

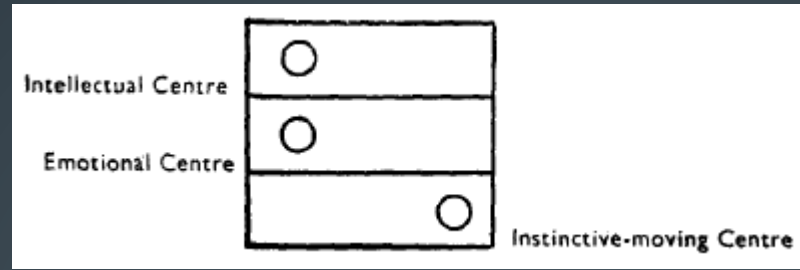


# CENTERS, PARTS OF CENTERS AND MULTIPLICITY

AN EXPLORATION *of* IDEAS



# Centers



TO BEGIN

## Parts of Centers

Figure I—Intellectual Centre

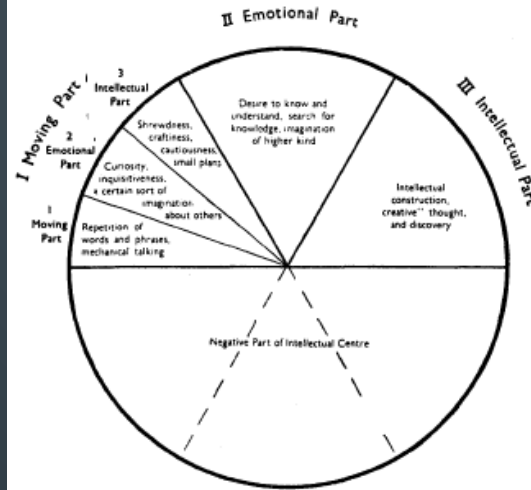


Figure II—Emotional Centre

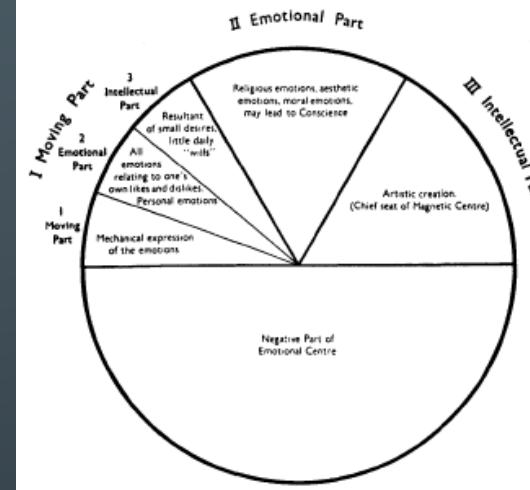
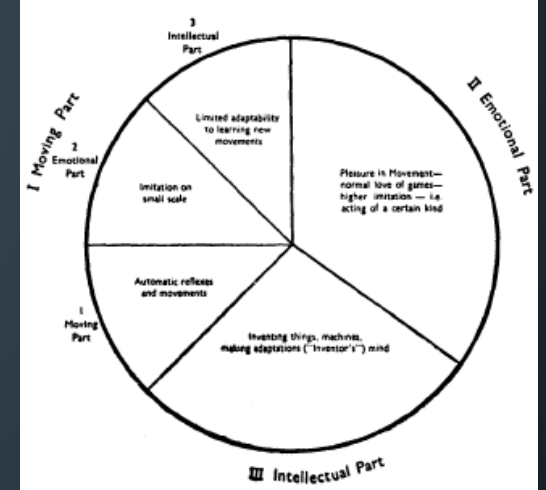


