

Magic and the Zodiac. (212&213)

Scientific inventions have often been said to be magical and an idea has been put forward that science is magic to people who are not scientific.

Magic.

If we allow our definition of the word magic, science cannot qualify at all. Science is an empirical process. It is simply an ordering of sense data which we derive by examining the physical world. We find out how the physical world is related in such a manner that we can produce physical results by physical means. This is not magic and can never become so. The idea underlying magic is the idea of acting immediately with the will onto the world.

M — SUBSTANCE. The substance of the universe is primary appetite. We have to realise this. In order for a being to come to be at all, it must first WANT to be. This wanting to be is symbolised by this inverted 'W' which is an 'M'. In fact the W which is 2 x 'V's and the 'M' which is 2 x 'N's, are mirror images of each other. The 'W' means 'will' and the 'M' is the substance of the will.

A — ENERGY.

MA — SUBSTANTIAL ENERGY. When this is operating, you have the ground of MAtematics, Measurement, and the root of MAn.

G — (GAMMA) Concrete State. The bringing of this energy into a concrete state. The gross material world brought into being by the activity of concentrating WILL.

I — PRECISION, PUNCTILIOUSNESS.

K — The formal application and CONTROL of that process.

It is done by driving into the centre the energy of the will. This happens inside your own organism continuously. Whenever you concentrate on anything at all with your will, you start precipitating chemistry in the body. Things like gall-stones are just obvious examples of this precipitation of material objects in the body by the compression of the will.

If we talk about MAG on its own we are talking about the driving in to a centre and the compacting of the will energy onto that centre. The process, if under efficient precise control, is called MAGIC. We are doing it all the time, unconsciously. Unconscious magic is no good for individuals. We have to control it.

All suggestibility is magic.

We know that under hypnotic suggestion, people can have precipitated into them all sorts of symptoms which appear physically. If this process is outside the control of the person showing the symptoms, then it is not magic by him. It is magic by the other fellow, the suggestor. If the suggestor himself is only applying a formula, like a trained medical hypnotist using a device or a drug, then it is not magic as far as he is concerned. Magic implies the use of the will to precipitate a gross material situation. Because the universe is a field of force, magic can precipitate the appearance of a friend on a given point in space, say outside the Liverpool Gallery or somewhere. Whether he likes it or not, he does not know how to defend himself. When a person who understands this process WILLS his presence then he will appear in that place at that time. This process is magic.

All the gross materials produced by magical processes, are the objects that your five senses tell you of. But there is no gross material in the universe that is not primarily a function of magic. Every material particle, every electron, every proton, every other kind of 'tron' there is, they are all a product of cosmic

magic. This is the same as the MAYA of the Hindu creator. He precipitates the gross material world by an act of volition and that process is magic.

Science and Magic.

The scientist — a man who is confined by the fact that he is a scientist (the root, ‘to see’, he ‘sees’ entities).

There is a reaction between two gross precipitate beings and this reaction is what we call sense knowledge. It doesn’t matter how cleverly these manipulations of gross matter are done, they are not magic. They are manipulations at the sense level. They can never produce a material. They can only manipulate one that has been produced. Yet all the materials in the universe are produced by this universal magical process. That will serve as the distinction between magic and science.

1. Science is concerned with material manipulations focused on the gross material particles.
2. Magic is concerned with a function of the will of a person who is deliberately manipulating the field of the universe and so disposing the field that the material bodies within it are constrained to behave in a way that otherwise they would not do. Therefore there can be no magic in this sense without a magician. Somewhere there is a person evolved to a certain level where he can deliberately precipitate a situation without acting directly on the physical body.

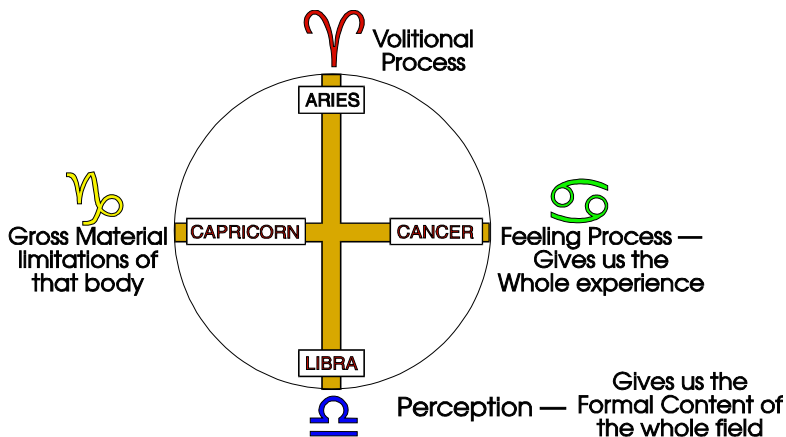
Alistaire Crowley

You may remember that Alistaire Crowley once defined magic as simply the production of effects in conformity with the will and then proceeded to degenerate the definition by saying that to get on a bus and to give by act of will some money to a conductor and he to give you a ticket was an act of magic.

It is not an act of magic in our sense. It has mediated through the nervous system in the ordinary manner, whereas in the magical act it doesn’t. In the magical act, the conductor gives you a ticket and he may or may not have got any money for it. He has just FELT like giving you a ticket. It is this kind of magic that people are concerned with when they hear about it because it transcends the limitations imposed on a being by the five senses. This is the only kind of magic worth bothering with because the other kind is just another name for the same fact as working very, very hard to get the pennies to give to the bus conductor.

So we will confine ourselves now to the clarification of this magical process in relation to a human being.

There’s a question here about the Zodiac in relation to it, and so we can utilise this Zodiacal image again. We’ve said that if we put the George Cross on the Zodiac, on the arms of that cross, there are four signs. Those points, we call the cardinal (hinge) points.



Volitional Process — The sign of the Ram is the sign belonging specifically to nervous energy. This is energy which appears in the nervous system. It does not originate in it. It appears in it. This sign of the Ram relates specifically to the magical process as an act of WILL.

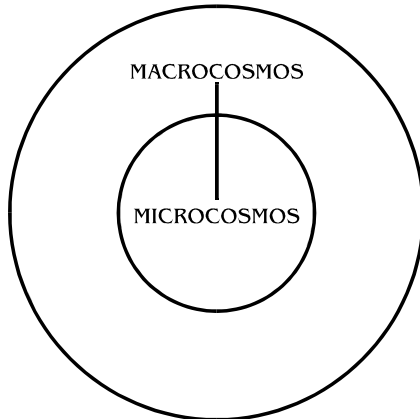
Feeling Process —The sign of Cancer relates specifically to feeling. That whereby you become aware of the field.

Perception — The sign of Libra is the air sign. The formal aspects which in Cancer are feeling awareness.

Gross Material Fact — Capricorn, the earth sign. Tells us the gross material fact. This has a certain form and a certain feeling. That represents your physical body.

1. Field Force and the Feeling Process.

First you must feel the field and its state. When you have felt it, then you can apply your will to it. First you must feel it. If you do not first become conscious of the feeling of the body, you cannot find the tensions of the body that require correction. Remember there is nothing outside the human being that is not inside.



The whole universe itself is known as a universe only by a man who is himself a universe. If he were not a universe then his knowledge of the universe would necessarily be deficient. So if we draw a little circle and a big circle and draw the line straight through again, then there is nothing inside that man that is not outside and there is nothing outside that is not inside. So we say “Man is a little Cosmos”. He is a Microcosmos. Everything in the Macrocosmos is inside man. If it were otherwise, if he were short of a quarter then there would be a quarter of the universe that he couldn’t know about. Simply because he is exactly the same as this big universe, this Macrocosmos, if he feels his condition he is feeling the condition of the Macrocosmos.

If you cut down all excessive activity of the mind and body, you come down to a substratum of feeling. If you reduce that feeling down below the level of the individual feeling stress, you don’t find nothing. You find the universal field behind it. This sign of Cancer is the feeling sign which tells you to feel, to increase sensitivity to the field. You should really be able to put your feeling over the whole room and feel every centre in that room to be a centre of a different motion. When you’ve felt all those different motions, there emerges from them, without effort by you, without special judgements, a resultant. This resultant is then the field force in which you are to operate. The totality of formal characteristic actions of all the beings in this room add up to a certain result. In that total result, something can be done — the next legitimate step. If you can feel it, you can make that step. If you can’t feel it then whatever step you make, you will be wrong.

So in this sign of Cancer (remember it is ruled by the moon, a feeling sign, the sign of the substance of your body, the moon is the substantial aspect) is the feeling of the whole field and all its content. When you decide to use your volition, you will not use it unintelligently. There is a total feeling in this room.

2. Perceive the Form

If I look with my eyes, I see particular forms. Those particular forms are all symbolised in this Libra symbol. The formal aspect of the field is there with my five senses. If you speak I will hear the particular tones in the voice. Tones in the voice are tremendously important. With the aid of these tones added to my feeling, I will be able to pin the precise formal content for the field of that being.

