there's an, there's gotta be an allegory in that.

Vanya & Ekant: And then, a little later, he is saying that nowadays it's only possible, I think so, during what we call sleep.

Vanya & Ekant: Regulation.

Frieda: I mean, it would make sense, because during sleep, you are not actively thinking.

Frieda: Um, and, and the body is like in, in maintenance, uh, modus, and it's, uh, repairing itself and taking rest and, uh.

Frieda: Yes, but the head is not actively interfering, but obviously it's still...

Frieda: Gesteuert vom Gruhon. It's the brain is still a brain.

Vanya & Ekant: controlling.

Stefon☺: Active.

Frieda: Uh, controlling it? Um...

Frieda: But maybe it is, yeah, it is more equalized during sleep.

Barbara Pennock: That all three centers are more in passive state when we sleep.

Vanya & Ekant: Time for the exercise.

Robin Bloor: Exercise time.

Vanya & Ekant: Association.

Sandy W: Say that again, exercise what?

Vanya & Ekant: Exercise time.

Sandy W: Oh, oh, oh!

Sandy W: Oh, I see!

Stefon☺: Yay!

Vanya & Ekant: Very obvious.

Sandy W: I was hanging with Bobby in terms of uh.

Sandy W: Uh, passive and receptive being the same thing there. Yep, receptive.

Sandy W: Anyway, exercise time.

Sandy W: One, two, three, four.

Vanya & Ekant: No. No sports, Sandy. No sports, Sandy.

Sandy W: That's what I have for you today.

Sandy W: That's my physical Bob and Campbell in Austin.

Vanya & Ekant: That was good to be engaged.

Frieda: Yep.

Frieda: Yeah, I thought about it several times this week, and I came to the conclusion that my most used bobbin candlenose is, uh...

Frieda: um, quite obviously my thinking center, um, as I do tend to... yes, it's always rattling on in there.

Frieda: And I thought that some specific things I want to try to do less is, um...

Frieda: like, analyzing things that actually already happened, because I do tend to do that, like, I had a conversation with someone about it, and then afterwards, I think, like, ah, but I could have said that, and what if I had said this? And that's completely nonsense. It doesn't do any good.

Frieda: And another thing was like.

Frieda: worrying about something. I thought that maybe that is a combination from the thinking center and the emotional center. That, uh, yes, to worry about things that either haven't happened yet, or maybe will never happen.

Frieda: But just to stop worrying because it doesn't do any good.

Frieda: Yes, that were two concrete examples I came up with.

Vanya & Ekant: Yeah, that's also something I came up with when I'm now here in holiday. There's actually nothing to worry about right now. Except the key.

Vanya & Ekant: Except the key.

Barbara Pennock: Okay.

Sandy W: I thought about that yesterday.

Vanya & Ekant: But apart from that, there's nothing to worry about, and still I manage to worry, so I...

Vanya & Ekant: Every day. Every day. Every hour. So, but now, what I practiced, there's oftentimes the... the kids, um, get a little tired, and they want to read some...

Vanya & Ekant: Some books.

Vanya & Ekant: And when I... Comic. Some comic, yeah. And when we lie on the bed, one right, one left, and I'm reading out to them, then it's really... I try...

Vanya & Ekant: to, first of all, not to be identified with the content I read, because it doesn't really matter, and... It's about the Romans and the Greeks. Yes, it's about the Romans and the Greeks.

Vanya & Ekant: And to relax my body and just be with the kids at that time. So that is really something where I practiced.

Vanya & Ekant: Not to use up unnecessary.

Vanya & Ekant: Bobbin Candle asked.

Vanya & Ekant: And that's...

Sandy W: Well, I'm gonna tell a tale on you guys. Uh, Stefan doesn't know about the Keys from last year, and I do think about that every time I go to the beach nowadays, so I think you ought to tell him about the Keys.

Vanya & Ekant: Yeah, last year, Stefan, we were in Portugal too, and the day we... This place. This place. And the day we wanted to leave, we said, ah, let's go to the beach for one last time.

Vanya & Ekant: And a Kant was in charge of the car key.

Vanya & Ekant: And he decided to put it in his pocket, in his bathing... Clothes. Clothes.

