



Homework

Choose one or two of the following to work with this week. What do you discover?

- Practice inner-stop, observing your thoughts, feelings, sensations and your breath. Notice too any patterns that emerge while in different states of being.
- Look at the rhythm of your days through the lens of the breath. What comes to meet you from this message?
- If you wish, try using the sacred breath during Centering Prayer instead of your sacred word. What do you observe?
- Read or reread the chapter on breathing in Christine Caldwell's book *Bodyfulness*, and consider engaging one or more of the practices she recommends.



Transforming Practices: Posture and Gesture

I am...who stands before God.

Luke 1:19

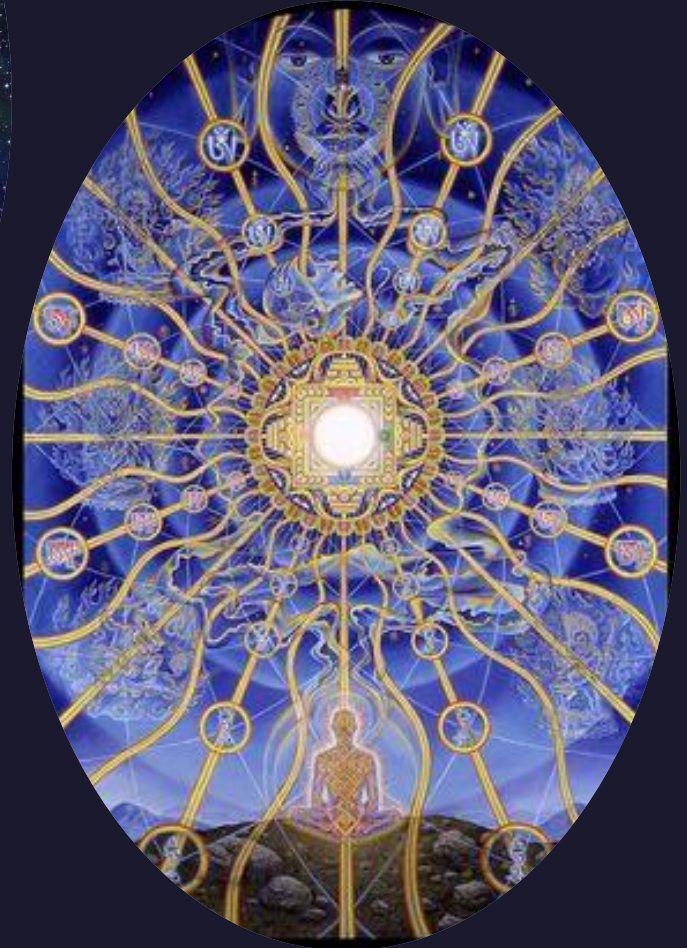
Arthur Rackham, *The Holy Grail is Carried In*

Our Purpose

*....to manifest the divine in
the world*

*...the correct **attitude** necessary for
the fulfillment of our life as persons
is one in which our conditioned body
has become **transparent**...made
permeable for the revelation of our
essential being.*

Karlfried Graf Durckheim





*“May it be done to
me according to
your will”*

Attitude:

- Consent

Manifestation:

- Bearing the Christ



The Dancing Christ

Attitude:

- Freedom- standing on his cross
- Lightness of Being

Manifestation: Being The Christ

- Activated Core
- Balance
- Verticality

Nature

- Adaptation
- Flexibility
- Stability
- Deep roots



The Magician

Instruction:

- *Learn at first concentration without effort; transform work into play; make every yoke that you have accepted easy and every burden that you carry light.*
- *To be silent precedes “to know” and “to will”. The Magician portrays the attitude of perfect ease.*



How to Fulfill Our Purpose

Welcome the Day!

In one of the teachings of Hermes, it is said that before you get up in the morning, you should seal every center from being negative, your thoughts, your emotions and your movements, for a man can only attain his individuality by sealing himself off from the effect of the events of life upon him.

Maurice Nicoll, Commentaries on the Teaching of Gurdjieff and Ouspensky; Volume 4, P 1306.