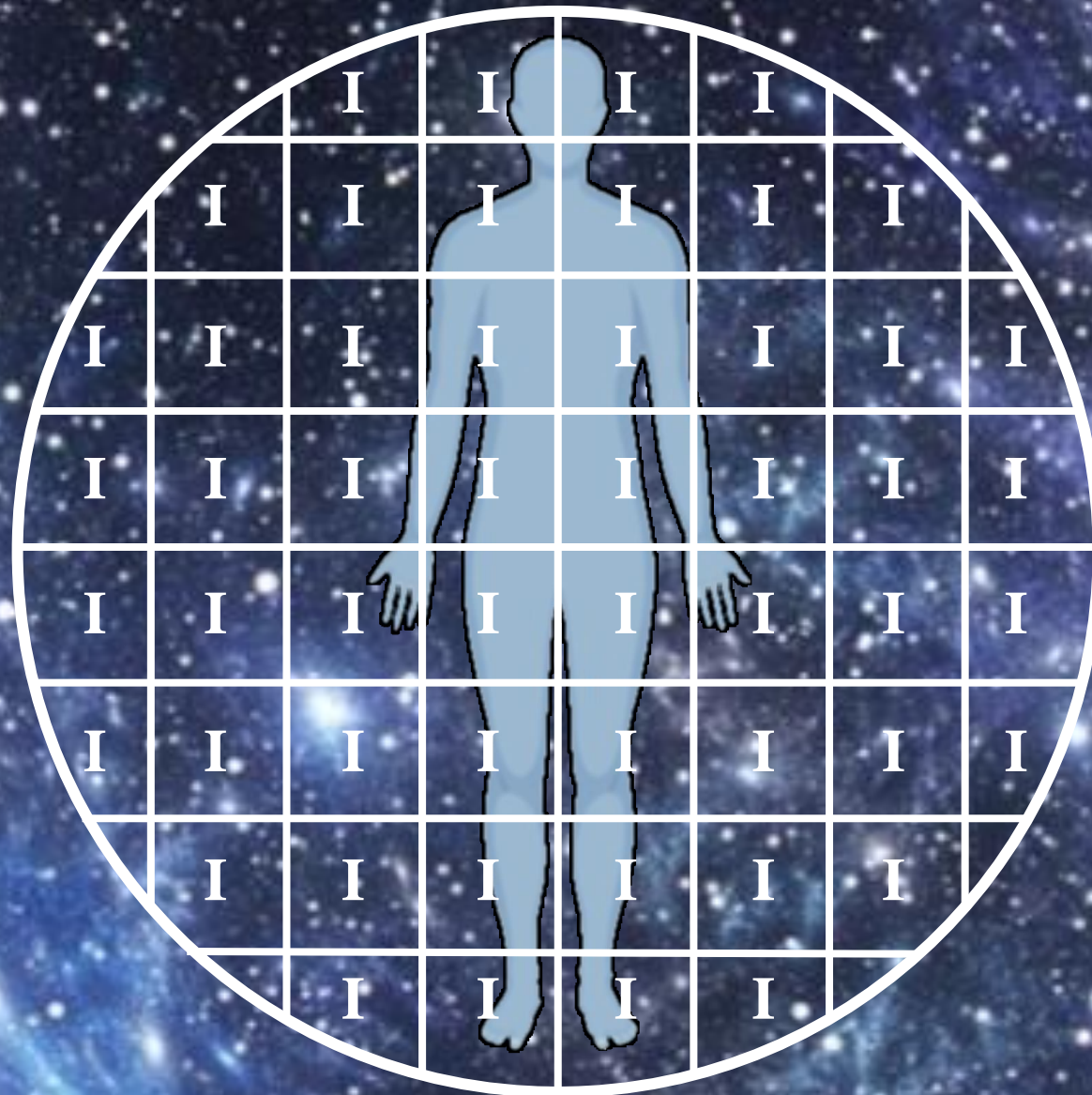
Figure III—Moving Centre



Multiplicity

Real I

God



TO BEGIN



# Multiplicity

TO BEGIN





## TO BEGIN

For more information...

- This week's email & references
- 2020 Archive: June 4<sup>th</sup> & 11<sup>th</sup> classes
  
- Intro to the Work – new class
  - Starts next week (6 sessions: Jan 27<sup>th</sup> – Mar 3<sup>rd</sup>)
  - Wednesday nights 7:00 – 8:30
  - No cost
  - Register on the Special Events page



SOMETHING NEW

# DEEPER MAN



J.G. Bennett

Foreword by A.G.E. Blake



## WHY BOTHER?

Gurdjieff:

It is the very nature of humans to consist of four distinct ‘personalities.’ Three of which are known as the automatisms of thinking, feeling and moving; the fourth is the master of these, the ‘Real I.’

