

Presentation

Prayer

In the name of the Conscious Circle of humanity: Mr. Gurdjieff, Mr. Ouspensky, Dr. Maurice Nicoll, Beryl Pogson, J. G. Bennett, Rodney Collin, Boris Mouravieff, Madame Jeanne de Salzman, Dr. David Hawkins, Sister Bernadette Roberts, Father Thomas Keating, our blessed Mother Mary and the Lord Jesus Christ we pray: May this Work abide, dwell, and flourish inside of us, now and forever. We wish to work. Amen

Good evening Sons and Daughters of the living God who lives and breathes our very being with infinite love. How do we embrace him? You would want to know.

“She is still a prisoner of her childhood, attempting to create a new life, she re-encounters the trauma.” Judith Lewis Herman, *Trauma and Recovery, the Aftermath of Violence*

“We can only know God through sensation. Pure sensation is the name of God.” Madame Jeanne de Salzman, *Reality of Being*, page 226.

Tonight, I wish to explore the effect of memory on the instinctive moving center, especially the memories of traumatic events and how triggering of these associations takes us away from the eternal Now and God’s infinite Love.

Neuroscience describes the process by which the issues enter the tissues. Joe Dispenza, in his book, *Breaking the Habit of Being Yourself*, writes:

“When you're in the midst of an experience the brain receives vital information from the external environment through five sensory pathways ... As that cumulative sensory data reaches the brain and is processed, networks of neurons arrange themselves into specific patterns reflecting the external event. The moment those nerve cells string into place, the brain releases chemicals. These chemicals produce sensations and emotions and brand you with that pattern.” He adds, “When you can identify whatever it was in your outer world that caused that internal change, that event in and of itself is called a *memory*. Neurologically and chemically, you encode that environmental information into your brain and body.” Those memories, conscious or subconscious recur throughout our time bodies which Dr. Nicoll defines as “The totality of our life from birth to death.” They influence our reactions and states and mechanicality ensues.

Children feel safe until they don't. I have very early memories of living in the Garden, living in essence, and knowing I was loved. At about the age of four I experienced a traumatic event which I mentioned in my talk back in May on the idea of Multiplicity. The experience was of public humiliation and was accompanied by a harsh sensation and the feeling of shame. The neurochemicals that caused the sensation established a memory. Essence stifled. From that point on “I's” developed, driven by the fear of shame, that wanted to be known as “the smart one”, to make good grades, and please adults. I was the kid in the class that always raised his hand and always said, “I know, I know.” So, when I was about in 3rd grade, we began learning fractions and I just could not understand the concepts. The harsh sensation returned. It was experienced as

heat and pressure in my face. I panicked and feigned an asthma attack, so my dad had to come to school and take me home. Public humiliation. In recurrence whenever I gave a wrong answer or was asked to do something I didn't know how to do; the sensation would return along with the shame. Over the years a low level, unconscious sensation persisted flowing underground. Like all sensations it's difficult to describe. 'The Work calls this" wrong feeling of 'I"' and the resistance to it causes much loss of force.

Dr Nicoll, way back in 1943, understood how neuropathways are formed in the brain and become deeply entrenched but that neuropathways can be formed by thinking in a new way. The process of metanoia. He describes how Work ideas create new neural pathways in Volume 4.

In Volume 3 (p 948) he states, "As the feeling of time increases by self-observation and we begin to take Time-photographs of ourselves-that is studies of I's over long periods, the hypnotism of the present moment registered by the senses becomes lessened-but broadens gradually into all one's life, as consciousness expands. We begin in fact to understand Living Time that is we begin to understand our lives lie in the invisible dimension of time and are not confined to the snapshots of time that the senses register. The past is living in its own present-and is changing ... New understanding not only alters the future, but it alters the past. The whole Time Body of a person is connected with the other. Tap it anywhere and it vibrates through its length."

During my time in the Work I realized that I am a 2, 3, 1 man living mostly in my emotional center, with my instinctive moving center being my least developed center. I got involved in hatha

yoga, the movements, and becoming more conscious in manual labor to develop this center.

I began a more serious, observation of my bodily sensations. Initially it was difficult to discern negative emotions from the bodily sensations they produce. I realized that “wrong feeling of I” was present and could provide an entry point for self-observation and discernment. Eventually I was able to give myself the second conscious shock which Nicoll states is the transformation of negative emotions. This consists of isolating the emotion from the sensation, constating the raw sensation in the body.

By staying with the sensation or what Mouravieff calls constation (with state), the coarser energy is transformed into a higher energy or what the Work calls higher hydrogens. This is an experiential event, that allows self-remembering in the form of external considering for the person(s) involved in the situation that brought on the reaction.

