

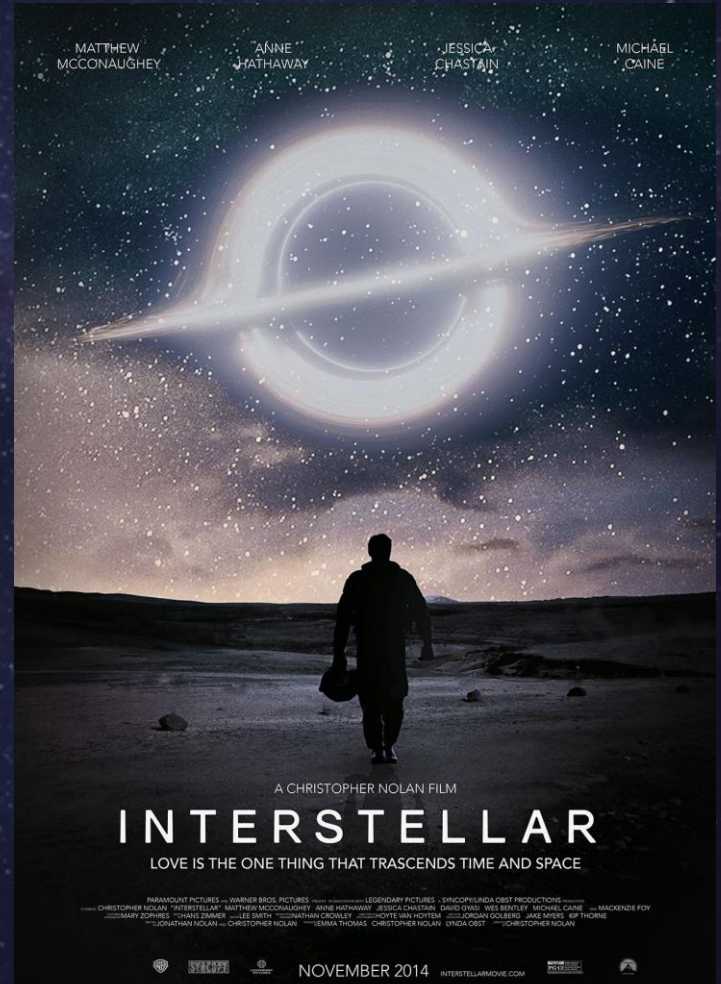


THE TIME BODY

Exploring the Fourth Dimension

Thursday, March 18th, 2021

The Journey School



TIME & THE WORK

“To become a spectator of time is a cure for simplicity of soul.”

– Plato

“Eternity enters into time and it is in time that all movement takes place...Eternity is not limited by the conditions of time, and time is eternal in virtue of its cyclic recurrence.”

– Asclepius, *Corpus Hermetica*

“Man dies because he cannot join his end with his beginning.”

– Ancient Pythagorean saying

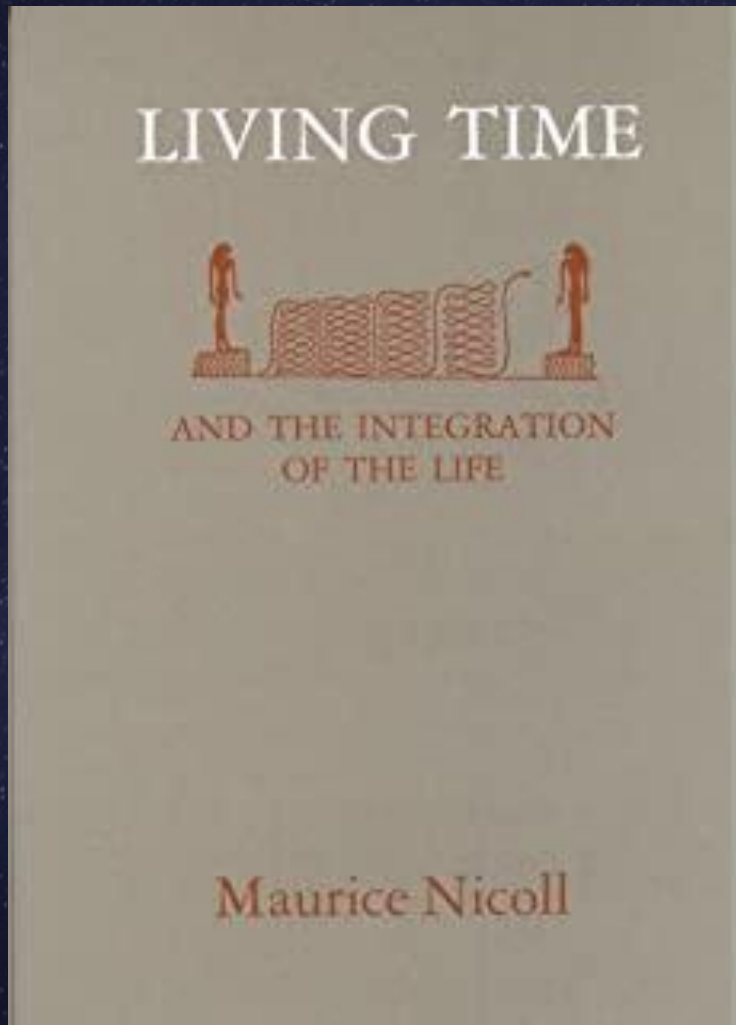
“Time is a factor.”

– Mr. Gurdjieff

"Now each center is a mind of a special kind, related to one aspect of life, and each center has its speed – and again each part of a center is a sub-mind and has its speed."