3. Consider the Grossness

We’ve all got a physical body. Most physical bodies, by the fact of being matter are limited in certain ways. Thus Mr. Five-by-five and another gentleman, Nine-feet-two-and-a-bit, have different physical capacities even though they might both appreciate Beethoven. Their physical capacities are limiting factors upon them. The length of the spine itself is like string in a musical instrument. The spine, according to its length responds to physical vibrations. So a short thick spine doesn’t respond in the same way as does a long

thin one. So even on a purely physical level (let's draw a square on that to remind us) there are limitations in the body. We see here now a device that tells us how to examine the environment.

SYM — a seed

BOL — will (volition)

Every symbol is a seed of will. A WILL is simply a balled-up appetite. This is a BALL. It becomes in the Latin — B to V — VOLition.

If we understand this diagram properly and use it, we will know what things we must examine in a given situation.

We do not use our WILL until we have first felt the whole field.

Then inside the whole, not beforehand, we perceive the form, the shape of all the beings.

Then having perceived the shape we consider the grossness of the bodies. Some people are more gross in the body than others. Some people with exactly the same education are born in the same family, are born in different parts of the Zodiac and therefore have different gross material possibilities. The possibilities of a person born in one place are not the same as a person born in another. Nor can they be. So we have to consider the gross material of the beings we are dealing with.

To put a simple example, if we put a double bass and we make it in aluminium, and another one in glass and another one in the properly seasoned wood and bow them all in the same way, we will get different tones out of them. That we do get different tones out of them means that the gross matter is conditioning them. Finger it so carefully, bow it so perfectly, the tone cannot be the same.

Therefore with the human being there are some people who are made like violins in brick. You shouldn't expect the same kind of tones out of them that you would get out of a Guarnerius. You have to allow for the gross material fact of somebody's being.

Some beings with the best intentions in the world — some beings born under the sign of Virgo — are 'good' beings. They feel good, and they are good, but they have a stress on them that makes them rather inertic on the outside. On the inside they are governed by Mercury and they are very much quicker than they appear on the outside but we cannot constrain the outside organism of that being to respond in the same way as that of a person born in the sign of Pisces, a highly mobile and emotional sign.

We have to accept the gross matter.

If I make some new bells for the Liverpool Cathedral and I make them in felt, they will not ring properly. We have to consider the gross material out of which that body is made. The form in which that body is made. The field force which we experience as a whole.

I know two little girls, the daughters of a friend of mine, one of them has been trained to turn her into a ballet dancer. The other one has not. The one who has not, moves beautifully. The one that has been trained can't move at all. It just happens that the parents wanted one of the children to move properly and they chose the wrong one. The one that couldn't was the one that they wanted to. She hasn't got the gross material substance needed. If we want her to do it, first we should starve her completely. I mean this literally. Reduce her to near death by depriving her of all the gross matter and then give her a very special diet. She would gradually build up an entirely new organism. It would refute her birth position. It used to be done in the old days — starve somebody right down to the lowest level, even put them in a barrel and pickle them.

This symbol tells us what we must remember three aspects before we use our volition.

1. We must be aware of the whole field. Supposing there were some person here who had a friend, a real friend. Supposing that I decided without examining the situation at all to attack X. X has a friend Y. As soon as I go to attack X, Y hits me. That's my fault. First I should feel the whole field to see if there are any friends before I strike.

2. Then I should look very carefully at the shapes, the forms, because the doctrine of signatures tells us that every form is evidence of a specific spiritual precipitation. So the character is in the form.
3. When I've got the form then I must still look at the dietetic content of that being, at the gross matter of that being and see whether the form of that being can act easily through that matter, because some people have wonderful form inside them and through an accident of birth they cannot operate it. There are innumerable potential geniuses in the wrong organisms. We have to remember this and allow for it.

Feeling — We should say, “how do I feel wholly?”

Perception — Then when we have this whole consciousness we look into the mind for ideas. Ideas are forms. Look at the ideas in the mind. Look at the shapes of the bodies which you perceive. See what they suggest to you. Relate your feeling to those ideas and to those formal contents.

Physical body — Then examine your gross material body and see if it has the wherewithal to fulfil the formal possibilities and the feeling purposes which arise in them.

Only then apply your volition.

Charity begins at home and therefore we should apply this principle to ourselves.

Every time a man acts without weighing up in this manner, he acts mechanically, accidentally. He is not acting volitionally at all.

If a stimulus comes onto the physical body, it produces by the fact that the physical body IS physical, a reaction. That reaction reverberates. A biologist would call it the irritability of biological substance, tissue. Living tissue, in vibrating, has a parallel motion of the psyche called feeling.

It is either pleasant or painful in some degree. Simultaneously in the field, a formal precipitate appears and that is the idea or shape.

If I put an apple here, and that apple is shone upon by a light and that light hits me in the eye and I become aware at the physical level that there is an apple image on my retina, then there arises in me a motion in the substance which feels according to the fullness or not of my stomach, a pleasure or lack of it in the presentation of the apple. Simultaneously there is recorded in my memory that the percept is of an apple. The two are then linked together so that my feeling and perception tend to fuse. If they do fuse to the point of loosing their initial ????, we call it CON-fusion.

CONFusion — mixing up things that should be kept separate.

1. The physical body registers a certain kind of stimulus.
2. The feeling body registers pleasure or pain about it.
3. The thinking body registers the shape, the colour and so on.

If you keep these three separate in you then you can control them. If you allow them to become CON-fused, fused together, then they will act upon you and you will not be able to do anything about it. As long as the idea and feeling are flowing across without control, this goes on continuously, with reaction.

*If you cannot see the shape of the thing separate from the feeling of pleasure or pain,
and that separate from the gross material fact,
then you fall continuously into reaction.*

All reaction is not volition. When people say, “I will do so-and-so” they are using the word ‘WILL’ illegitimately. They don’t know what ‘WILL’ is.

WILL — is initiative power.

It is not initiative when my knee-jerk response is demonstrated. It is not WILL. It is a mechanical process.

Gurdjieff once said that the reason people cannot get this freedom is because they think that they already have it. People think that they can think, and they think that they can WILL. This is one of the oldest things. If we go back 4,000 years, we find this same statement made. People cannot have what they think that they already have. They will not work towards it believing that they already have it.

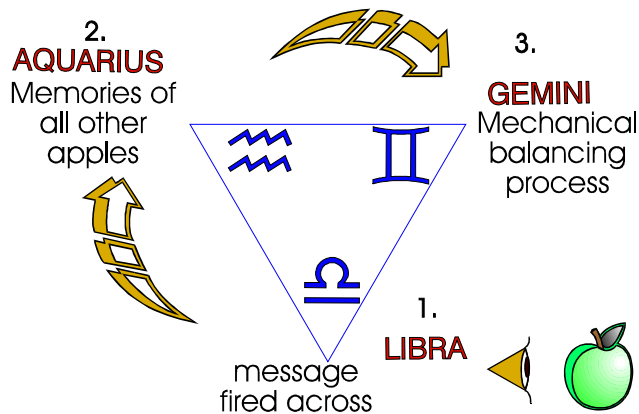
Most people believe that they can think what they would call “fairly logically”.

Most people think that they can feel what they want to feel.

They think that they can see what is.

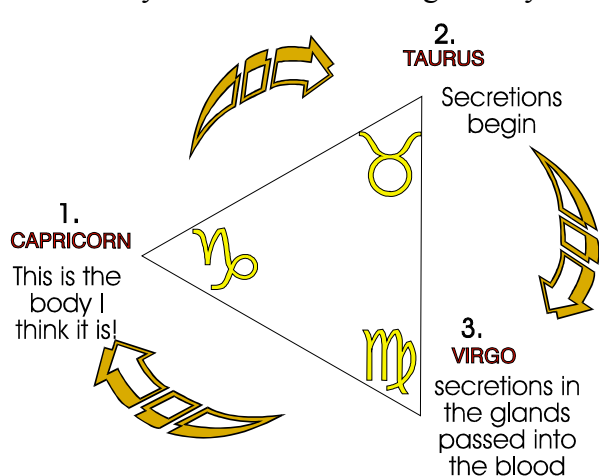
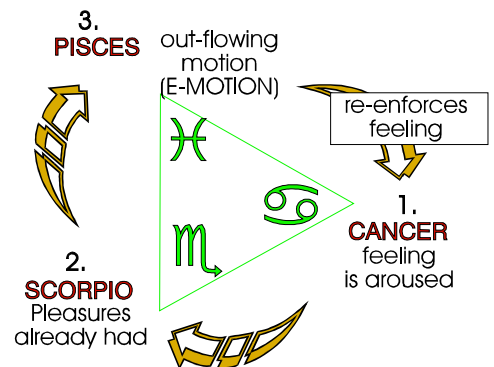
In fact something totally different goes on.

A body stimulus is presented, a message goes through here, fires across into Aquarius which is the memory field so that a percept resounds across here in the whole field of the memory and induces memories of all other apples and all nice girls who gave them and confuses the whole situation. Then that situation fires across over here to Gemini and reasons (or believes it has reason — that is to say that there is a mechanical balancing process) where it then recognises out here that apple and what it has recognised is about 90% memory and not that apple. You can prove this very easily with an ordinary wax apple mixed in with some other apples. There is no discrimination there until they have been tricked. This kind of process goes on.



If this process of stimulus, perception, memory, mechanical reasoning, recognition of percept is allowed to go on, it can never hit that volition. This mysterious triangle has got to be found. Everything is firing all across it and nothing is getting in it.