I came to the realization that my mean old Irish Grandma, who was an alcoholic, was the product of her own traumas and the ‘sins of the father’ were passed down to her and then down to me. She was just doing it.

Through self-observation I found that I carried my emotions in my head and face. The muscles in my upper back and neck were chronically contracted along with the muscles in my face, mechanically trapping the energy in my head. I did not realize until I began observing my body that this sensation was not pleasant. I was completely asleep in this center. I learned to relax the muscles in my neck and shoulders, as well as the small muscles in my face.

The energy could then fall into my chest and belly where it gradually would become a sensation of brightness and warmth.

Many years ago, Tim Cook told Father Thomas, “I can’t take it anymore!” Thomas replied, “Yes you can. It’s just a sensation.”

This discomfort, this dis-ease that we may be asleep to, causes us to react rather than act consciously. Our nervous systems can handle the discomfort. Through constating difficult sensations our nervous systems become more and more tempered, and we can conduct a finer, higher energy.

Many years ago, I volunteered to work in the sound booth in the back of the church. This in the Work, is called ‘doing what you don't want to do’. It's been said that the sound booth is the 2nd hottest seat in the house and can be a good source for second force. On my first night flying solo, I went through the sound check multiple times. As the class began everything went south including multiple feedback events. I could see that the teacher was very displeased.

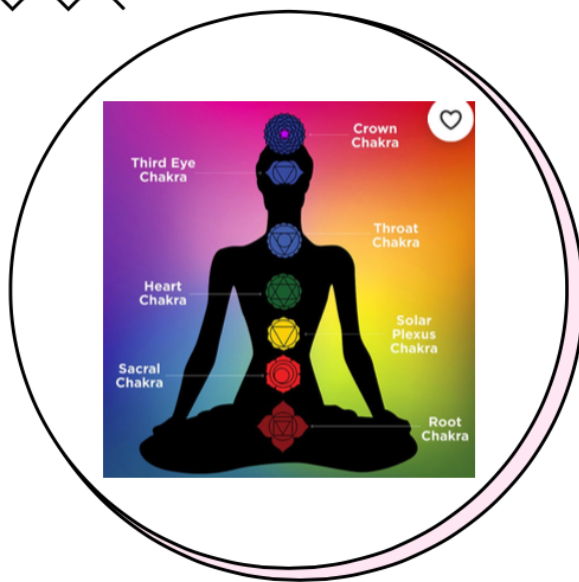
I could feel the panic begin to return; the lifelong sensation started to amp up. Oh boy, here comes the public humiliation, soon to be followed by shame. Then I experienced what is called ‘the work coming to meet you’. I was able to hold the sensation, relax the contraction, and I watched the energy flow down into my body, accompanied by the feeling that all is well, and all shall be well. As Catherine of Sienna instructed, “Lie down in the fire.” After this event, my future stints in the sound booth were much more comfortable.

In my Time Body I was able to see recurrences of this experience all the way back to its inception. I understood that young boy who was wounded in his innocence and came to understand that we all share this aspect of the human condition. We also share the same capability to reclaim our divinity.

As has been said where our attention is God is. While our mind and heart are very often not in the present moment, our body is always and only in the present. Our body is always here. If you are not feeling that you're not here period. It's simple and profound: anchoring ourselves in our body through our awareness of sensation is the one thing we can count on to be here and now, and further our Work.



I Am



- I am the resurrection and the life (Crown Chakra)
- I am the light of the world (Third Eye Chakra)
- I am the good shepherd (Throat Chakra)

- I am the bread of life (Heart Chakra)
- I am the door (Solar Plexus Chakra)
- I am the way, the truth, and the life. (Sacral Plexus Chakra)

- I am the true vine (Root Chakra)



Tonight, I'd like to share an exercise that has been given before in the church. I've been practicing the I Am statements for many years and found it to be continually fruitful. It is an exercise in

focus of attention, discernment, and will. Each of the statements has a correlating energy center which has its own sensation and state. “State is place”.

Please feel your feet on the floor and your bottom in the chair. Relax the muscles in your shoulders and neck. Relax the small muscles around your eyes and mouth. Take 3 slow deep abdominal breaths while repeating ‘I Am’ with each breath.

Now place your attention at the crown of your head: ‘I Am the resurrection and the life’.

Now to the area in your forehead between your eyes: ‘I Am the light of the world’.

Next to the area of the throat: ‘I Am the Good Shepherd’.

To the middle of the chest: ‘I Am the bread of life’.

In the belly: ‘I Am the door’.

In the pelvis: ‘I Am the Way, the Truth and the Life’.

At the base of the spine: ‘I Am the true Vine’.

Now we will retrace the path beginning with ‘I Am the true Vine’.

