

“The three notes: LA, SOL, FA, represent the three forms of organic life: man, fauna, and flora. The notes MI and RE of the *lateral octave* represent the livening influence of the Absolute II, penetrating the planet Earth and its satellite respectively, through the *station of transmission* LA-SOL-FA.”

---Boris Moravieff, Gnosis I, p.102

Time and Eternity

Homework

Read and ponder this email several times this week; consider the following as practice suggestions:

- Self-remember in the present moment in mind, body and feeling: *I here now. I myself now.*
- "Whenever I am in a hurry, I am identified." (Beryl Pogson). Observe, non-identify and Self-remember. In this way, we rise above time to a new level of being.
- "For this reason everything we do now affects the past as well as the future of our life. One act of non-identifying now influences your past as well as your future. Your relation to people in the past will change, by work on yourself now. Not only will you change your own past, but possibly theirs."



SCALE

Thy actions spring from Thy nature, Thy laws from the noblest ideals.

Thou adorn and fulfill the cosmos, unbound and unchallenged.

None is beyond Thy reach, for Thou are ever dynamic.

Thou knowest the reality of everyone, yet all are loved by Thee.

--Guru Gobind Singh, Jaap Sahib: An Empowering cosmic hymn in praise of God (93,156)




Jacob's Ladder, William Blake, c.1805

Prayer of Jabez

*“Jabez cried out to the God of Israel, “Oh that You would bless me indeed, and **enlarge my territory!** ...And God granted his request.”*

--1Chronicles 4:10



- Maurice Nicoll

Apprehending scale can inspire feelings of states of awe, wonder, humility and oneness.



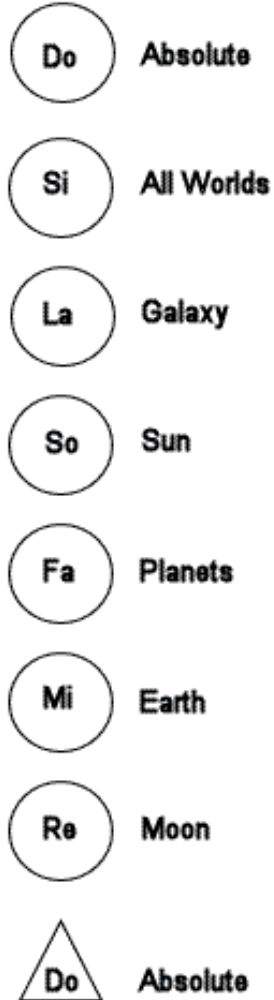
Romans 12:2

*And be not fashioned according to this world: but be transformed by the **renewing of your mind**...that ye may prove what is the good and acceptable and perfect will of God.”*

- Maurice Nicoll

“But unless the mind is changed by the Work, it continues to think that all its thoughts are real and true. The mind is then like a tent laying in a heap on the ground without a central pole. All its parts are touching each other wrongly. They are not stretched out by means of the training of the Work.”

Ray Of Creation



This Work is to make you think in a new way.

- Learning to think in terms of scale is to think in a new way.
- The Ray of creation can give rise to many thoughts that belong to the development of a new way of thinking.

-Maurice Nicoll

“All the great diagrams of the Work, starting from Our Ray of Creation, with their inexhaustible meaning, are to give us background and so to open up unused parts of centers.”



-Maurice Nicoll

*Therefore, scale, when applied to oneself, can be a tool for **Self-Remembering**—for seeing and feeling from a different level and thereby neutralizing identification.*



Ways of practicing and experiencing scale are as infinite as scale itself. Here are some examples of models or conceptions of scale in the commentaries, in scripture and many other spiritual traditions.

Diagrams of Our Ray of Creation/Scale of Being/Law of Seven

Levels of Thinking

Step Diagram

Table of Hydrogens

Diagrams of Digestion

Diagram of Four Possible Bodies

Diagrams of the Centers

Cross as given on p.101, 102

Levels of Man, p. 103

Diagrams 1 and 2: Deputy Steward, Steward, Master

Prayer through the Chakras (Tim Cook)

Our Father Prayer

Jaap Sahib

Creation Allegory in Genesis

Centering Prayer

David Hawkins Map of Consciousness

Jacob's Ladder

Consciously Spending Time in Nature

Faith

Practice of Lectio Divina

Intercessory Prayer

-Martin Luther King, Jr.
Strength to Love

*This universe is not a tragic expression
of meaningless chaos but
a marvelous display of orderly cosmos.*



*Go out one clear starlit night to some open space
and look up at the sky,
at those millions of worlds over your head.
Remember that perhaps on each of them swarm
billions of beings, similar to you
or perhaps superior to you in their organization.
Look at the Milky Way.
The Earth cannot even be called a grain of sand
in this infinity.
It dissolves and vanishes, and with it, you.
Where are you?*

- G. I. Gurdjieff, *Views from the Real World*, p. 58





Homework

"There is a saying in the Work that we should make important things important and unimportant things unimportant. Everything that keeps us awake is important and everything that puts us to sleep is unimportant in relation to the Work." (Beryl Pogson, *Centenary Fragments*, pp. 195-196)

Ask: What is important and what is unimportant in my life? Are my daily choices in keeping with my Real Aim?