When the feeling is roused, again it fires across through the feeling level over to Scorpio, and Scorpio is the part of yourself that is attached in the feeling to pleasures already had. So Scorpio fires over immediately to Pisces which is emotion or out-flowing motion. That motion then flies back into the feeling and re-enforces it. Again it appears that the thing has been verified and now the whole body is in a state of feeling fantasy.



These processes are going on simultaneously in your body. We are analysing them. Some of them go on in the space of a small part of a second. Some of the processes are so fast that you cannot deal with them at all at the sense level, although it is quite easy to deal with them at another level.

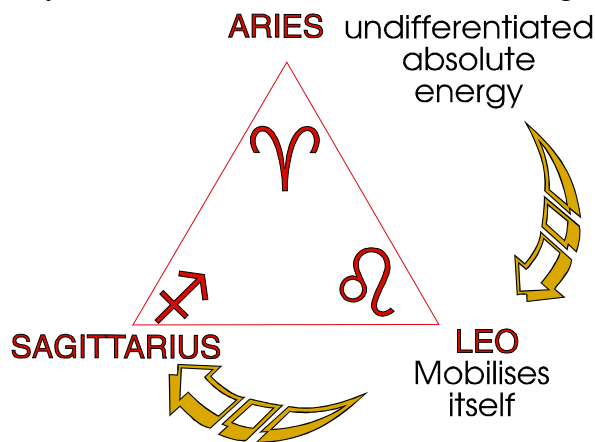
Once we have re-affirmed that this gross material body is the one we think it is, quite erroneously, then it fires across to Taurus and starts the process of secretion in the body. In Taurus secretions begin and those secretions in the glands are then passed into the blood and circulated

throughout the physical body. You now have a mesh, or a mess. You have processes there going on continuously, all of them non-volitional, and therefore all of them from the point of view of the individual, mechanical. If you don't break them down you will not get on to this mysterious triangle, the one that you want. We have to use this symbol to remind ourselves to watch ourselves on these different levels.

We watch ourselves on three levels:—

1. The feeling.
2. The idea-perception level.
3. The gross material possibility of our body.

The body may vary from moment to moment or day to day. Sometimes your body is sluggish. You've eaten something not good for you. Sometimes you've had a congestion and it has interfered with the organic processes and the body will not respond even to the good ideas that you've got. Sometimes practise doesn't go properly, does it? Even when you know where to put your fingers, it's not the same today. The body is not responding. Sometimes you just don't *feel* like it. The body's fine, your formal knowledge is fine and you don't feel like it. Performance isn't good.



You have to become aware of those three. When you are aware of those three simultaneously presented (and this is a bit of a jump) then, and not before, can you go on to the triangle of volition in which is the undifferentiated absolute energy which is the divine energy. That energy then mobilises itself in Leo. It rolls itself up into a ball and then it throws itself in Sagittarius at the object. We have to understand precisely what goes on here. It is impossible to use volition until all else has been scrubbed out. As long as that action is recurring it interferes with volition. Volition is free. What is not free is not volition.

The philosophical argument about whether the WILL is free or not is a misconception. WILL, by definition, is free. If it is not free, it is not WILL. These three processes are not volitional and until we have managed to understand them perfectly and then suspended them, only then can we insert WILL. Then we take the field of the universe and we roll it into a ball and then throw it at the target. Diabolos is one of the names of the Devil. Diabolos means 'to WILL through', 'to throw through'. You have to throw through all the obstacles on those three levels, your WILL.

Exercises in Becoming Volitional.

It's hard work. It requires a terrific amount of personal observation to do it. Because we are under the inheritance of Adam who has bequeathed to us a load of bad habits and some funny traditions, we have to go almost invariably against our inclination. But not forever. Just until we can succeed in doing it.

1. Break the body habits

So then we have to apply this rule of how to become volitional. We have to break the material body dominion, which we do by a series of little exercises. The body for instance tends to assume positions of comfort. If you can hold a position of discomfort for a few seconds longer than usual you have inserted that much WILL into it. If you can break a posture that you habitually use for a minute then for that minute you are a free being. If after that you forget, which is usual, then your freedom is departed

You examine all your body habits and you take one at a time and the smallest one first otherwise you'll break your heart. Take the smallest one first and defeat. "Faithful in little, faithful in much". Don't try

to take a big habit and conquer it because you will fail and then you will become disgusted with yourself and you will give up altogether. Take a tiny little habit and break it. That is the overthrowing of the inertia of the gross body.

2. Find the feeling equivalent

When you have done one of those don't go on immediately to break another physical habit that is bigger. Go on immediately to find the feeling equivalent of that little habit that you've broken and stop the field flux. This is very important. One of the oldest statements we have that is useful is that it is no good working on one level at a time. We must work on all levels if the work is to be effective. Yet we have to begin by working on one level. This is why we work only a tiny little bit at a time. We must break a physical habit and then break the feeling hankering after its recurrence.

When you break a habit you'll find that a feeling tries to restate it although you have broken it. So the physical habit will remind you of a feeling which was originally generative of the habit. You take the tiniest little physical habit and then you stop it. Then you find a feeling build-up inside your body which tries to restate that habit. When you've broken the physical habit you then try to curb yourself from this feeling. You try eliminate the feeling that wants to make the habit.

3. Define the formal content

When you've got hold of that feeling you define it as clearly as you can. You are now moving on a different level, on the thinking level. You define the formal content of that feeling which is tending to cause the recurrence of that habit. This is work. It isn't play. You cannot evolve by play. You can only evolve by working and only in this way. You must begin with the little things.

Seriously break one.

Watch your feeling which will try to restate it. No matter how tiny it is. If it's only going like this once a fortnight, it will try to restate itself.

Define accurately the exact formal content of the habit so that you can recognise precisely what in the form is determinant.

A man may have a very good vibrato and think it is rather a good thing and gets it going and it may dominate him. Sometimes it does. When it dominates him, then he hasn't got it any more. It has him. A physical activity now is going to dictate to him a concept — an idea of himself as a good vibrato fellow and so on. Then there arises a feeling of pleasure that he is such a being and this will feed back onto the body and re-establish it in the gross material world. So gradually by this process of feedback (a very modern process), it engraves the habit deeper and deeper and deeper. They become virtually unbreakable by an individual without help from outside. Once that habit has reached a certain level, an individual does not know that he has got it. It has become for him, sub-threshold. Therefore he cannot fight it because he doesn't know that it is there. So he needs somebody to remind him that it is there and an agreement that they shall work in order to break it.

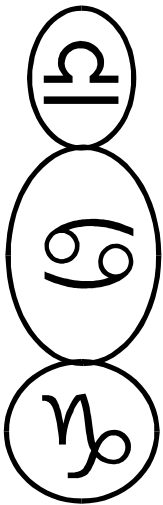
THIS IS THE PROCESS OF BREAKING IT.

1. Take any habit whatever.
2. Feel that flux of pleasure or pain (your habits are either pleasant or painful in origin. Some habits are indulgent and some are trying to prevent you from exposing yourself to a painful situation).
3. Define the formal situation exactly.

Start feeding the thing away all the time from the physical body to analyse and feel. In this feeling we bisect the angle and go across here. When we bisect the angle between feeling and thinking it allows us to break this triangle of mechanics. It puts us out of a gross material mechanicality, a gross material bondage and it fires us straight across onto to another level of being. Each level of being has a vibration peculiar to itself. The faster the vibration, the nearer it is to cause. What we are looking for in the pursuit of magic and the WILL is cause. The ability to cause rather than to suffer.

This allows us to go to another level. A level *not* the gross material. The whole process repeats on this wonderfully clear diagram throughout all the other signs so that if we know how, we can deliberately change our level from a gross material to a thinking level. We can lift the thinking level of the ordinary mind with its five senses onto another level, the higher thinking level. We can lift the emotions by the same technique onto a totally different level which ordinary men wouldn't know anything about. It is by this process of feeling and ideation, driving them together and yet stopping them from con-fusing clarity of formal definition, that we obtain thorough awareness of pleasure/pain content of each form. After this arises the transcendence of that plane and the appearance of another.

There is an ordinary man. Down in his belly is his earth sign, I'll put Capricorn there. Up in the head we'll put Libra for his perceptions. We'll put Cancer in the middle, on his chest.



The ordinary process that men are suffering from when they think that they are doing things deliberately is a simple reflex. Freud was not wrong when he said that those reflexes are sexual in origin. But he was referring only to unfree men — that is only to nearly everybody. If this process of reflex action is curbed then that very same energy changes its phase and becomes volition. In the same way if this process of pleasure pain determination is curbed and understood and felt properly, a new centre centred in the larynx operates. A new kind of feeling, a new level of emotion is experienced which is infallible. If this process of perception is separated out from memory elements then objective perception of fact occurs and a new thinking centre is broken into.