For there to be this master, each of the three component personalities requires its own particular form of education in order to be “spiritualized.”



## Bennett's scale of Energies:

SPIRITUALIZED?

E1 Transcendent

E2 Unitive

E3 Creative

E4 Conscious



Cosmic Energies



Potential

E5 – E8

Living Energies



Given by nature

E9 – E12

Material Energies





## Bennett's scale of Energies:



SPIRITUALIZED?

Developing centers which are connected, coordinated, and aligned.

But how???



## Instinctive (inner) part

What is the intelligence of the instinctive part?

- Regulation of breath, temperature, circulation, digestion, chemistry, electrical, ...
- Kinesiology 'knows' things
- Something just doesn't 'feel right'



INSTINCTIVE /  
MOVING CENTER

THE WORLD OF  
FUNCTION

# INSTINCTIVE / MOVING CENTER

THE WORLD OF  
FUNCTION

## Instinctive (inner) part

How to educate / spiritualize?

- Breathwork & its variants\*
- Sacred breath / following the breath 🙌
- Meditation (positive impact on the machine)
- Listening to the body (Corpus Divina?)

\*Caveat: Disrupting the instinctive part has risks

Cosmic energies: Conscious • Creative • Unitive • Transformative



# INSTINCTIVE / MOVING CENTER

THE WORLD OF  
FUNCTION

## Moving (outer) part

What is the intelligence of the moving part?

- What catches the falling object?
- What ducks out of harm's way?
- What drives the car?
- What can dance?



# INSTINCTIVE / MOVING CENTER

THE WORLD OF  
FUNCTION

## Moving (outer) part

How to educate / spiritualize?

- Sensation exercises / attention exercises 🖐️
- The Movements
- Yoga (In Christianity, motivation is everything)
- Fasting

*“The troubles we cause for our bodies are endless”*

Cosmic energies: Conscious • Creative • Unitive • Transformative





*The center of our longing to be, our longing for union, our hunger for deeper meaning.*

*Our most immature, unreliable, unstable, uneducated (and most in control) center.*

## FEELING CENTER

THE WORLD OF  
BEING

*“It is almost impossible to arrive at what a person truly is by thinking. But when our feelings are open to something deeper and the ordinary emotional uproar is abated in us, then it is possible to feel what this human nature is ... and feel the greatness of the destiny that belongs to it. So essential is the right working of our feelings that we can say that the transformation of a person is the same as the transformation of one’s feeling nature. Until this has begun, transformation has not begun in any way.”*



# FEELING CENTER

THE WORLD OF  
BEING

## How to educate / spiritualize?

1. Not expressing negative emotion
2. Neutralizing negative emotion
3. Transforming negative emotion
4. Cultivating a spirit of devotion and beauty