Deborah Jean Harding

As you awaken from
sleep before opening
your eyes, take a
moment and smile.

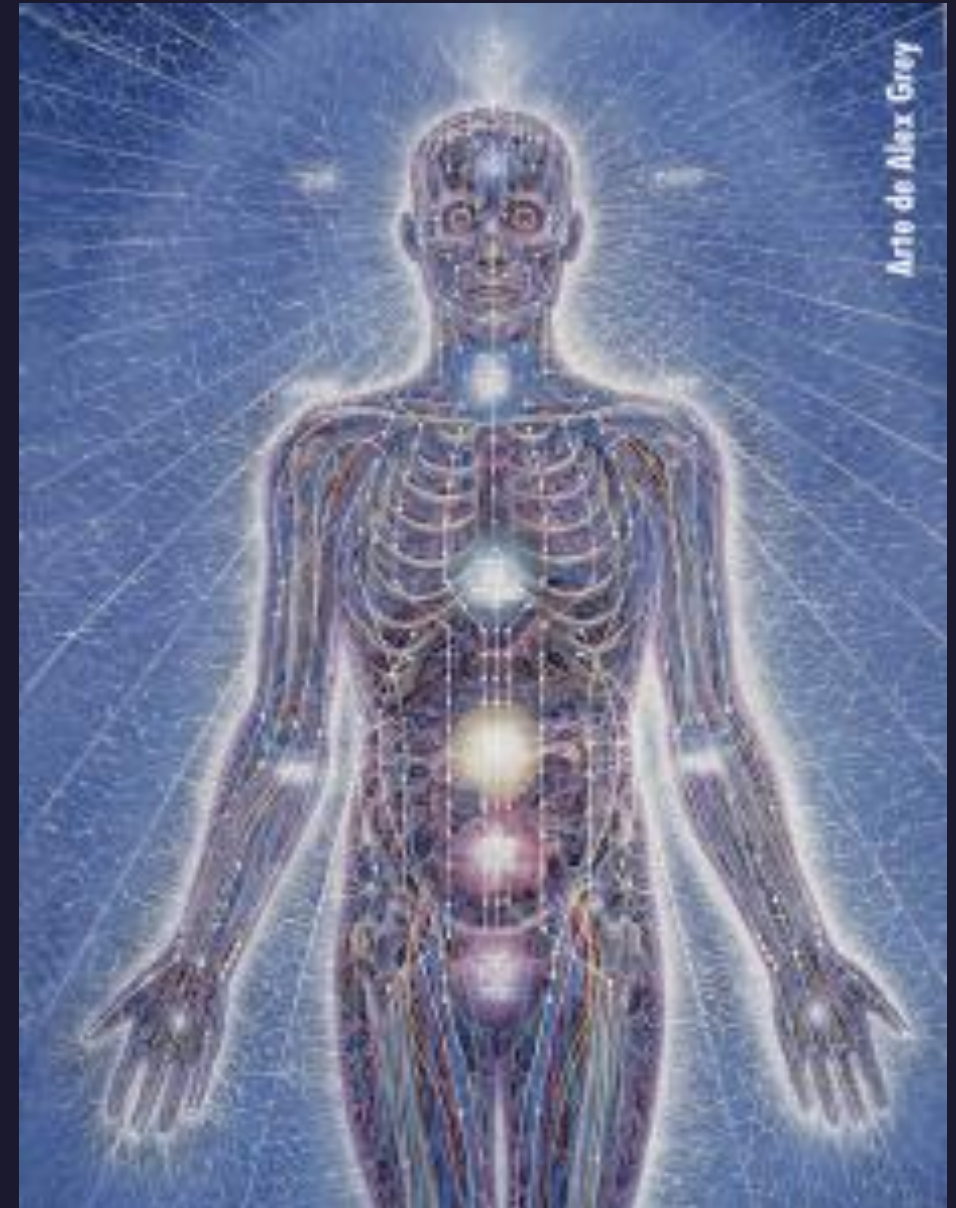
*“Oh Lord, open my lips
and my mouth will
proclaim your praise!”*



