



COMPASSION AND THE WORK

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THE JOURNEY

1. Self Observation
2. The Many 'I's
3. Attitude
4. The Non-Expression of Negative Emotion
5. Conscious Labors
6. What is the Work?
7. Compassion and Work on Emotion
8. Lord Have Mercy



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Self-observation brings man to the realization of the necessity of self-change. And in observing himself a man notices that self-observation itself brings about certain changes in his inner processes. He begins to understand that self-observation is an instrument of self-change, a means of awakening.

G Gurdjieff

”

WHAT IS “SELF-OBSERVATION”

- ❧ It is a method that has to be learned.
- ❧ It is not possible to self-observe without self-remembering.
- ❧ Most people “pretend” to self-observe. What they do is “notice.”
- ❧ Self-observation needs to be carried out:
 - ❧ Without self-criticism
 - ❧ Without judgement (right/wrong)
 - ❧ Without analysis
 - ❧ Without any effort to change
 - ❧ With all the senses



WHAT IS “SELF-OBSERVATION”

- ❧ There are five distinct dimensions of self-observation
 - ❧ Gestures
 - ❧ Posture
 - ❧ Movement between postures
 - ❧ Facial Expression
 - ❧ Tone of voice
- ❧ At first it is impossible to do more than one of these at a time.



THE MANY 'I'S

- ❧ We do not need to spend long in the Work before we realize that we have not one personality, but many often unconnected personalities—many 'I's.
- ❧ We behave differently with different people: with family, with friends, at work, on holiday and so on.
- ❧ This should be a shock to the part(s) of ourself that believed we had some kind of unity. This is probably the first of many such shocks.
- ❧ Some of these 'I's have bad habits. But we cannot simply change them. It is normal in the early days to waste time trying to change.



“

There is nothing you can change, nothing at all, except attitude. But if you can change attitude then everything can change.

Rina Hands

”

THE NON-EXPRESSION OF NEGATIVE EMOTIONS

- ❧ This is usually the first exercise given in the Work.
- ❧ Initially it is impossible. (Even if we have supreme self-control, we express negative emotion with micro expressions).
- ❧ So we begin with not infecting others with negative emotions.
- ❧ We have two very simple techniques for this:
 1. Silence.
 2. Walk away.
- ❧ We may be surprised by how negative we often are.



COMPASSION

- ❧ Compassion: “a feeling of sorrow or deep tenderness for one who is suffering or experiencing misfortune”
- ❧ In the Work we should develop compassion for our neighbor, the common man. He lives in sleep without even realizing it and there is nothing we can do to change that.
- ❧ And we should be able to experience compassion for our neighbors in the Work, for we know how they suffer.
- ❧ And we should be able to feel compassion for our self.
- ❧ But we may be able to do none of those things because we do not have the right attitude.



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The power of changing oneself lies not in the mind, but in the body and the feelings. Unfortunately, however, our body and our feelings are so constituted that they don't care a jot about anything so long as they are happy.

G Gurdjieff

”

CONSCIOUS LABORS (AND INTENTIONAL SUFFERING)

- ❧ These terms are used by Gurdjieff in *The Tales* to describe the first and second conscious shock.
- ❧ The first conscious shock is achieved by self-remembering.
- ❧ Most people soon learn that they are incapable of self-remembering for long.
- ❧ For many years they spend their lives “living like sparrows from crumbs of self-remembering.”
- ❧ They may delude themselves and “make efforts in their imagination.”



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To change attitude, you must bring both your knowledge and yourself to the moment. If you do not have knowledge then it is not possible. If you cannot bring yourself, it is not possible.