Cosmic energies: Conscious • Creative • Unitive • Transformative

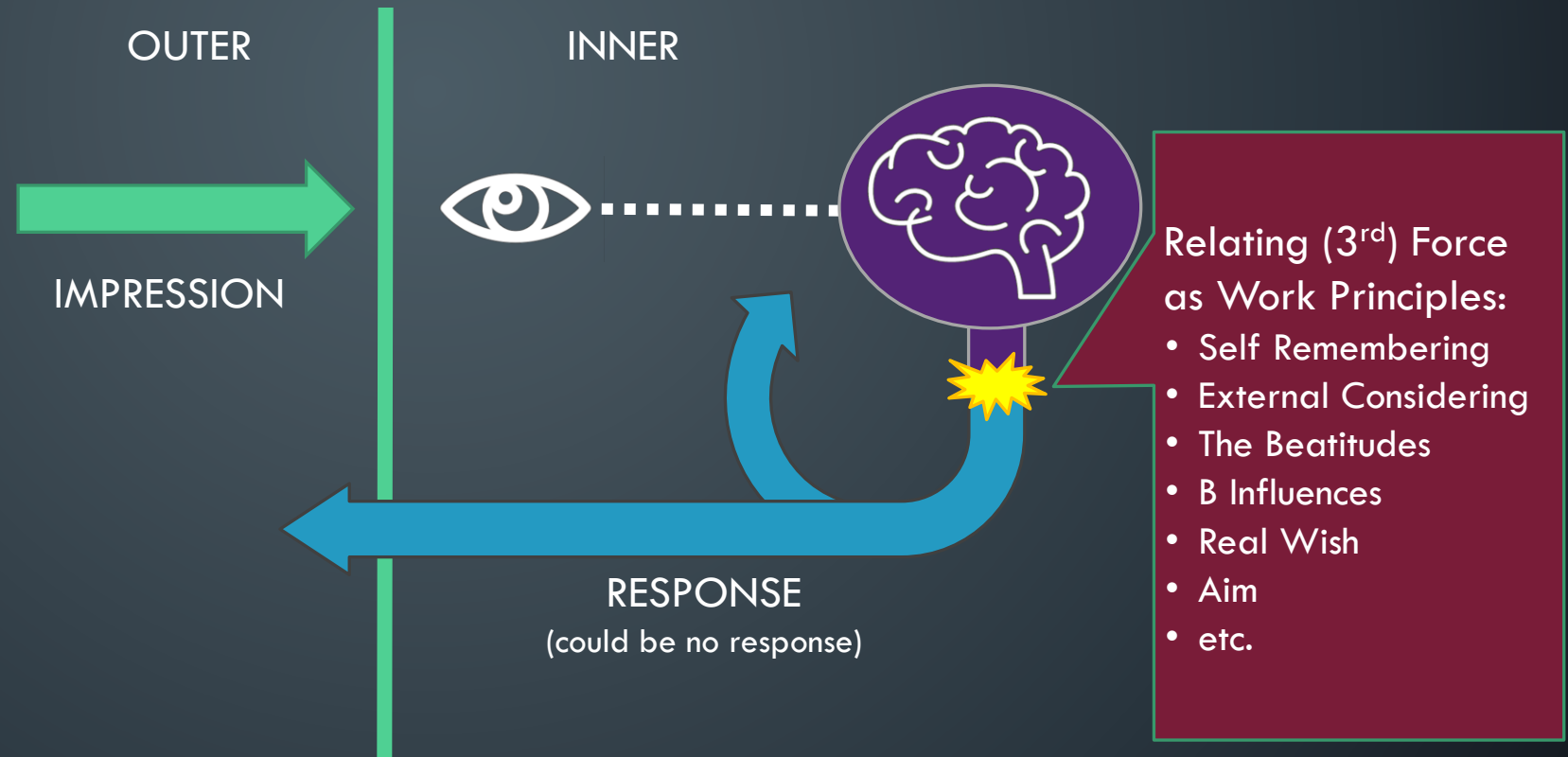


# 1. Not expressing negative emotion

- Self Observation 🖐️
- Non-identification
- *Turning the other cheek*
- First Conscious Shock (TJS 11/19/2020 Conscious Love)

## FEELING CENTER

THE WORLD OF BEING







## FEELING CENTER

THE WORLD OF  
BEING

### 2. Neutralizing negative emotion

- Is that \_\_\_\_\_ true?
- Do I absolutely know it's true?
- How do I react / feel when I believe that thought?
- Who would I be without that thought?

[with gratitude to Byron Katie]



### 3. Transforming negative emotion

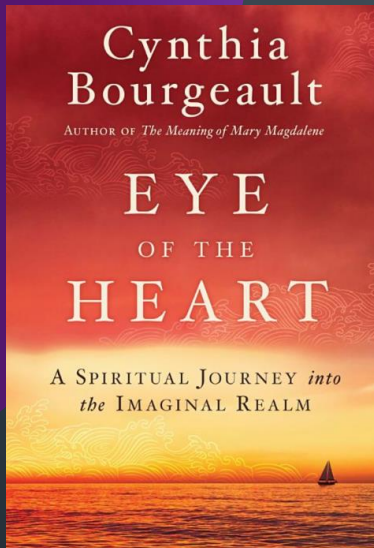
(i.e., administering the 2<sup>nd</sup> conscious shock)

*“Blessed is the Lion whom the man devours, for that lion will become man. But cursed is the man whom the lion devours, for that lion will become man.”*

Gospel of Thomas, 7

FEELING CENTER

THE WORLD OF  
BEING



- Feeding and digesting, up and down the ray.
- *Love your enemies. Bless those who persecute you.*  
(Using your energy and will to evolve the other.)