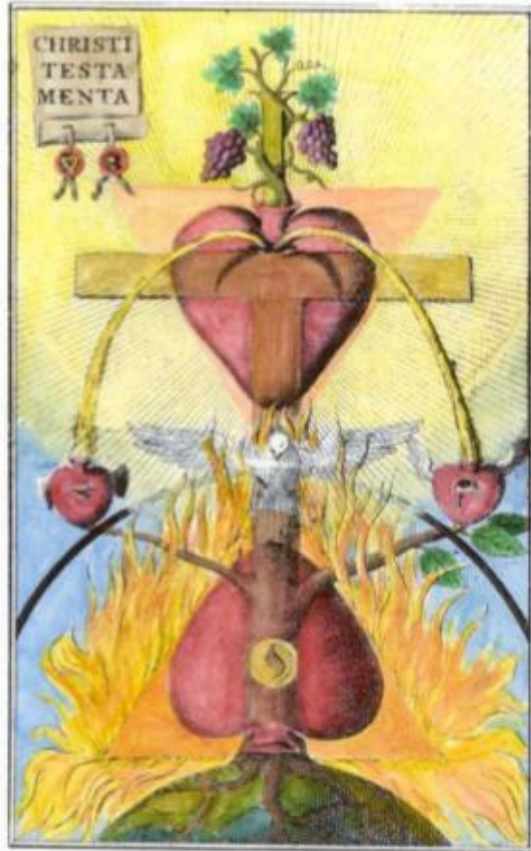
Hermetic Sealing as Self-Remembering and Grounding Affirmation in the Body

“It is necessary to make something in yourself that can, at least for a short time, not be swamped by your mechanical thoughts and feelings arising from them. You can make something to *surround* you so that after a time few things or even nothing can attack you. You make this through a certain form of Self-Remembering which you must all discover for yourselves because in each case it is different. If you do not have this **in** yourself, you will lose force over every event. In ancient days it was called Hermetic Sealing. It was said in one ancient book that the disciples sealed themselves every morning. And that, of course, must mean that they must have remembered themselves all day long.....” Psychological Commentaries on the Teachings of Gurdjieff and Ouspensky; Vol 4, p. 1306, p.1334

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CHRISTIAN “I AM” STATEMENTS



CROWN
Sahasrara

I AM the resurrection and the life
John 11:25

THIRD EYE
Ajna

I AM the light of the world
John 8:12

THROAT
Vishudda

I AM the Good Shepherd
John 10:11, 14

HEART
Anahata

I AM the bread of life
John 6: 35, 48, 51

SOLAR PLEXUS
Manipura

I AM the door
John 10: 7, 9

SACRAL
Svadhishathana

I AM the way, the truth and the life
John 14:6

ROOT
Muladhara

I AM the true vine
John 15: 1,5

I am...who stands before God.
Luke 1:19

Gayatri Mantra

*You the source of all power
whose rays illuminate the entire
world- illuminate my heart so
that it too may do your Work.*

Aum Bhoor Bhuwah Svah
Tat Savitur Varenyam
Bhargo Deva Saya Dheemanhi
Dhiyo Yo Naha Prachodayat





Centering Prayer

Little by little we enter into prayer without any other intention except to consent. Consent becomes surrender. And surrender becomes total receptivity, as this process evolves. And total receptivity is effortless.