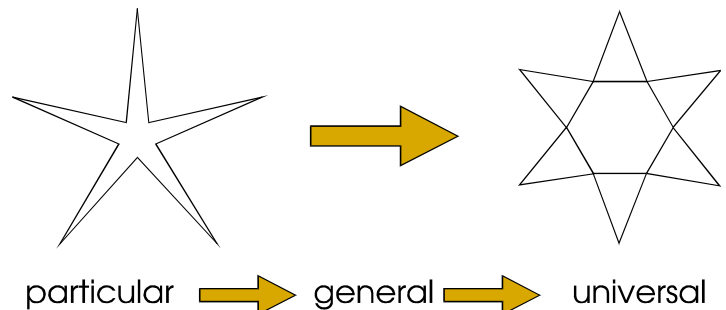
An ordinary being has three obvious parts and only uses two of them, neither of them deliberately. His head might as well not exist. A stimulus hits his earth sign, rises up into the pain or pleasure department and any thinking that exists is purely mechanical and backfires down as a preventative measure. Any pleasures that recur from an experience cause a re-involvement.

The integration of the sense data can only be accomplished by meditation on certain symbols. A symbol is a seed of WILL. When you:—

- begin to see the general in the particular
- and you see that the general is only the particular spread over many cases
- and then you pass from the general to the universal
- then you change your five-pointed star for a six-pointed star
- then you start thinking cosmically.

That higher thinking centre is higher than your higher emotional centre, because that represents THE TRUTH, whereas sense-data only represent partial aspects of truth.

Untrained man works somewhere about there, perhaps a little part of the mind at the back of the head out of which



he talks and operates otherwise he knows nothing at all of the higher kind of emotion symbolised in the Christian Agape and the LOGOS REASON of the Gospel of John.

Those two are just words and yet they exist and they can be got hold of providing the organism is disciplined physically by breaking certain habit processes that keep the man in a mechanical reactive state, the state that Christ calls "dead" and Gurdjieff calls "asleep". Dead people are simply the reflex jerk people. In the feeling Self here is the awareness possibility of the whole process. Our need is to get more and more feeling because out of that feeling awareness gradually comes the possibility of clarification of the formal content.

Conscience is CON - SCIENCE, not in the empirical sense. It is science in the sense of knowledge and what is seen. Conscience is the totality of your knowledge. Less than the totality of it is not conscience, it is partiality. If you can get to the level of seeing the totality of the significances in this diagram, then you have reached conscience. Conscience itself only operates totally. Less than that is not conscience. Every partiality, every preference for a particular over another particular is not conscience. It is also no good for you ultimately because it drives you away from the whole that you are seeking. Remember only the whole is in perfect equilibrium. Any part of it is in necessary disequilibrium. So if you identify with a part you place yourself in that which is disequibrated and you will fall into action. Falling into action is not volition. If you want volition you must become totally conscious, which means hard work.

You must know that you have a physical body and you've got to know it all day long.

You must know the limitations of that physical body as they change hour to hour. There are five gross changes in the body every hour quite independently of any individual ones induced by relations with other beings.

You must be aware of your feeling of pleasure or pain, liking and disliking of everything going on inside you and in your relation with external beings.

You must continuously clarify by accurate definition the formal situation in which you stand so that you know exactly what it is about that man that annoys you or pleases you and maybe there is nothing on him except the top button on his waistcoat which is about to fall off or something. It might be as simple as that but you must be able to define it.

If you can define it accurately you will pin feeling. When you pin that feeling it cannot run away. It cannot leak. To define accurately is to fix.

The Immortal Body.

The whole of this body (this diagram now symbolises your total being), when it is in total consciousness and its various levels in consciousness (you are aware of the totality of it) then it cannot fall to bits and it is called the diamond body or the crystalline body.

Gurdjieff refers to it as crystallisation. Jung refers to it as integration. The Buddhists call it the diamond body.

It is that body which is the totality of all formal feeling material and volitional impulses which being in their totality balanced cannot fall apart. That is the immortal body. Any physical body of a human being is potentially such a body. The resident of every physical body has already started in some degree to move towards it in that he has become human at all.

So the creation of the diamond body, the thunderbolt or whatever we care to call it, the undisintegratable, the immortal body, requires us to become aware of gross material facts. Of whether the substance is fit or not for a given job. The feeling of pleasure/pain and reactions to the whole environment is a specific, clear definition of the whole formal content of the environment, internal and external, and over and above all the continuous insertion of absolute energy into the volitional triad.

That is the work that has got to be done.

Have we got any specific points that can be clarified about all this?

If for instance you have been in a situation and a certain stimulus has been given to you, if you go away and sit down and recap that situation and observe those reactions that existed within you to that stimulus, are you able to discern the nature of the stimulus that was being applied to you?

This depends on the individual level, on the amount of energy that you apply in self-examination. You must be on guard always about falling into general statements about 'people in general' or abstract beings that could do it. The question is, can YOU do it? Can you gather yourself together? If we put the word 'if' into it as if we were brilliantly clever, and could sit down and take in the situation, sit down and recap it and impartially review it, we will be released from it. In the process we will gain a whole lot of energy that we would otherwise have lost. What you have to do in practice is do precisely that.

Every time you get knocked off centre be very, very glad that you have been knocked off centre because if you are not knocked off centre by somebody, you will not know where you have got to work. This thing has got to be equilibrated. Where a disequilibrium exists, you won't know about it unless somebody attacks it. This somebody may or may not be a friend but he is a friend nevertheless. A friend is a being that by his activity leads you towards freedom. He is a 'freinde being' a free being. If he does it with the intention of harming you, he is just an ignorant friend. If he does it deliberately and consciously to help you, he is a very, very good friend.

Every time you experience a displeasure in a situation, be very, very glad immediately because that displeasure, analysed and formally pinpointed, is going to place at your disposal energy that you would never otherwise know about. You should, deliberately if possible, go about trying to be insulted to watch your own reactions. The dialectical unfortunate thing is that when you start looking for it, people start going on guard and become careful about insulting you. You might even have to hide from people your thick-skinnedness instead of your thin-skinnedness. This the way the thing inverts when you go on the magical path.

When you are talking about magic, could you say that what has happened in the case of magic is that there has been a reversal of the pressure. What I mean to say by that is that while the average person is driven and buffeted about by an external stimulus, the magical man is actually pressing in to the outside world, isn't he? He is moving the outside world the way that he wants to.

Yes, but it's not outside, it is inside.

Your Infinite Field.

It's a reversal of action though isn't it?

Yes, but remember that in order to be magical you must identify with the absolute field. So that the world shrinks inside it. You can't work on a person from outside. I can't give you a magical message if I believe that you are over there. I can only do it if I know that you are inside my consciousness and field.

But there has nevertheless been a reversal of normal processes.

Yes, provided that you are clear in your mind that there is nothing outside you. If you want to be a magician, you can't afford anything to be outside you.

You have extended your field to embrace everything, haven't you?

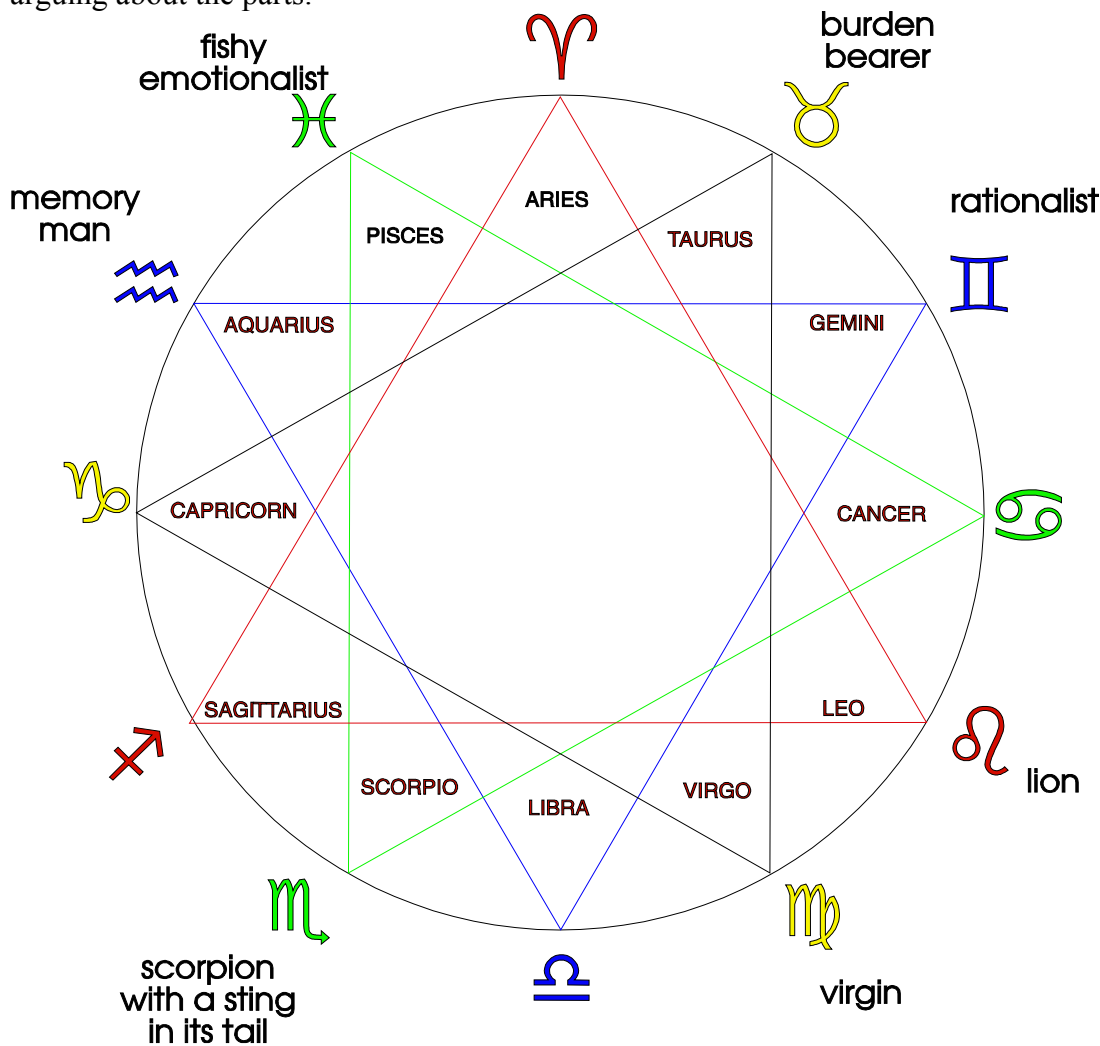
You haven't even done that. You have merely recognised that your field was extended. You see, egotism consists in identification with a little body and a pretence that that little body is all that you are. It happens to be untrue. If you start feeling for the edge of your feeling you won't find it. Your field is actually