Ref: Cynthia Bourgeault, *Eye of the Heart*, ch. 3.



## FEELING CENTER

THE WORLD OF  
BEING

### 4. Cultivating a spirit of devotion and beauty

- Lectio Divina
- Visio Divina
- Music
- Time in Nature

What ‘feeds your soul?’”



## THINKING CENTER

THE WORLD OF  
WILL

*Most familiar and educated, yet equally untrained*

Possibility: Migration from thoughts that are triggered, associative, programmed and reactive to thoughts held and directed by the will.



# THINKING CENTER

THE WORLD OF  
WILL

## How to educate / spiritualize?

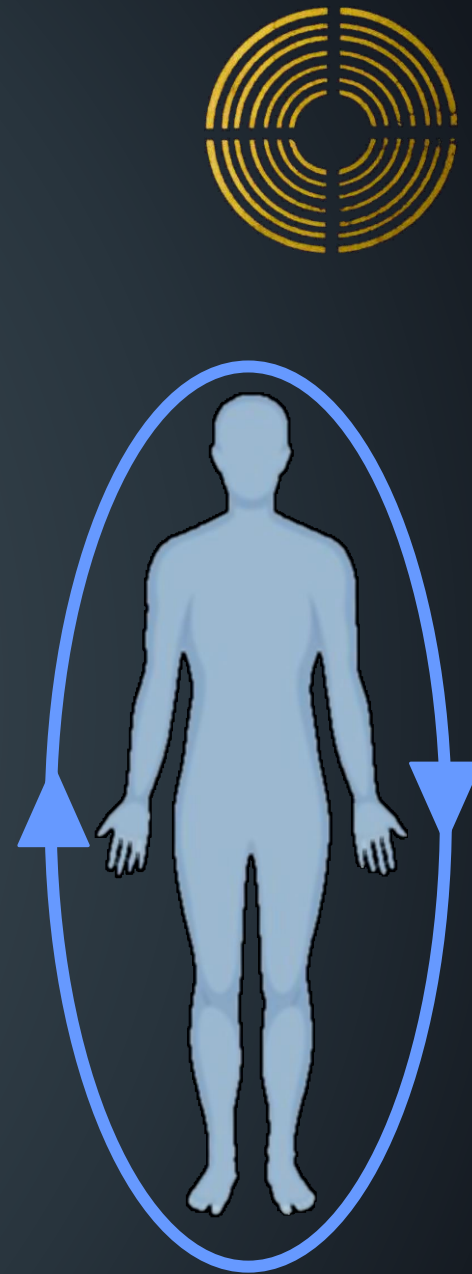
- Work ideas (developing the sides of knowledge and being)
- First Conscious Shock (search for new meaning)
- Centering Prayer (surrendering to Silence / the presence and action of God in my life)
- Engage TJS homework exercises

Cosmic energies: Conscious • Creative • Unitive • Transformative

## SUMMARY

*The three centers are able to bring the universal reality of the three worlds of function, being and will into an individual reality. This individual reality is the fourth 'personality' of a person – one's "own I"; one's wholeness.*