Vanya & Ekant: He went into the waves, ah! And the... Freedom! Freedom! And he dropped the key in the ocean, so we had to stay 10 days longer or something, and it was a whole story around how we came back, and la la la la.

Vanya & Ekant: But he lost the key in the ocean last year. We are still hoping to find it this year. Yes.

Vanya & Ekant: Thank you.

Sandy W: Well, I know that was painful for you, but I love that story.

Vanya & Ekant: No, it's not painful. It's joyful. No, it's strange, but it opened a completely new aspect of life to us because when we were caught here.

Sandy W: Oh.

Vanya & Ekant: we needed the help of people here, then we got really friend to a Portuguese family without speaking any word of Portuguese, but the man he was, 30...

Vanya & Ekant: 4, 5 years ago in Switzerland, and knows a little bit of German words, not much, not as good as Sandy, but we arrived to have now really good friends, and it is somehow interesting to.

Vanya & Ekant: dive into a completely different culture somehow. This was my practice this week, yeah, because we understand really almost nothing. It's very hard to make an appointment with our friends and.

Vanya & Ekant: Who are our neighbors, when to eat together, when to whatever. Yeah. But, and, but I realized, and they have a completely different way of, of life and, and dealing with everything. And I allow myself really to subordinate myself in everything.

Vanya & Ekant: We eat what they serve. After eating, I drink coffee, which I never do at home. After the coffee, a little whiskey, which I never do at home. And the television is running in the background all the time. We never do.

Vanya & Ekant: And so, it has a certain quality which we almost never experience, and I... I'm amazed by myself, I have no friction with it, I really just let go, and I realize it gives somehow a very strong impulses on what we call being.

Vanya & Ekant: quality even it it might be not the highest quality being but it is very deeply being because there is no content to think about in the in the talks yeah and it's nothing much to do so it's really a dwelling on being yeah.

Vanya & Ekant: So it's this is this was my.

Stefon☺: Hmm. Hmm.

Vanya & Ekant: This is my, um, yeah, my exercise this, this week. Maybe.

Stefon☺: Hmm.

Barbara Pennock: A few days ago, I heard, it was either Thursday or Wednesday, and we were in conference here, and I heard the term next step.

Barbara Pennock: I heard Robin say the next step.

Barbara Pennock: And this has been form... a formatory thing with me, that in the profession I had, it was very important to see the next step, and to keep yourself motivated towards the next step.

Barbara Pennock: So even as I am now retired, I still have this form in my mind that where I am now, I'm going somewhere from here.

Barbara Pennock: And.

Barbara Pennock: It is my choice.

Barbara Pennock: And if I can't make the choice, then I rest a little while, and then I figure I'll make the choice then. But this next step has become a, um... a topic, a way of... that I have found that I can move forward.

Stefon☺: Hmm.

Stefon☺: Worrying has been a major...

Stefon☺: for my whole life, and anxiety, and sometimes I actually thought.

Stefon☺: That when I worried about something.

Stefon☺: I made it work.

Stefon☺: that that worrying actually had an effect, that I needed to engage in this thing.

Stefon☺: Or else I was being unrealistic. So, fast forward many decades.

Stefon☺: And it's the strangest thing. When I stop worrying, I'm in a different world.

Stefon☺: I'm not consumed by this anxiety. And it's like a whole opening, a portal.

Stefon☺: And then there's something I came out with a long time ago, another little poem. The things that are hardest for me to let go of are the things that I can no longer touch.

Stefon☺: or grasp, you know, with my physical. I can't do anything with them. The hardest things for me to let go of are the things that have nothing to do with my present life.

Stefon☺: So once I start to see that, it really creates a peace, and the peace is a place within myself that it's... it is phenomenal.

Stefon☺: It's like, it's so heavy to worry.

Stefon☺: It's so cumbersome. It drains.

Stefon☺: And to let it go and say, ah, uh, okay, it's still the same, but I'm like you when you went in that ocean, and hopefully I'll keep my keys in someplace else, you know, I let go.

Stefon☺: And so that's it. And wow, I'm caressed by the universe.

Stefon☺: Peace prevails.

Stefon☺: Robin, a long time ago, huh?

Vanya & Ekant: Sandy, are you better?

Vanya & Ekant: We ask Sandy if she is better now.

Vanya & Ekant: We missed you in the last week.