Anon

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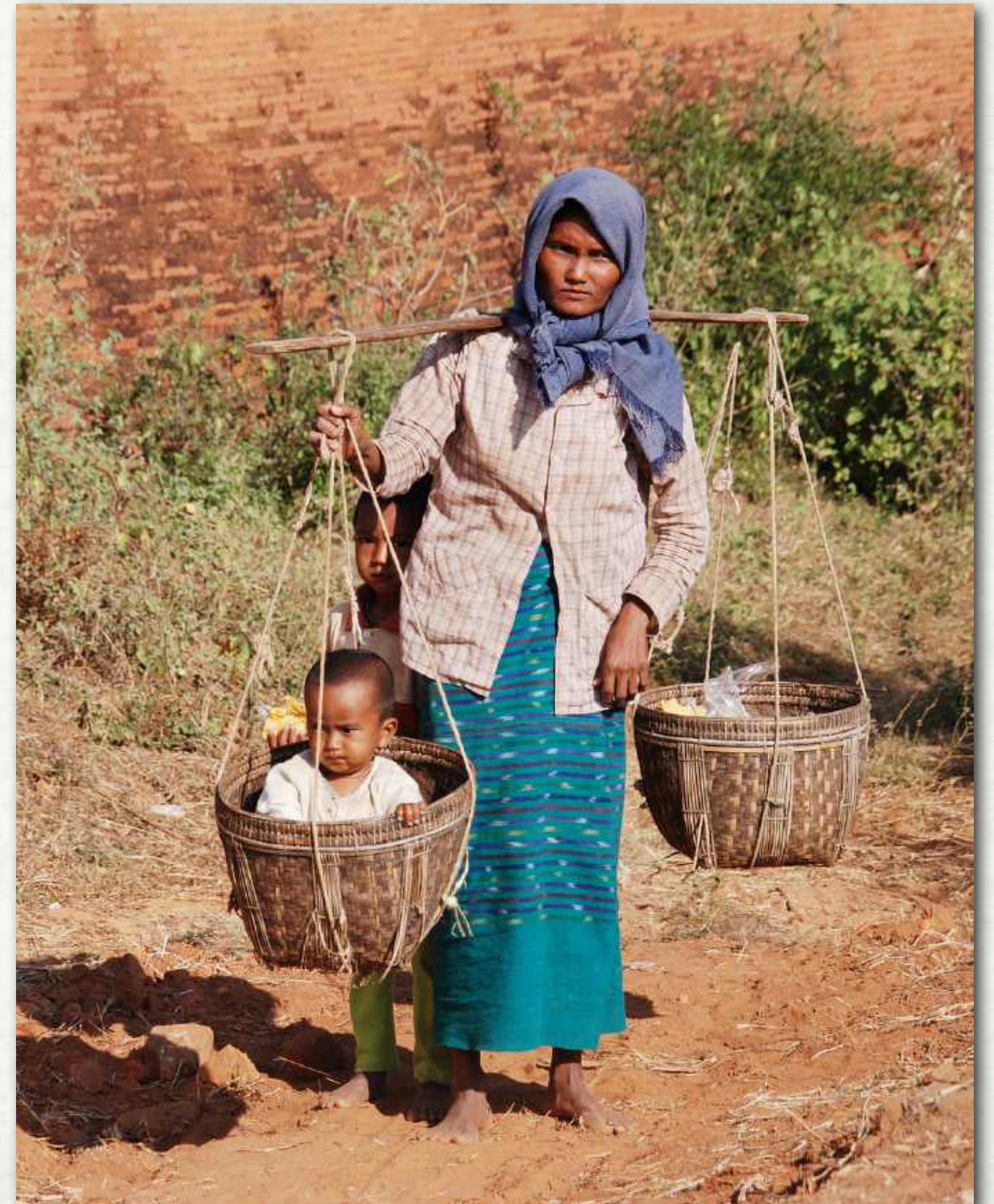
WHAT IS “THE WORK”?

- ❧ For every one of us the story is different.
- ❧ It started in a different place and it took its own path.
- ❧ No matter who helped us, we soon realized that we must do this ourselves or not at all.
- ❧ Nobody can do our Work for us, but true friends could do the Work with us.
- ❧ Our Work is from the Inner World to the Outer World. We sit on the border.



WORK ON EMOTION

- ❧ Work on emotion comes later in the Work for most people.
- ❧ The fact is that at some point you realize that you are indeed mechanical—not mechanical as you imagined yourself to be, but worse.
- ❧ This is the point at which “compassion for yourself” will help you and needs to be considered.
- ❧ But there is a definite problem, here. Most of us cannot summon up an emotion and manifest it just like that.
- ❧ We can no more summon compassion than we can summon love.



COMPASSION

- ❧ Most of us need to learn compassion.
- ❧ The main technique for this is “to put yourself in another’s shoes.” This requires an ability to “represent.”
- ❧ Compassion for your “self” requires the highest part of you to feel both sorrow and tenderness for the part of you that suffers.
- ❧ The suffering part is the part that feels remorse because it is less than it could be, and which cries Lord Have Mercy.



HAVE MERCY LORD, ON ME

Peter, meanwhile, sat outside in the court; and there came to him a maid and said:

"And thou was also with Jesus of Galilee."

But he then denied this before them all and said:

"I know not what thou sayest."

But when he went out to the door, he was seen by another maid, who said to those who were there:

"This man was also with Jesus of Nazareth."