infinite. We are not dealing with things that have to be made that are not in existence. These things exist. Our field is infinite. What we have to do is become aware of it. In order to become aware of it we must stop this grab onto the gross material body, which is the smallest one we've got.

We are not gaining anything at all that is not legitimately ours.

Remember the definition of the Bhagavad Gita, "Whatever IS cannot cease to be. What IS NOT can never come to be". So we are not trying to get hold of something that does not belong to us. All we are doing is coming into our own when we become aware that our field, which we thought went up to the edge of our skin, is factually infinite.

What we also discover is a very peculiar thing. That field is the same field that everybody else feels when they likewise claim what legitimately belongs to them. A person with total consciousness can never disagree with another person of total consciousness. There is no possible disagreement between men who have integrated themselves. Disagreement means that already consciousness is at the partial level and is arguing about the parts.



You remember the Indian story about the elephant and the blind men feeling the leg and the tail and the trunk and describing what they had found. One thought that it was a snake and another thought that it was a tree trunk and another thought that it was a piece of rope. That was partiality. The fact of the whole elephant is the same for all men who can see. The whole universe in its totality cannot be an object of disagreement to those beings that see it.

Magical Invisibility.

If you find any tendency in you to disagree with anybody no matter what they say, it means that where that tendency is, you are identified with a partial aspect of being. If instead of fighting that being about partial expression, you yourself put that part in your mind remembering that the inside of a man is the same as the outside. Put that part inside yourself in its right constellation. You don't need to argue about that part with that man on

the outside. If you don't, you do a funny thing. You deprive him of the only thing whereby he knows that he exists, namely a point of reaction.

Nobody knows, no personal consciousness can exist, unless he finds something to hit against to get a reaction. This is the secret of magical invisibility. If you deliberately cut down your reaction nobody can see you. They don't even know that you are in the room if you cut them down altogether. This is a funny thing but it is a fact. People cannot see you if you cut down your reactions completely. You simply lapse from their consciousness.

This has to do with field flux, I take it?

It has to do with identification. As long as people are identified with partials, they are seeking partial reactions. If you know the kind of reaction that they are seeking, which you do by feeling, defining, and making an allowance for the gross body, then you can become very visible to that person by simply hitting him on a point of his reaction.

On the other hand, if you find all of the things that he reacts to and you deliberately avoid them, he does not know that you are there. This needs meditating on because it happens to be true.

People are doing it all day long. When you get an idea, a solid statement like that, you have to work on it to see what it means. Try it on the people that you know.

INVISIBILITY EXERCISE

Look in people for their physical disposition, their formal content, ideas expressed and their general feeling conditions.

Find out what things they react to.

What things they find pleasurable and painful.

What particular formal ideas please and displease them and appear to them as true and untrue.

Their general physical bias.

Then deliberately act upon those things and you will become a real *bête noire* to them. You will become the focal centre of existence because you will be the chief point off which their energies are bouncing and being returned. Then having done that, deliberately cut them all down and you'll find that same person suddenly doesn't know that you exist. This you can do as an experiment. It is in that kind of physical experiment that you will become convinced of the validity of this process of gaining freedom.

A human being is only a glorified amoeba with a stick down the middle of it.

Is this really action and reaction? If there is no action there can be no reaction?

Yes.

It is very hard to realise what this means. I am saying that if there is a personal individual consciousness in the universe it cannot know that it is unless it fires a stimulus out and it gets an echo back. This means that every human being coagulating in cities is doing so because of one of two reasons.

1. They are needing a reaction.
2. They are determined to give a stimulus for some purpose.

In most cases they are coagulating together because they don't exist. They literally don't exist to themselves unless they can get a reaction from other people. It doesn't matter whether the reaction is good or bad. An insult is all right because it hets you up a bit. A good insult makes you feel really *you*, whereas supreme indifference to you is a terrible thing. People die if they are ignored. This is a very strange thing.

Even animals do it sometimes. Pussy-cats and dogs put in a kennel while their owners go on holiday, decline during that period. Very, very seldomly do they keep their health, because they are not getting the necessary response and they must know their own being by the response from other beings in the environment. This means that you have power of life and death in your hands over other beings when you can control yourself.

When you can control yourself you can inhibit response and if you do so somebody starts to die.

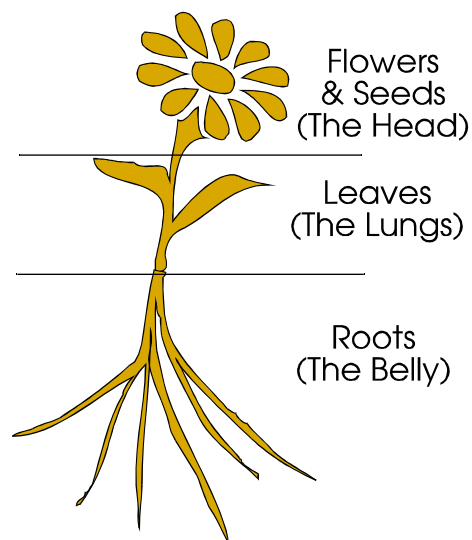
Food.

Remember the different levels of food that you take in. A child for instance, born and totally ignored by its parents, actually dies.

Can you tell us something about that process?

We've got here now a three-fold being buried in a fourth so that it is something like this diagram in disguise. There is a gross material body, matter. All the tangbleness of this plant is simply matter lifted up by an anti-gravity force.

1. The roots of this thing are related to the belly of the human being.
2. The leaves of this plant are related to the lungs of the human being. They have a similar function.
3. The flower is related to the head of the human being and to the seeds.



The General Principle of all Dietary Tricks.

Down in the root is the grossest part of food. When we are eating this stuff down here (roots) we are packing our substantial WILL. If we take these root vegetables we are acting upon this volitional centre. We are piling it up in that zone. Remember that zone is the zone of non-formulated WILL. Those roots in general will not aid formulation. They will give a certain substantial weight. Like a Japanese wrestler specialises in.

As it lifts it up from the earth it changes phase and this becomes a finite energy acting on the emotions. If we use plenty of these leaf plants then we are improving our emotional response. If we eat the leaves of plants, we are going to act on our emotional nature. There are many vegetables of which we eat leaves and all of these develop in the emotional nature.

This becomes finer acting upon the definitional functions, the higher thinking functions. If we use the seeds, fruits and so on, remember fruits come inside the flowers, if we eat plenty of fruits and so on we are actually improving our higher thinking capacities. If we eat the seeds and the petals of edible flowers (some lovely stuff in Kendal's basement, Petal Jam and so on), we are acting upon this seed department. This started as a seed down here so that a reflection of that seed down there at a particular time and not before and not later, the chemistry in the head and the chemistry in the sexual seed down there are very, very closely related. So there is sexual energy in the head and there is sexual energy down there but this is concerned with gross material generation. If that energy is not used up in gross material generation or otherwise thrown away, it permeates the whole being and builds what has seriously been called the astral body. The chemistry of that seed is like the chemistry of that seed except here there is a special earth field keeping it in potentia.

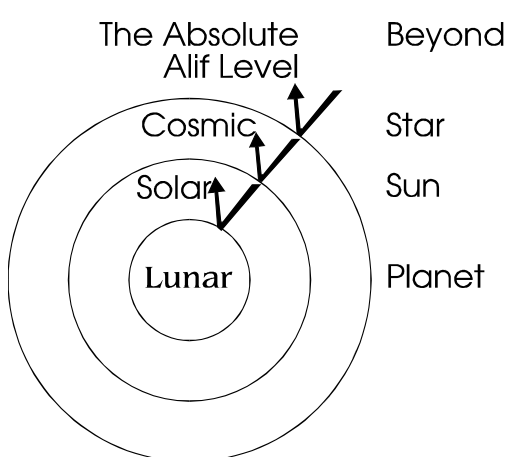
If we want to produce certain effects of balance, we eat some of each.