Sandy W: I missed you too, and I was not feeling well last week, uh, physically, emotionally, or mentally. And, uh, as, uh, I've heard something not fit for human consumption, so, uh...

Vanya & Ekant: Oh.

Sandy W: I was avoiding everything for about, a week, five days or something like that. And.

Sandy W: Yeah, and it's like, it's hard to know what to attribute it to, or it's hard to discuss what to attribute it to, but uh... I don't know. I think Robin's right, an awful lot of it is just plain emotional.

Stefon☺: Hmm.

Sandy W: Um, junk just comes out and, uh, affects you physically.

Sandy W: And so that's it.

Sandy W: So, yeah, I'm feeling better this week, so I'm glad to see you guys. I missed you, too. You're the ones I miss the most.

Barbara Pennock: I'm happy to see it.

Stefon☺: Robin, how's your wife doing? I've been meaning to ask you, but sometimes I don't want to be off-topic or personal.

Robin Bloor: Oh, my wife's actually a lot better. She's so, so, she's got.

Stefon☹: Yes, ah.

Robin Bloor: So much better that I'm now going to Germany to get away from her.

Stefon☹: Okay, alright.

Stefon☹: Glad to hear that. I noticed in the beginning of the meeting, a little voice came in. Was that AI, or some kind of... remember, I don't know if you guys heard it, it was like a record... a little voice.

Stefon☹: Or am I just going completely nuts?

Sandy W: It was the children. Was it the children?

Stefon☹: No, no, no, it's a voice, uh, like an automated voice or something that would come from some AI or something.

Barbara Pennock: It could have been on Paul's line.

Frieda: Yes, I also thought it was...

Stefon☹: Ah, okay.

Frieda: Like some YouTube tutorial that went off accidentally

Stefon☹: Oh, okay.

AI Summary

Meeting Bk2 - 06

Quick recap

The meeting focused on reading and discussing passages from Gurdjieff's writings about the "bobbin candle" concept and the importance of harmonizing the three centers of being. Participants discussed how excessive use of one brain center (thinking, emotional, or moving) leads to premature exhaustion and death, with examples including professional wrestlers, artists, and scientists who over-identify with their intellectual pursuits. The group explored practical applications of maintaining balance between centers through activities like choir singing, regular "remembering the self" exercises, and avoiding harmful practices like excessive reading, altruism, and sports that create imbalance. They also examined the concept of the "iransom key" or regulator that helps maintain harmony between centers, with participants sharing personal experiences of practicing center balance through various activities including singing, meditation, and being present with family during vacation.

Next steps

Barbara

Reflect on the concept of "next step" as a way to move forward and make choices.

Frieda

Practice harmonizing the three centers by engaging in choir singing, focusing on the bodily, intellectual, and emotional aspects.

Stefon

Continue practicing the "remembering the self" exercise by setting hourly appointments to pause and be present.

Work on letting go of worry and anxiety, recognizing their draining effect.

Vanya

Practice not being identified with the content while reading to children, focusing on being present with them.

Collaboration

All participants: Consider the concept of the "regulator" (Iran Samhalt) and how to apply it to balance the associations of the three centers.

All participants: Observe and consider the law of three and the presence of the third force in acts of helping or altruism.

Summary

Premature Death and Cosmic Laws

Barbara read a passage discussing the premature death of professional artists and scientists, attributing it to psychopathy and excessive mental activity. She explained that understanding the

"cosmic law called equalization of many sourced vibrations" could help prevent this premature death, comparing it to a watch regulator. Barbara also mentioned meeting elderly people in Asia who had longer lifespans by understanding these laws of association, and expressed concerns about the spread of harmful activities similar to Russia's vodka problem in England.

Text Discussion and Analysis Meeting

The meeting focused on reading and discussing a text, with participants experiencing technical difficulties due to audio quality issues. Vanya provided guidance on the reading location, specifying page 33 with a big 6 on top. The discussion centered around a passage discussing the effects of certain behaviors and practices on human existence, including references to mechanical watches as an analogy for human energy regulation. The conversation also touched on concerns about the spread of certain harmful practices in England and Russia, comparing them to the example of Russian vodka mentioned in the text.