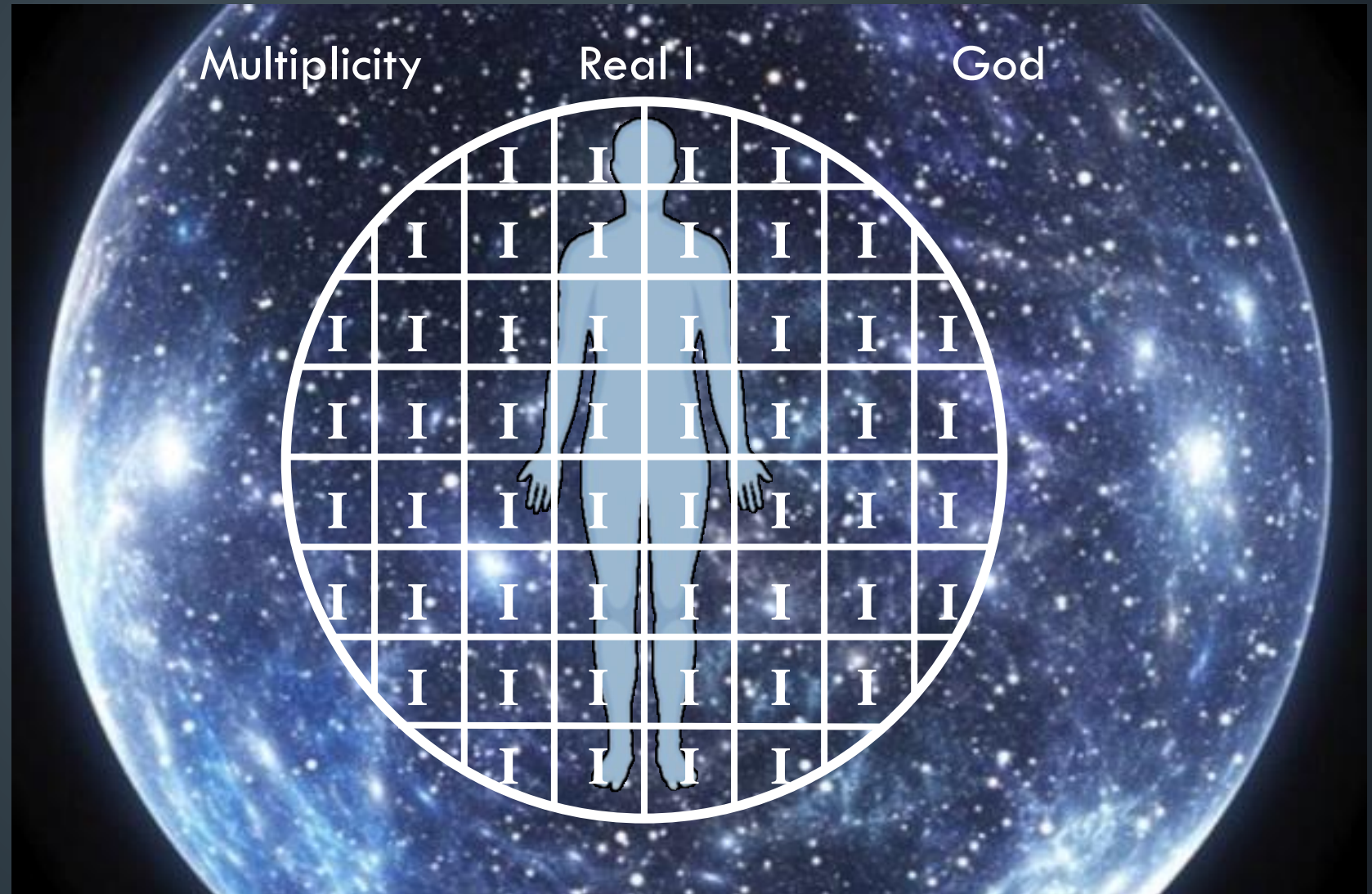
*The wholeness of a person is equally the singleness of one's will, the coherence of one's being, and the harmony of one's functions. The unity of function, being and will is the inherent "divine spark" which is within us.*





In which world do I wish to live?

SUMMARY





# EXERCISES

## From the email...

- Study *Wrong Work of Centers*
- Uncritically self-observe the mechanical expression of negative emotions. What songs does it sing?

## From tonight's class...

- Many exercises were offered for the spiritualization of the centers. Choose one (something that's new for you) and practice it every day.

## If this is all quite new to you...

- Sign up for the Intro class starting next Wednesday