And once more did he deny it and with an oath:

"I know nothing of the man."

And when a little time had passed, there came to him those who were present and said to Peter:

"Surely thou also art one of them, for thy speech doth betray thee."

Then he began to invoke a curse upon himself and to swear: "I know nothing of the man."

And at this moment the cock crew.

Then Peter thought back to the words of Jesus, when he said unto him:

"Before the cock shall have crowed, wilt three times thou have denied me."

And he went out and wept with great bitterness.

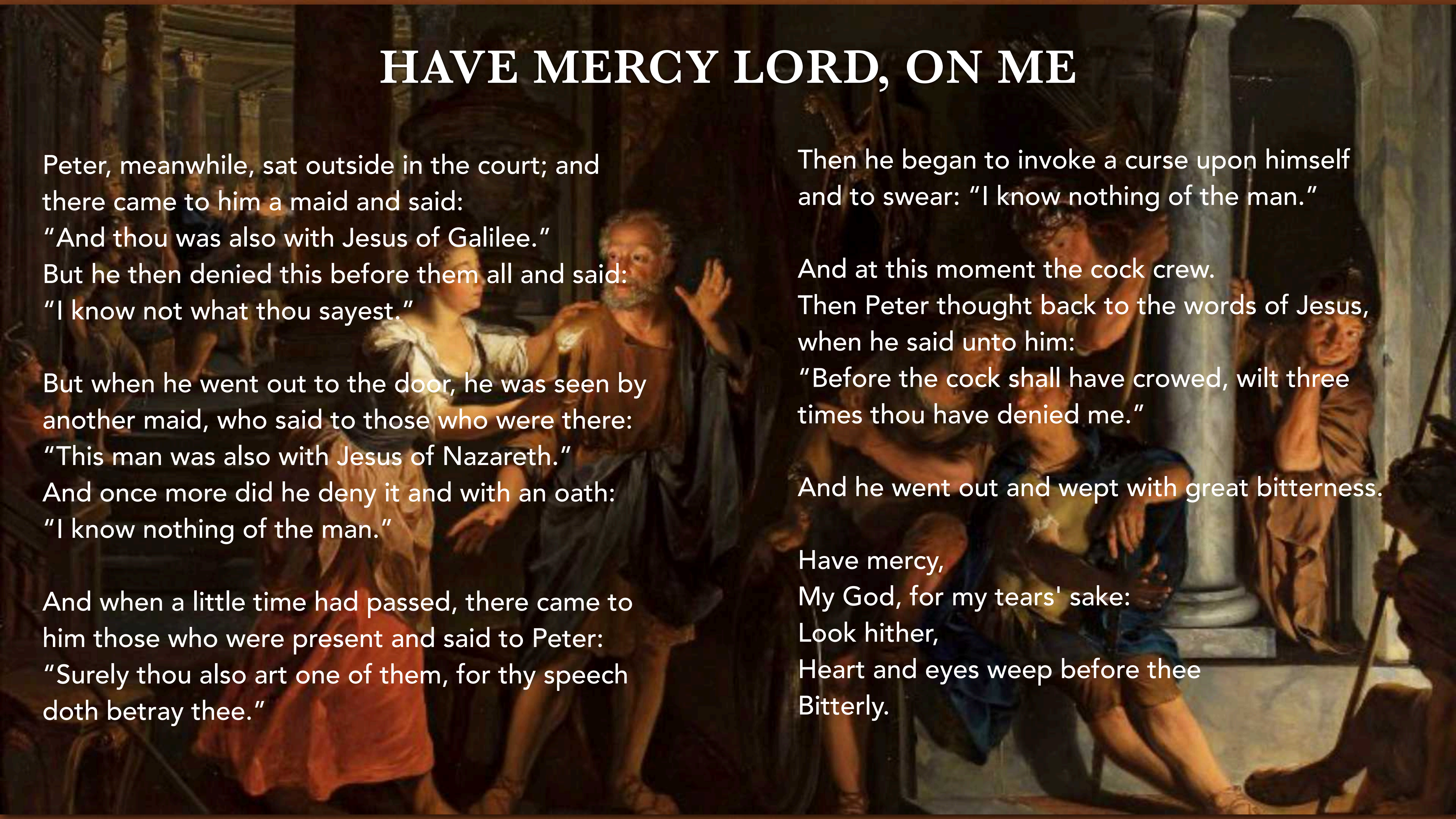
Have mercy,

My God, for my tears' sake:

Look hither,

Heart and eyes weep before thee

Bitterly.



THE Q & A