Cultural Alcohol Consumption Differences

The group discussed cultural differences in alcohol consumption, with Robin explaining that vodka is not widely used in England due to the preference for Scotch, similar to how brandy is preferred in France. Robin shared insights about vodka's role in Russian culture, including examples of alcohol-related issues in Russia such as pilots flying while intoxicated and a pipeline discovered transporting vodka into Ukraine. The conversation then shifted to discussing a concept called "Iransom Keep," which Robin explained means living in a collected state where three centers of the brain work together rather than functioning independently.

Gurdjieff Centers and Self-Awareness

The group discussed Gurdjieff's concepts of centers and how they work together, particularly through the example of reading aloud which requires coordination between the moving, thinking, and emotional centers. Stefon shared an exercise called "remembering the self" where setting regular appointments or alarms helps bring awareness and pause daily activities to experience inner presence. Paul connected these concepts to Gurdjieff's idea of making appointments with oneself and discussed how practices like meditation slow down the "unwinding" process, using the metaphor of a watch to illustrate how physical slowing can preserve energy and awareness.

Mental Centers and Emotional Regulation

The group discussed concepts from what appears to be a book or teaching about mental centers and emotional regulation. Vanya shared insights about avoiding activities that deplete mental centers, particularly mentioning how certain types of reading can be draining. Stefon introduced a personal "commandment" about not dwelling on negative thoughts, explaining it as an approach to step out of "mud" and examine underlying childhood imprints. The discussion concluded with Vanya emphasizing the importance of maintaining emotional presence and quality in daily activities, noting how this can be challenging when being fully present is difficult.

Emotional Engagement in Singing

The group discussed the importance of emotional engagement in singing and how it connects the body, mind, and spirit. Frieda shared her experience with choir singing as a way to practice harmonizing these centers, while Stefon emphasized the spiritual aspect of music. Robin and Vanya reflected on the historical significance of communal singing and its current decline, with Vanya noting how difficult it is to revive this practice. Sandy concluded by questioning the distinction between experience and opinion, sharing a personal anecdote about singing to her dying father.

Emotional Impact and Literary Patterns

The group discussed the emotional impact of singing and whistling, with Sandy sharing how she whistles outdoors and noting cultural attitudes about whistling women. Stefon shared a personal observation about how singing can reflect one's emotional state, while Vanya and Barbara commented on the therapeutic aspects of these activities. The conversation then shifted to literary analysis, with Sandy and Vanya discussing specific numerical patterns and references in a text, including the significance of the number 49 and its connection to seven squared, which Frieda identified as significant in their work.

Altruism and Personal Identity Discussion

The group discussed the concept of altruism and its relationship to personal identity. Robin explained that altruism comes from the Latin word for "other" and questioned its authenticity when motivated by self-interest. The discussion explored different perspectives on altruism, including the idea that true altruism involves doing good without seeking recognition, as mentioned by Stefon. Frieda suggested that practicing altruism without working on oneself can lead to losing one's identity, while Vanya noted the complexity of the concept and its connection to broader human values.

Genuine Altruism vs Codependency Discussion

The group discussed the concept of genuine altruism and its distinction from codependency. Frieda and Robin emphasized that true altruism requires self-awareness and the ability to help others without losing oneself or creating dependency. Vanya suggested applying the law of three by ensuring one has something valuable to give before helping others. The discussion concluded with reflections on the third force in altruistic actions, with Stefon noting that givers also receive the gift of giving, creating a full circle of benefit.

Balancing Self-Help and Service

The group discussed the importance of balancing self-focused behavior with helping others, with Stefon sharing a personal story about missing an opportunity to assist an elderly woman who appeared disoriented. Vanya shared an experience about being present with children at the beach, demonstrating how sometimes the most helpful approach is simply being there without constant intervention. The discussion concluded with participants exploring a concept from their reading material about "equalization of many sourced vibrations," though they were unable to definitively determine its meaning despite discussing potential connections to three-centered beings and harmonic balance.

Mental Balance and Reduction Practices

The group discussed practices for balancing different mental centers and reducing unnecessary mental activity. Vanya shared experiences practicing relaxation with his children and immersing himself in a different culture in Portugal. Frieda mentioned wanting to reduce overthinking and worrying, while Stefon described how letting go of worry creates peace. Sandy returned to the meeting after being ill and shared that her recovery was emotional as well as physical. The conversation ended with a lighthearted discussion about an automated voice that interrupted the call.