Remember an animal has nothing in it that it hasn't derived from the plant. These are three phases of energy. They have their own centres outside the earth. These three centres have made themselves in the earth and used the earth to make a gross material body. So there are correspondences. The value of certain drugs like opium and so on depends in them being derived from here.

Some others are for emotional phases. They lift the emotions up to the level where they can even see strange things not normally perceptible and are far finer frequencies than most people know about in their ordinary emotional condition.

If we deliberately cut out all the roots and all the leaves and live on fruits only for a considerable time, we will find that our level of perception changes considerably. A certain kind of alertness comes into the mind. After you've done that for, say, six months, you deliberately go and eat a large dinner of plain mashed potatoes. Quite suddenly your whole consciousness will drop. You will feel profoundly dull, as if you were modelled in clay. It is by that kind of experiment that you show yourself by extremes the kind of effect that is had on the body in isolation. Take any one of them and persevere in it for a given time and then quite suddenly go to the other and notice the change in consciousness.

The whole purpose of the earth (I must curve the earth line) is to serve as a reaction centre for the Absolute. Every material particle is a device precipitated by the Absolute to serve as a reflection point so that IT can make for ITSELF, omniscience. It can only know by reaction. The Absolute has precipitated the material world to reflect its forces back to it. In the same way that one individual only knows himself by the reaction that he gets from another individual so the Absolute has precipitated the world of matter so that from that world shall be reflected the energies from the Absolute.



There is the earth, there is the Absolute, then anything that comes will go back. This is part of the reciprocal feeding idea. If we didn't set up another boundary here, it would vanish absolutely. The process goes like this. In actual fact there is a little one inside there that we call the moon which is the absolute dead-end of minerality. These are reflection points. The Absolute itself, the Alif level, reflects on there and remains free. Coming inside this circle, it reflects here, and this is Cosmic Consciousness (not Absolute Consciousness). Most people are satisfied with that. Down here we are getting into the solar consciousness and down there the pure minerality, the lunar consciousness.

As we are coming in and building these zones of reaction we are constructing the possibility of intelligences of different orders. The Absolute remains Absolutely free because it absorbs all of the energies reflected Infinitely. Macrocosmos, being a closed system, reflects the energies to its perimeter from an internal sphere and that one reflects further within itself. So if we say that is a type of planet, that is a type of sun, that is a type of star and there's the beyond, we have a series of possibilities.

Here is a big cosmic consciousness that people call god as an object to be worshipped, and internal to that there is another one which in Hindu systems and elsewhere would be called one of the gods, because there are many sons, called stars. Down here are the beings called men. The same law applies to all.

If a point of reaction can be gained for the Absolute force, because that Absolute force is *Satchitananda* it is a being with consciousness and motion, if it can get a point of reaction, it becomes in its own right a reflexive, self-conscious being. Because of that, we know that there is a macrocosmic

intelligence called god internal to which there are various other intelligences, angelic hierarchies and so on down to miserable worms.

Again we get a jolly good lesson out of this symbol. It tells us that we can find levels of reflection, levels of response. If we find what we call an intellectually biased man and we deliberately emote and say, "I've got a lovely pussy at home with a white spot on its left ear", and then froth about it, he will probably frown on us. We are not hitting him on his proper sphere. So we won't get the appropriate reaction. If we study the type, we know exactly at what level to strike him to get the reaction back. Remember the reaction makes us reflexively self-conscious.

If he shuts up absolutely, and we are not able to find a better target we will die. People die every day to this.

If we want to do him a service, we show him how he can increase the responses by becoming more conscious of the different levels at which he must stimulate other beings. They say that in a battle of the sexes, women are continuously Spanish men-o-war, floating about in the water trailing their things. They are certainly not aggressive so they cannot be said to be ill in intent. When the little fishes go in and get stung it isn't the fault of the Spanish men-o-war because they don't hunt. It's the fault of the fishes for being pleased with the dangling scintillators.

Nevertheless there is a general feeling there of acquiring new methods of undulation to charm the fishes. Meanwhile in the fishes there is a tendency to identify with darting movements and penetrating into situations. The object is to become aware at what level that person tends to respond. This is Circe's trick with those unfortunate men. When she turned them into pigs she did so by studying their level of reaction and then by the law of association changing that level to another level.

For instance if you find an intellectual man who believes himself as pure intellectual and you talk to him and say, "because you are pure intellectual you must include within your survey anything whatever that exists".

He says "Yes".

You say, "Sensations exist, and feelings exist and therefore they must be considered by you intellectually. So we'll have you now considering intellectually pleasure and pain".

Because he is an intellectualist he will agree to consider pleasure and pain intellectually. We can then persuade him intellectually to do some experiments in pleasure and pain, for intellectual reasons. Before he knows where he is, he has gone off his intellectual plain onto another plain. From the pleasure/pain level we can induce him to go into the sensation level because pleasure and pain are only reactions to sensations. From the sensations to mechanical stimuli. We can get him right out of the intellectual world into the gross world by defining the situation in his terms.

Really everybody is trying to do this all day long on everybody. Advertising copywriters and TV program makers are concerned with trying to find out the response level of humanity at large. The thing is to find out your own response level to other beings because only by working on yourself on the inside can you gain the freedom that you need.

Fire Signs and The Nervous System.

Coming back to your former diagram Mr. Halliday, the fire signs in a large number of the astrological systems are correlated with the nervous system. Is this approximately correct?

Yes. If you are referring to the energy in the nervous system.

Remember the funny thing about the nervous system. It is generally taught to be a means of communication with the different parts of the body. You have a brain and it is sending messages down wires, nerves, and the nerves have been evolved in order to send messages. That is the current teaching.

It happens to be the exact opposite of the truth.

The truth is that the nervous system is a method of *not* receiving messages that you don't want. Every message going down a nerve is going down an insulated wire. The nervous system is insulated. If you want to send a message down to your little finger it goes to your little finger, not to your left ear. The purpose of this is to shield you from Absoluteness.

The nervous system is a method of insulating your Absoluteness so that you can:—

1. Deal with things through your insulating system one at a time.
2. Then in groups.
3. Finally in the totality

At the top level you throw your nervous system away. You don't use it. You have to be quite clear about this. It is not a method of communication. It is a method of non-communication with the things that you don't want.

It's quite a simple matter to demonstrate that with the nervous system. It is an insulation system with little gaps running all the way through it — synapses. These are especially made so that you do not communicate with god perpetually — with the absolute and with all beyond. It would produce a chaotic flux in you until you got used to it. The whole of the physical body is a limitation upon consciousness, specially precipitated so that individuals are given a point of reaction serially. They can then find themselves step by step.

The nervous energy in it is simply that much of the Absolute that has managed to get through all the filters and appear as volitional action.

It is because of this fact that the fire signs in general are very, very strongly warned to be very, very careful. They FEEL absolutely. They do not believe, when they examine themselves that there is anything in principle that is impossible. Consequently they have to be very, very careful because they can do all sorts of funny things to the detriment of other parts of their organism. Not that it matters ultimately but it can impede them for the time being.

Each Group of Signs has a Danger.

The danger for fire signs is cheek. Having a go at anything. Even challenging the divinity to knock the ceiling down or something.

The danger for air signs is rationality — of thinking that to know it is enough. Similar to engraving it on the brain and saying, "I know that, I know the form of it, I will forget it because I know it". Knowledge is not enough.

The danger for the water signs is sensuality, pleasure flux.

The danger for earth signs is melancholy. They can become very depressed.

Each person should know his own danger and know that this danger constitutes for him at some point in his being, his chief deficiency. His chief point which he has to work on. It is his best friend when it is worked on.

Fire Signs

We could say as an Absolute statement, that fire signs are better off than anybody. From the point of view of spirit. Fire in the nervous system is spirit. They are nearer to it but because they are nearer to it they are in danger. They get cheeky. If they can curb the cheek, then their good fortune can be capitalised upon.

Air Signs

In the case of the air signs their rationality is their best friend and worst enemy. It is their best friend because it can be very clear. It is their worst enemy because they tend to be satisfied with being clear intellectually and not to do anything about it. It can lead to coldness, lack of feeling and so on.

Water Signs

In the feeling signs the best friend is that they have compassion. An openness, sympathy and so on. The worst thing is that this compassion and openness and so on leads to a complete laxity in every sense, morally and so on. When Christ said, "This woman has only one sin, she loved too much", it is a water sign reference. There is a tendency in them not to say, "no" to that kind of pleasure flux relation.

Earth Signs

With the earth signs the best thing is stability. As I said before a Virgo is a good person. Inside that goodness, inside that solidness there is a mercurial spin causing the circulation of the blood and the other forces in the body and an inner insecurity. The exact reflex of their apparent, external stability. Therefore they feel insecure inside and they feel very often that their goodness is not appreciated, or not rewarded like it should be. Then they become very depressed. Then they think that air signs are brilliant and fire signs get away with it and water signs have a lush time and so on. All this makes them depressed.

Opposition.....

The thing is to understand the temperamental bias and to recognise that as a particular bias caused by the accident of birth and then deliberately to cultivate the opposite.

On the Zodiac it tells you exactly how to do it.