Thomas Keating

***To be silent** precedes "to know" and "to will".*

Meditations on the Tarot

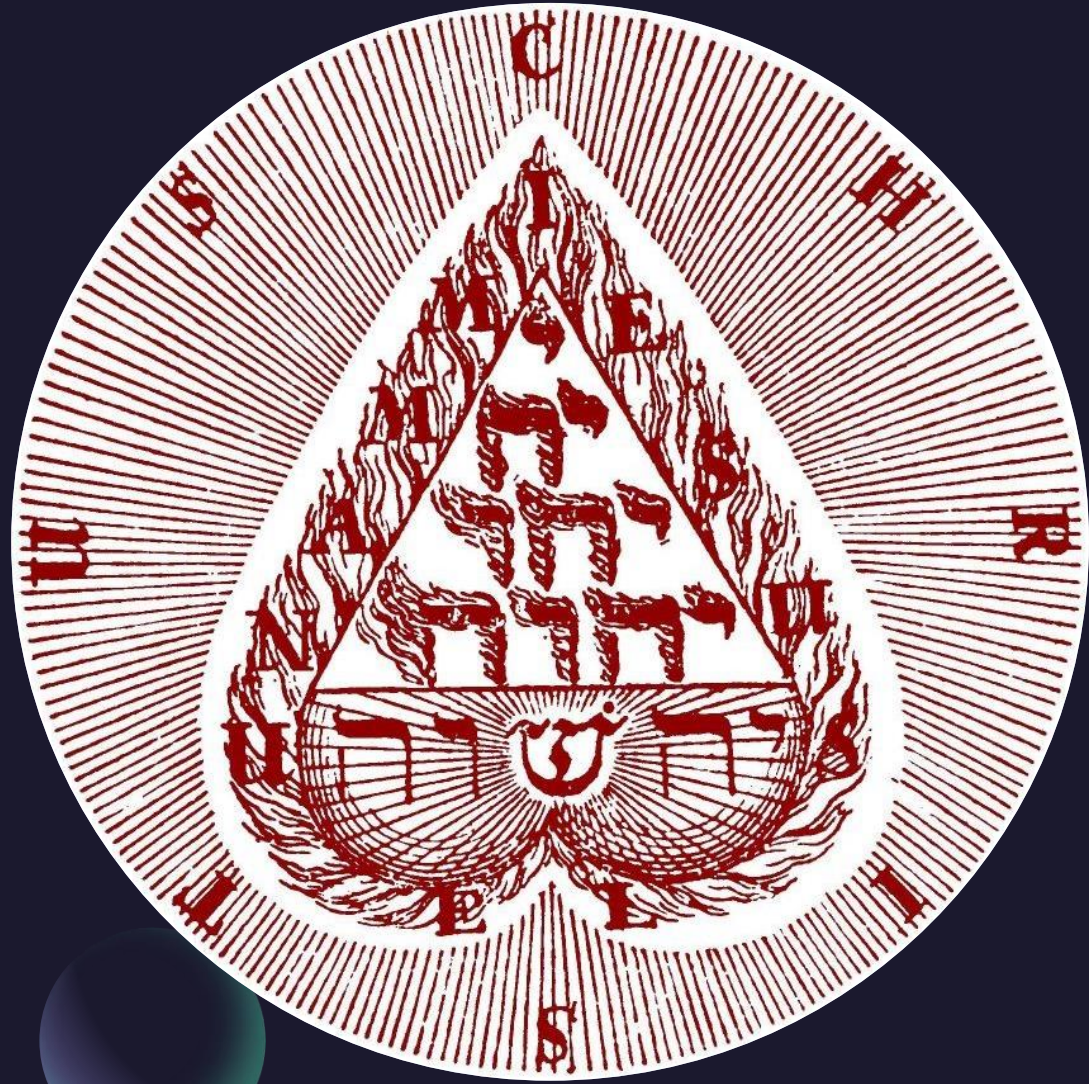
Holding the Dove Lightly

How we get up off the mat
matters....

Carrying our “sacred word”
on the breath

Practicing Inner Stop with the
“observer active in all 3
centers”

Connecting a gesture with
Self-remembering





Closing the Octave

- Consent – in the silence
- Reflection
- Scanning the body
- Welcome
- Letting go
- Beryl Pogson's instructions "Seal ourselves and remember our aim!"



Ana Gallo, *Embryo*

I Am A Circle

I am a circle, I am healing
you

You are a circle, you are
healing me

Unite us, be as one;

Unite us we are one



Homework:

- Continue the practice of inner-stop
- Every deep-seated emotion likely has associated gestures and movements. Catherine Nicoll advises: “Sometimes one keeps an ‘I’ going by always making all the [same] movements connected with it-try to notice these and make none, or try to make fresh ones-this will help it to disentangle itself” (cited in Centenary Fragments, p. 173)
- Take a very straight posture, visualize your whole body having the same energy of Presence everywhere. What do you experience?