– Maurice Nicoll, *Commentaries*, "Commentary on Time," Ibid.

TIME-BODY & LIVING TIME



Working
on our
Life-Time
through
our Time
Body

TIME & SELF REMEMBERING

- “A human is both in time and in eternity. Eternity is vertical to time ... Every now is eternal. To remember oneself the feeling of now must enter – *I here now – I myself now – I distinct from past or future – the newness of myself – I now.* [emphasis added] And if the act is successful you will know for yourself that eternity is always in now and can be experienced as a different taste from time. ... Real I is in eternity – not in time. Self-remembering is out of time and personality. It is not surprising that Self-remembering can give a feeling utterly different from that given by our relation to hurrying, anxious time.”
- - Maurice Nicoll, *Commentaries*, p. 945 (Orange Version)

Sharing Time-Body Experiences

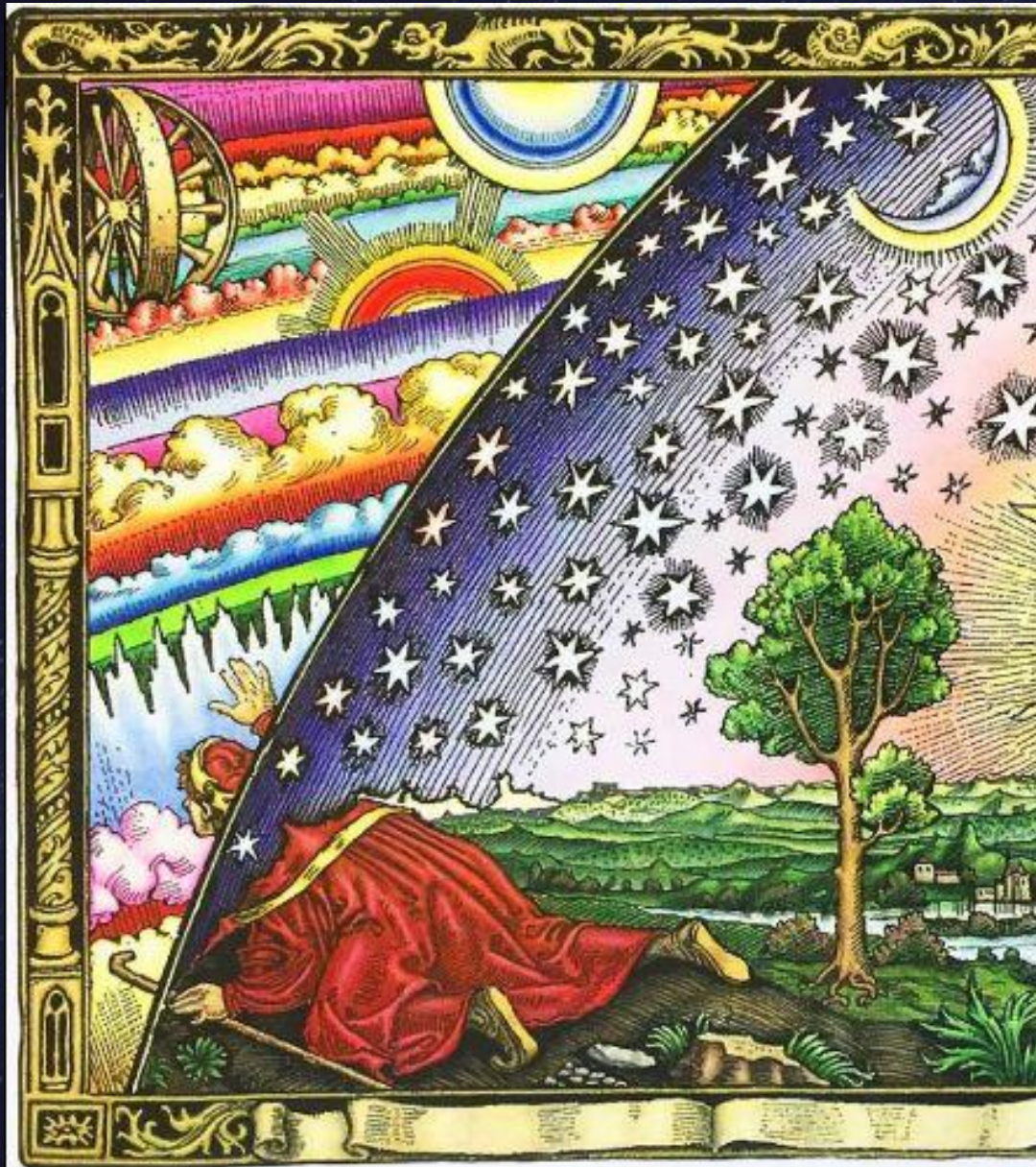


IN PRACTICE VS. IN THEORY

- Inner work on our time-body in a present moment or state of “higher awakeness” may not actually change history or the future, but our inner work on our time body in a present moment can and does most certainly change our experience, perception of and relationship to what we remember as our history or imagine as our future.

PRACTICE WORKING WITH TIME-BODY

1. Read and re-read this week's email.
2. Practice gathering your attention and memory with a distinct point of reference in this present moment, and return to a moment or event in your past time-line. Be with yourself there. Observe what it is like to be present to yourself in the past from the future. How does it feel? What thoughts arise? What sensations? Explore talking to your earlier self from your present self. Similarly, explore listening in the present moment for intimations from your future. What impressions arise?
3. Meditate upon this image...



Scale and
relativity of
human
experience
of time



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