The correct reply is always to play the opposite whether in yourself or with anybody else.

...To Gemini

For instance, opposite to a Gemini is Sagittarius. Gemini always has reasons for everything. He's under Mercury, spins around very rapidly and produces reasons. If a Gemini deigns to argue on their level there is no end to it. So his best thing is in the presence of a reason to shoot straight through the alternatives.

All argument is futile. Absolutely that division is a falsity. No amount of reason really means anything. Ultimately it is an act of will, direction.

If somebody sets you up with the horns of a dilemma, you immediately say, "that is form, not volition. No matter how water-tight it is (that is how 'cancer-proof' it is), as I don't happen to be a crab, I'm going to shoot straight between it". So no matter what the formal statement is, fundamentally you say, "I'm sorry, that is only reason".

A poet once said, Reason has moons, but moons not
hers
Lie mirror'd on her sea,
Confounding her astronomers,
But, O! delighting me.¹

It means that as the universe is ultimately power, and idea is only a tremulation of power, we can afford to ignore the tremulation. So we shoot between all the arguments.

...To Sagittarius

Supposing that we get the reverse of that situation. We get a fellow that keeps shooting hard at another man born in Gemini. This Gemini has been educated a little about his own nature and the nature of

¹Ralph Hodgson — 'Reason Has Moons'

this Sagittarius who has not been educated about it. Sagittarius tends to shoot, but simply because he is a shooter he really shoots better at a target. If Gemini is very cunning (and he is under Mercury and is therefore quite cunning by nature), he can be trained to set up pseudo-targets for him to shoot between. In other words he sets up a real object up at the back and a couple of alternatives for him to shoot between so that he hits that target. This is a question of individual level. If the Gemini knows himself better than the Sagittarius knows himself, the Sagittarian will be trapped. This is where the generalities no longer constitute importances. If he has better knowledge in himself, he will beat him, despite the fact that the other is a better man, absolutely.

...To Aries

If we take this opposition, the Libra is the perceptive kind and sees everything separately as myriads of forms. The sign of the ram is the sign of undifferentiated energy appearing as general scatter and it won't keep to the point. Libra replies every time it moves by showing it that whatever it has moved from and to, it always was a percept. So he can actually cause confusion in that by setting up targets quicker than he can get to them. I'm talking about warfare at the moment. If he wanted to help him he could do something else.

If you find that nervous energy in yourself tends to rush all over the place and say "FIAT! Let there be something or other" (Hitler was born just there, in between the Ram and Taurus positions), if he's trying to do that, then we set up everything for perceptual data for him to run at and we insist when we have this mood on ourselves, of reminding ourselves that wherever we go and whatever we see, it will necessarily be perceptual. It will never escape form as long as we are aware of anything whatever. That is the reply to that.

...To Pisces

The reply of a Virgo to a Pisces is very difficult. This is a highly emotional sign, a feeling sign with a tendency to gush out and flood over the situation. It can be very sensitive. Virgo is very stolid externally. If somebody tries to flood you with emotions all you do is internally mercuriate yourself. You spin your ideas around and say to yourself, "as long as I keep my ideas rotating inside, that emotion cannot catch me". You then make an external shell of solidity round yourself because your ideas inside are circulating very rapidly. You produce an impenetrable exterior so that emotion cannot affect you. By the use of the Zodiac in this way you can reply to anything.

...To Leo

A Leo is a man of will and he wants to do only what he wants. He must be free. The difference between Leo and Sagittarius is that Leo just wants to be free but Sagittarius wants to shoot things. Leo doesn't want to shoot things, he just wants to be free. The correct reply to him is to quote from his memory what happened the last thousand times he was free. You hit him with the memory all the time.

...To Cancer

The correct reply to a Cancer in the middle of a feeling flux of delightful sensuality is a sudden bang into the gross material world. At eight o'clock in the morning you will have to get up in spite of it.

This kind of reply that goes on internally in yourself and in your relation with other people is a very great accelerator of the work.

Manipulation of Symbols.

The more you can manipulate a symbol of that order quickly, the more quickly you become released from all the mechanical determinations, because what you are really doing is setting up an internal process in your so-called astral body, and this process becomes permanent. You have to have a permanent gravity centre, an idea to which all ideas will accrete.

We have many such ideas in different nations. There's a purely Hebraic, Cabalistic system. There's an Alchemical, an Astrological, a magical and so on system. Each one is coherent and perfectly complete in itself, and it doesn't matter which one you stick to because they are all talking about the same ultimate phenomena. It is important to get to the level of being able to use one symbol coherently, and consistently for a period of time. The Zodiac is as good as any other.

Actually the enneagram thing of Gurdjieff is a Zoharic/Cabalistic thing in its origin. These things are so many thousands of years old even in the recorded sense, and innumerable years orally transmitted. All these symbols are passed down to us originally through a priestly line, a ruling line of priest-kings, and have descended to us. We can still produce the same results with the same symbols if we use them in the same way.

Learn the Zodiac in that way. Learn it in triads. In so doing, fix it in your mind. Never mind what the newspapers say is going to happen to you next Friday. It doesn't really matter because it is irrelevant to the purpose. Even if it were true it would still be irrelevant. The purpose of this symbolic diagram is psychological integration.

- ♦ It is a method of reminding you that you have a nervous system. The nervous energy is (cardinal point), distributed throughout the body.
- ♦ It is gathered together in particular centres.
- ♦ It is motivated in given directions.

Perception and The Air Triad.

You have:—

1. Perceptions with your sense organs.
2. The storing of perceptions in the memory.
3. The actual comparing of such perceptions in Gemini.

These things you must know about and you must say to yourself, "I am perceiving at the moment. I am not remembering. I am perceiving". In a pure percept for the first time, you cannot recognise what you are seeing. Recognition is re-cognition. If you have seen it before — that is you recognise it — it is in the memory. So you are not seeing it purely. If you want a clear objective percept in the Gurdjieff sense, you must destroy individual memory every second.

There is a principle called twt, or T. W. T. or 'THAT WAS THEN'. Whatever it was that you were doing, scrub it out. Start again. Look at the thing.

If I look at you with pure perception, I don't know what you are. I've not the faintest idea. When I look at you now, I've not the faintest idea what you are because I am not referring to memory. When I refer to memory, your name comes in. The fact that we exchanged letters comes in. I can remember you smiling in a certain way. I remember that you have a motor-bike, and so on. All these things are from here, from the memory. They start putting my eyes out of focus on the percept. In order to remember you I have to obscure the percept. You see how important that is?

The memory imposes on us so that we do not see things as they are. I know a fellow and he has a photograph of his wife, taken 48 years ago. He looks at it and he looks at her. He says, "It's a lovely picture of you, this", and really he can't see his wife.

Not a bad idea.

This memory covering is tremendously important. It is the chief formal blocker for the percept that you need to release yourself. All association of ideas has correlated with it associated feelings, attachment in Scorpio and emotional reactions. Your wife can get more emotional reaction out of you with one word than all the other women in the world could do with a million of them. She can say something that needles because there are a lot of other things piled up in the memory. So you see the terrific weight that's in the

memory into the emotional life that can get at you. All these things have to be broken in order to make this immortal, diamond body.

So we get the percept in its pure form, the recording of it in the memory and the association of all the similar percepts. Even if they have only one point of similarity they will associate. That point of similarity is a Doh for another octave in the Gurdjieff sense.

These things are compared. Their similarities duly noted down and divided where they do not have similarities. The whole thing is referred back to the perceptual world and ?????? which is *Maya*, illusion.

Feeling Flux and The Water Triad

In feeling you have a general flux which, if you let it manifest itself and lie down in a perfectly relaxed state, the actual movement through the blood in certain parts pleases.

If you rock the baby, the flux of fluids in the body gives it pleasure and it will become quiet. When the mother was carrying the baby, her pelvic movements swilled it about in the amniotic fluid. It was like being in a very pleasant boat without ??????. This process of pleasure flux is there.

When it is gathered together by a stimulus of a certain order it passes into Scorpio and becomes a specific feeling reaction either of attachment or repulsion. You then find out of your general pleasure, plus a formal stimulus, the appearance of devotion. You attach yourself to a thing and start serving it. If you are not careful you start identifying with it and think that it is part of your well-being. Then you *really* start devoting yourself to it. When this happens, this devotion, if the devoted object is attacked, it flies immediately into an emotional display. It flies out in emotional reaction. The whole thing involves itself in a viscous circle.

Absorption, Secretion and The Earth Triad

When we come into the physical body, we find that the physical body absorbs. It takes in food from outside. That food which is in general spread out throughout the body, is put in specific places, the glands, in internal secretion in the body. There it undergoes certain changes of phase, certain frequency changes, and is then passed into the blood and circulated. That again predisposes you to assimilate.

Assimilate — Take similars in.

It predisposes you to get more of that stuff. Every time you put a little bit of food into your physical body, it:—

- ♦ changes the chemistry of the body through the internal organs of secretion,
- ♦ circulates them,
- ♦ alters the being of the body, (being is another way of knowing, determines knowledge level).
- ♦ causes it to tend to assimilate more of those substances.

Supposing you decide in spite of everything that you are going to suck an orange or something and you actually do so. Then a little message goes in and certain changes occur. Higher, macrocosmic frequencies break in, simply because an orange is a recipient of very high frequencies. Then it sends a message down here and circulates through the body and it predisposes you to have another one.

Say you've been fed in a wrong way since childhood. You've got yourself chemically built in such a way that the right things tend to be rejected. At first those right foods might be unpleasant to you, might even disturb you. If you persist in doing it, knowing it to be right, you will create a state of conflict in you. Then persisting through the conflict you will change the constitution of the body and refine it so that then it can respond to a different feeling level. This is how you change the actual constitution of the body as a receiver of different vibrations.

There is quite a lot of thought in the generation of this symbol. They weren't fools who set up that circle and put four triangles into it, and allotted various significances. They didn't just use it for saying rubbishy things. They used it to meditate upon and to study their own nature and their own reactions. The Chinese use an eight pointed system for a certain other kind of psychological trick. This one is a Babylonian

thing in origin as it has come down to us, but prior to that it comes out of the primary fact of the division of a circle into six parts by the compass. Those six are two threes. That three is the basis of that enneagram.

Universal Frequencies

Remember that when we are talking about the transition from one level to another we are talking about something that repeats. The Eleusis, he who comes again. The Doh or Deo or God which plays himself round and restates himself in different levels. The top frequency is the top Doh. The progression in the creative process is downwards towards coarser and coarser, longer wave notes, greater depth.

When we come down to the Ultimate, the Universal Substance cannot respond to the stimulus at a different level. That is the lowest frequency that there is in the universe. We would represent it by the moon, a dead mineral body.

At the other end you have the Alif vibrations which are the top level vibrations of the absolute. All these are reflected inside this diagram. All of them have their correspondence inside the human organism. If you work on one particular only, too long, you will unbalance yourself. That is very, very important to realised. When you identify with a thing you open the door to the thing.

There is a ritual we use for doing this sort of thing. We could actually induce in a person here who wished to undergo it, the state of pure 'Ram'. That person would then feel that all the enrage in the Absolute belonged to him and his command would have to be obeyed or else. If we allowed him to stay in that state he would suddenly start dictating to us the next experiment and require us to obey. If he stayed in it too long, it would require a terrific amount of work to get him out of it because he'd love the feeling of it.

The Process of Ritual Initiations.

This process actually takes a man round the whole of these twelve positions in the initiations called the twelve labours of Hercules, or the Gilgamesh of the Babylonian cycle. It is actually twelve initiation points. With appropriate rituals these things can be induced and the person then knows every aspect of his own being in isolation. He knows its virtues and its horrible vices. Then he conceives from himself the necessity of having all rather than just each.

All is better than each.

It includes each plus the integration pattern.

The diamond body requires that we know at least in ???????? aspect these twelve aspects of ourselves. Think of how difficult it is. We have to know our nervous system energy is diffused throughout the body, that it is tending to give orders throughout the body all the time. So that wherever there is a nerve in the body there is an order tending to be given.

We have to know that every centre, every cell is a little individual Leo on its own account. That's a sub-ent, a tiny little being. Wherever there is a cell, wherever there is partition between one part of the body and another, there is a little lion shouting out, "I want to be free". Each organ will shout for freedom and determination. There is an impulse, a patter of purpose monitoring the whole body. That's only one triangle. You have to be able to watch that triangle and you have to know that over your whole body there are impulses, that most things are separate little entities.

The general field energies.

Separate entities.

The particularised purposes.

You have to be able to know all these things as impulses at once. That's quite a job.

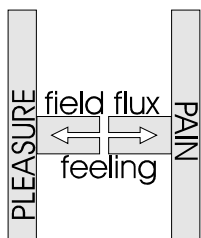
Then you have to apply this to the remaining three triads and then do the whole thing at once. It's not a day's work. Funnily enough it can be shortened by the proper use of that process we had in the beginning.

1. Start with your general feeling.

2. Then do your best to define the formal content.
3. Then look at the gross material bodies to see if they have the gross material in them (like a Stradivarius made of dough) and if they haven't, you just don't try to use it for that purpose.

This way you create a discrimination organ and there gradually comes into you the equilibration of those three facts which allows the statement of the volitional centre in you. Volition is impossible until you have actually become aware of those three aspects simultaneously.

MEN — WOMEN
POWER — MATTER
LAUGHING — CRYING



The becoming aware would be the value of memory wouldn't it? As opposed to the memory shielding the pure percept. Memory in this case would be the good aspect of it, the good value of it wouldn't it.

Yes. Without a mechanical memory as your worst enemy, deliberately referred to memory with objectively stacked content is your best friend. You want to see in the memory not a remembered sense datum. You want to see the Universal that the physical object represents. To see it as an eternal thing rather than simply a stimulus situation in the five sense world. In that sense you are looking at Platonic ideas.

When I make a mark like that, I do not think for a moment (usually, I've done it deliberately) that I have made a mark with chalk upon that paper and that mark is made of three lines. It isn't made of three lines is it? It's made of one line that goes to the limit and then bends and then goes in another direction. I call it a triangle made of bale chalk or something. That is not a Platonic idea. That is a mark on the paper. That is useless.

Say that triangle represents the resolution of a primary duality and there is primary duality with no link factor. That's men and that's women, and that's power and that's matter, and that's laughing and that's crying, and so on and all pairs of opposites unresolved. I now symbolise and I just put a little stabiliser in between them. Then I draw the bisection between these things I am beginning to stabilise the concept of positive and negative and the resolution factor in between. Between pleasure and pain there is field flux. The unifying factor. So I must place that feeling on there, pleasure there and pain there. Then the triad becomes a very useful mode of diagnosing a situation.

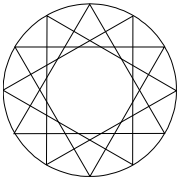
Then we are talking about a purely Platonic idea, not about a mark on the paper.

When we stack our memory with these cosmic ideas, instead of with sense data that are relative and particular, then our memory is very useful. We don't really care two hoots if we have an Aunt Florence. It doesn't really matter at all. But if we have the principle of Auntie something (namely 'against' your mother — because your mother married and she didn't) and Florence about the general idea of flowers and blossoms and so on, then we are constructing something useful. Something useful always and everywhere. The thing is to elevate everything particular in that manner in to a universal symbol and then apply the symbol into our own economy in order to control our own reactions on the four levels.

1. The nervous energy level.
2. The feeling level.
3. The formal idea definitional level.
4. On the gross material actual level.

Repetition.

You say that this is continually being repeated? I was going to ask you about repetition and the statement of Kierkegaard's in relation to this. He appears to place tremendous value on what he calls repetition. I'll ask you about it next week perhaps.



Shortly, about repetition, we can change it to the idea of the Eternal Recurrence. This diagram is simply a circle with some triangles placed in it.

Remember the original diagram we did of space with impulses of energy within it. We know the very concept of space is a construct from a centre, namely in my case, this centre. I just go from my centre of reference out in all directions equally and I construct a sphere. Wherever there are centres of observation, they are always and necessarily centres of spheres. That diagram represents a fact of Eternal Recurrence. Wherever and whatever and of whatever conditions there are centres of observation, there are necessarily spheres of observation extending in all directions round those observation centres.

It doesn't matter in what world we find ourselves precipitated, if we first remind ourselves of the fact of eternal recurrence being cyclic, and that a circle spun on its axis makes a sphere, we can analyse any situation whatever with that diagram. It is then an eternal diagram. It doesn't matter what world we get precipitated into. If we get thrown into the *Bardo* or

If we are continually hoping and looking for other than that which we already have, we can't accept or understand.....

People prefer one shape of head to another shape of head and they don't understand why, all heads are just heads. One has a nose that goes like that on it and somebody doesn't like it. Well, that is a matter of type reaction. It doesn't mean anything. This particular is relative to the sense data and it is quite meaningless Absolutely. The question is, "Is it one of those? Is it an intelligence? Has it got all these processes in it?"

If so then it has relational possibilities which can be developed. It is our duty to develop them and that's first.

Is it good for the earth signs generally to eat potatoes and the others to.....?

That is only encouraging themselves in their own condition.

So it would be better if they tried to balance with the other factors?

Yes.

Elation and Depression.

As far as earth signs are concerned, the best thing they can do is never allow themselves to be elevated. Their lives are cyclic. Every depression that an earth sign gets into has been preceded with a state of elevation and well-being.

I draw a median line and put a sine wave going over it. If there has been a depression, it has been preceded by an elation. This is a necessary law. To avoid a depression all you have to do is pull down the energy of the elation. Try and pull it down. Don't allow yourself to be elated because the subsequent wave cannot go deeper than the preceding one was high. That is the cure of it. Then they come on an even keel of perfect balance and they never become depressed again.

The trouble with this elation thing is that they always feel good in it. But that is a pure illusion. It's a product of a chemical stimulus deriving from anti-depression. When they are elated that is the only time they can do anything. They can't do anything when they are depressed. They are passive. When they are elated they should pull themselves down. Then they feel a sense of power because they have pulled themselves down. Then they can never go lower under the median line than the elation was above it and so they stabilise themselves. That's the proper way for the earth signs to deal with it. It's a very quick way if they do it.
